



# 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.