

# CONNECTIVE TISSUE MASSAGE

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## Introduction

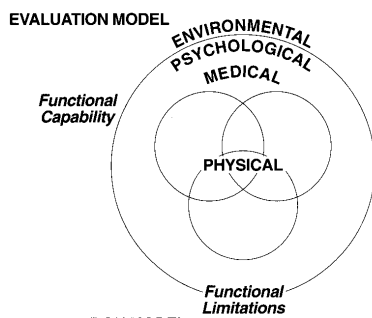
- 1929 Mrs. Elisabeth Dicke  
– a German P.T.
- Definition
  - a manipulation carried out in the layers of connective tissue on the body surface
  - Special stroking maneuvers consists of a tangential pull on the skin and subcutaneous tissues away from the fascia with the tips of the third and fourth fingers
  - Follow the cleavage line of the skin

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## Evaluation model



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## Physical Systems of the Evaluation Model

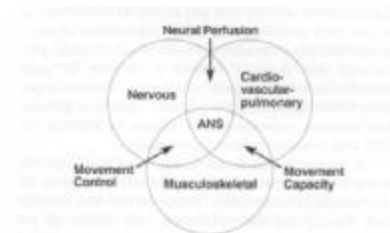


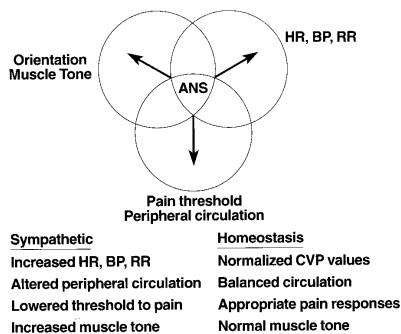
Figure 1-4. Physical Systems of the Evaluation Model depicting the areas most influenced by physical therapy.

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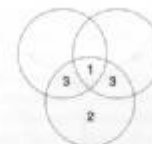
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## ANS



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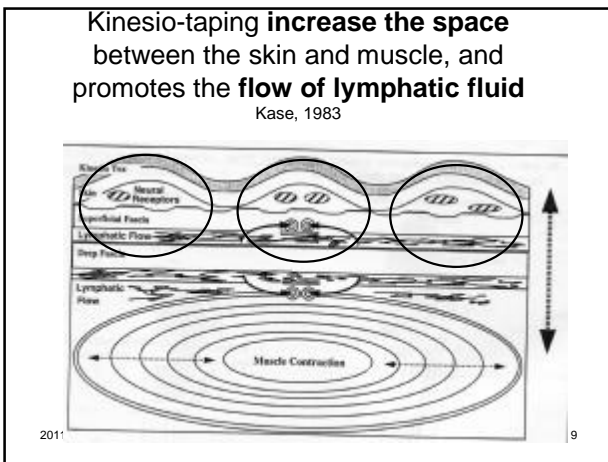
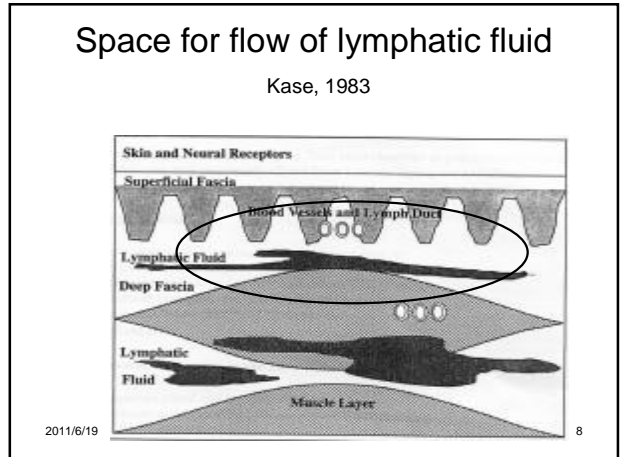
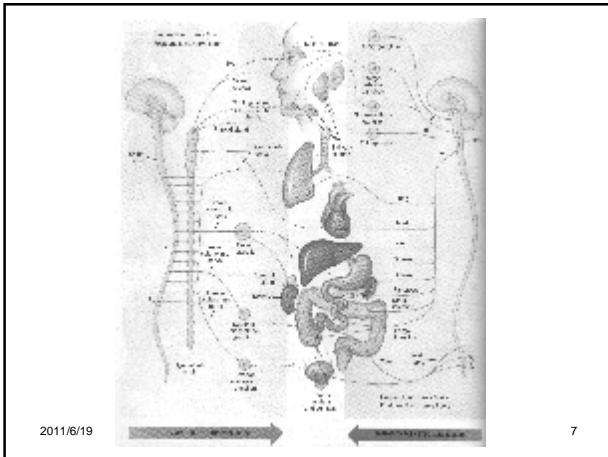


- 1 = ANS – vital functions and the influence of the ANS on other systems
- 2 = MUSCULOSKELETAL – the structures of the system directly involved
- 3 = MOVEMENT CONTROL and MOVEMENT CAPACITY – the systems secondarily or indirectly involved

Figure 1-6. Suggested order of evaluating the systems for a patient with musculoskeletal involvement.

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- ### Clinical Application
- Indication
    - Orthopedics problems
    - Condition related to ANS
  - Contraindication
    - Cancer
    - T.B. ,Fever
    - Uterine myoma ,ovarian cyst
    - MC
    - Acute inflammation of internal organs
    - mental illness
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- ### Assessment (1)
- Visible zone
    - Swelling and draw-in
  - Manual investigation
    - obtain picture of mobility of the different layers of connective tissue
      1. Test tissue mobility
      2. Lifting of skin folds-- gripped skin
      3. Diagnostic stroke
        - 40-60° stroke on each vertebral column from L5→C7 spinous process
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- ### Assessment(2)
- Manual investigation
    - # Response
      - Cutting sensation
      - Scratching sensation
      - Feeling of dull pressure
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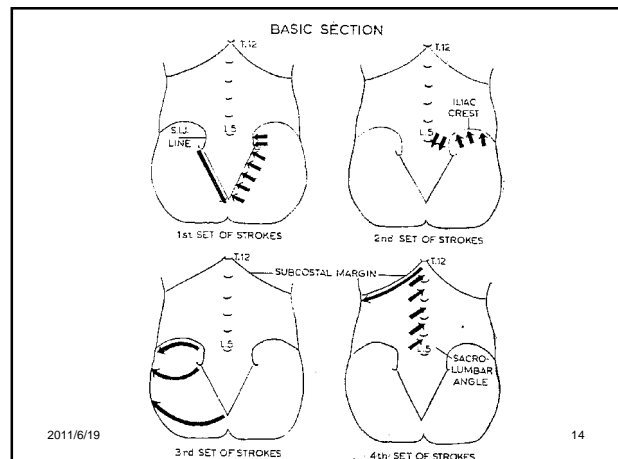
## Manual Techniques of CTM

- Strokes types
  1. Pulling (long stroke)
    - always “pull”, never “push” or “pressure”
  2. Pull and hook-on (short lifting stroke)
  3. Widening (stretching manipulation)
- Movement sequence
  - Touch firmly → take up the slack → pull

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## Stimulating Stroke

- Short sharp tensile stroke (< 3 times)
- Provide a strong “circulatory stimulus”
  1. Triangle of waist
  2. Greater trochanter posterior area
  3. Supraspinatus
  4. Adductor hiatus of thigh
  5. Popliteal space

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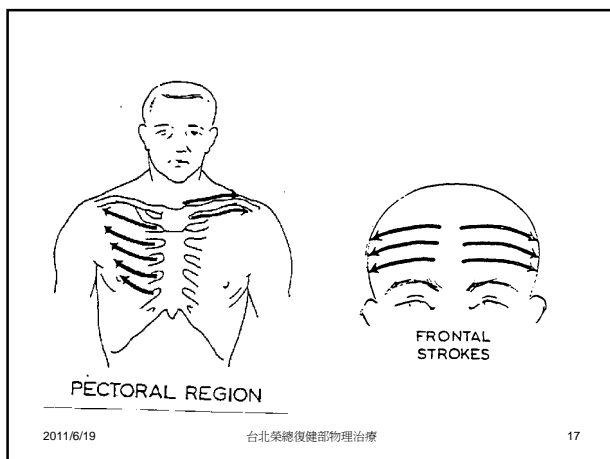
## Balance Stroke

- Balance stroke (3 -10 times)
  1. thoracic balance stroke
    - T12 → Lower border of last rib → mammillary line
  2. pectoral balance stroke
    - sternum → axillary line
  3. great balance stroke
    - C7 → coccyx

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## Effectiveness and Response(1)

- Subjective
- Objective
  - Skin reaction
    1. Red line
    2. Flare reaction
    3. Wheal reaction

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## Effectiveness and Response(2)

- Objective
- General reaction
  1. Perspiration
  2. Change in peripheral temperature
  3. Relief of visceral function symptoms
  4. Relief of visceral pain

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## Effectiveness and Response(3)

- Objective
- Excessive treatment
  1. Visceral symptoms
  2. Headache
  3. Transference of tension
  4. Circulation disturbance

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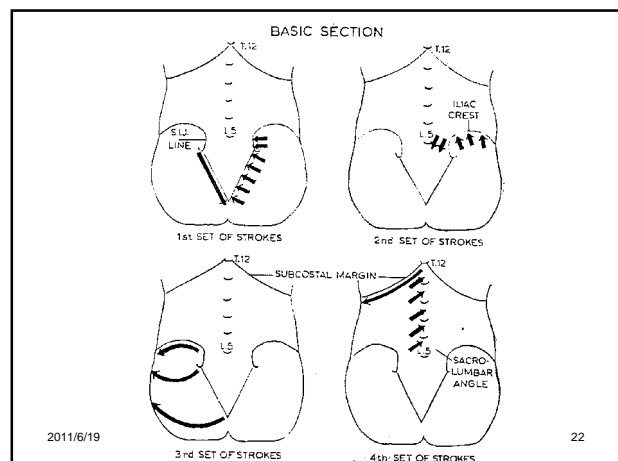
## Summarize the Effect of CTM

1. Harmonize the relationship between sympathetic and parasympathetic part of ANS system
  - by increasing blood supply to parasympathetic nuclei in pelvic region
2. Within segment
  - normalize circulation between organs and other tissue
3. Local tissue blood supply increased

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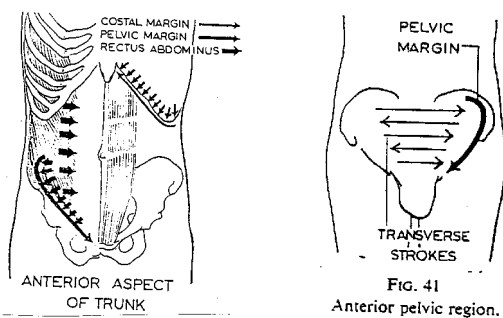
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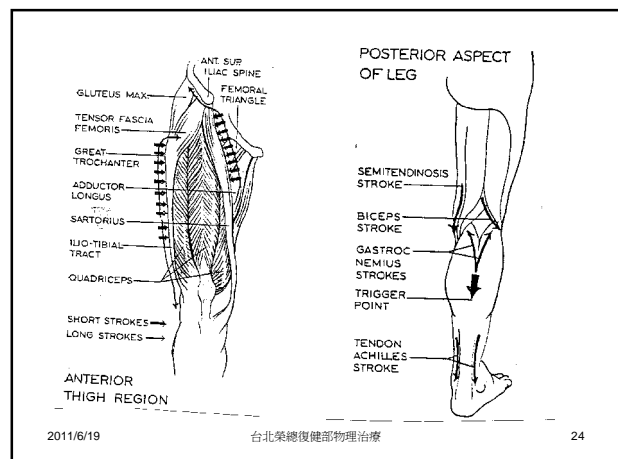
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