



HIGH PERFORMANCE MASSAGE



Massage Can Benefit Every Body System

From Tappan's "Handbook of Healing Massage Techniques"

Psychological Effects:

increase mental clarity / reduce stress & anxiety / facilitate emotional release / promote feelings of general well being

Physical Effects:

@ Tissue Level: enhance tissue repair & scar formation / improve pliability of fascia, break adhesions, & separate tissues

Integumentary System (Skin): stimulate sensory receptors / remove dead skin / increase superficial circulation / add moisture with lubricant / increase sebaceous (sweat) gland secretions / facilitate healthy scar formation

Skeletal System: promote good joint function, optimal joint flexibility, range of motion, & proper skeletal alignment

Muscular System: "milk" metabolic wastes into venous & lymph flow / promote muscle relaxation & optimal body flexibility / relieve myofascial trigger points / release myofascial adhesions

Nervous System: stimulate parasympathetic nervous system (relaxation response) / reduce pain / sharpen body awareness

Endocrine System: release of endorphins

Cardiovascular System: increase circulation / enhance venous return / reduce blood pressure & heart rate / increase red blood cells in circulation

Lymphatic System & Immunity: Increase lymph fluid movement / improve immune function

Respiratory System: encourage diaphragmatic breathing / relax muscles of respiration / promote good structural alignment & rib cage expansion

Digestive System: improve digestion with relaxation / facilitate bowel movement

Urinary System: enhance circulation to kidneys / increase urinary production & bladder tension

*These effects do not occur during every massage session. The massage techniques used & the qualities of movement (e.g. rhythm, pacing, pressure, direction, duration, etc.) help determine which effects are likely to occur. The physical, mental, & emotional condition of recipients & their openness to massage might also have impact on which effects occur.