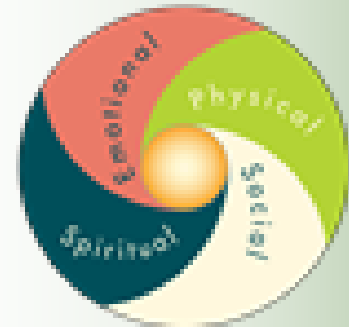


# Massage Therapy for Acute and Chronic care of Low Back Pain

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New Mexico/Center for Life**



# What is Massage Therapy?

- ❑ **Massage:** Therapeutic massage involves the manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress; and, to promote health and wellness. AMTA defines **Massage** as, "a manual soft tissue manipulation that includes holding, causing movement, and/or applying pressure to the body."

# Scope of Practice in New Mexico

**“Massage therapy”** means the assessment and treatment of soft tissues and their dysfunctions for therapeutic purposes primarily for comfort and relief of pain. It is a health care service that includes gliding, kneading, percussion, compression, vibration, friction, nerve strokes, stretching the tissue and exercising the range of motion, and may include the use of oils, salt glows, hot or cold packs or hydrotherapy. Synonymous terms for massage therapy include massage, therapeutic massage, body massage, myomassage, bodywork, body rub or any derivation of those terms. Massage therapy is the deformation of soft tissues from more than one anatomical point by manual or mechanical means to accomplish homeostasis or pain relief in the tissues being deformed, as defined in the Massage Therapy Practice Act, NMSA 1978, Section 61-12C-3.E.



# History of Massage

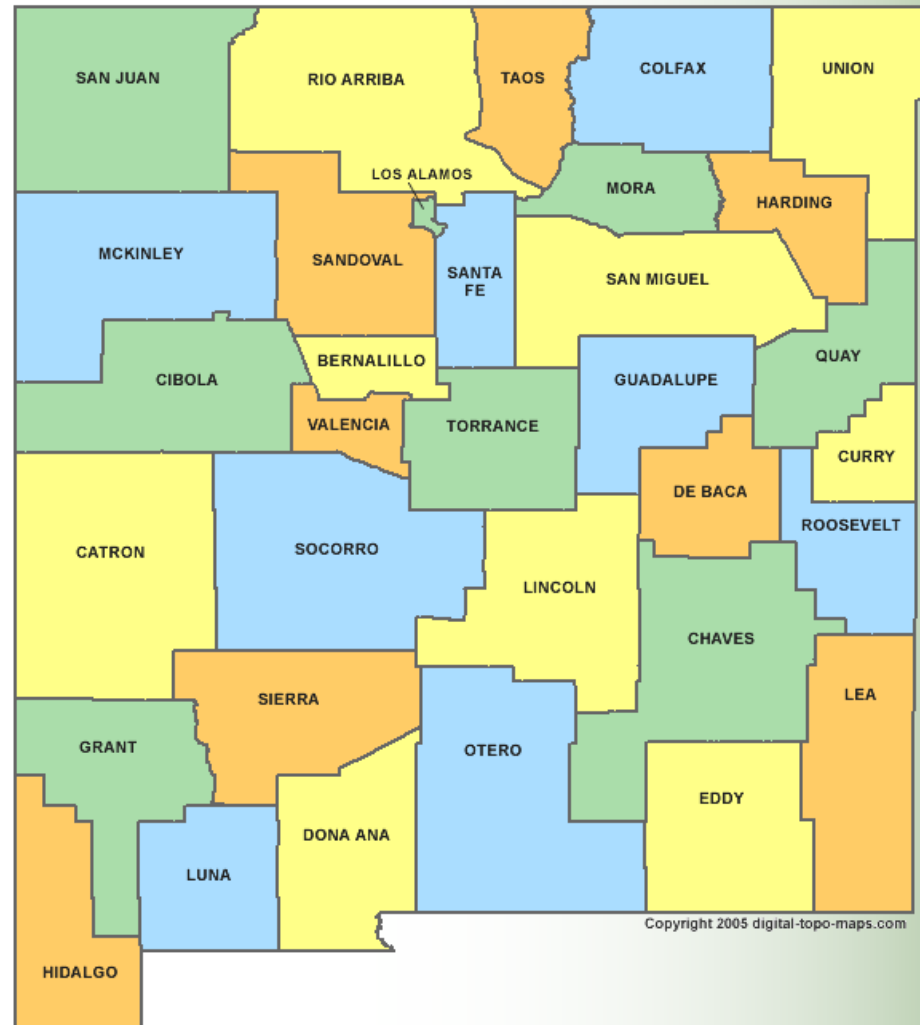


- ❑ Archaeological evidence of massage has been found in many ancient civilizations including [China](#), [India](#), [Japan](#), [Korea](#), [Egypt](#), [Rome](#), [Greece](#), and [Mesopotamia](#).
- ❑ BC 2330: The Tomb of Akmanthor <sup>[10]</sup> (also known as "The Tomb of the Physician") depicts two men having work done on their feet and hands, presumably massage.



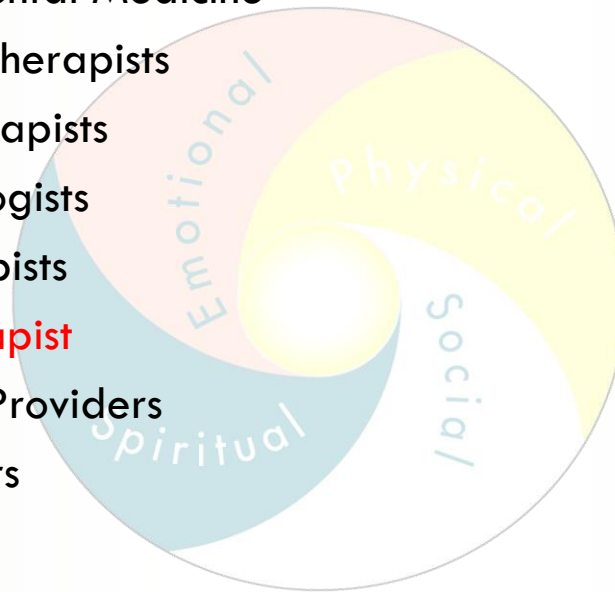
# Counties in New Mexico

- ❑ 33 counties in the state of New Mexico.
- ❑ 22 counties have an active Massage Therapist.
- ❑ 17 Massage schools.
- ❑ More than any other state per capita.



# 2,085.538.00 Residents of NM

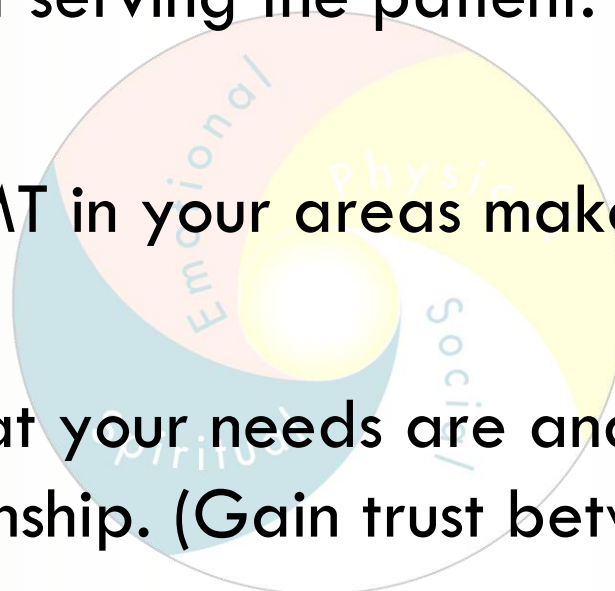
- ❑ 137 Athletic trainers
- ❑ 534 Doctors of Chiropractic
- ❑ 627 Doctors of Oriental Medicine
- ❑ 831 Occupational Therapists
- ❑ 1080 Repertory Therapists
- ❑ 1440 Speech Pathologists
- ❑ 1550 Physical Therapists
- ❑ **3345 Massage Therapist**
- ❑ 4335 Mental Health Providers
- ❑ 7569 Medical Doctors
- ❑ 24,843 Nurses
- ❑ 46,291 Total Health Type of providers
- ❑ Each provider sees 45.5



- ❑ 4335 Liquor Licenses

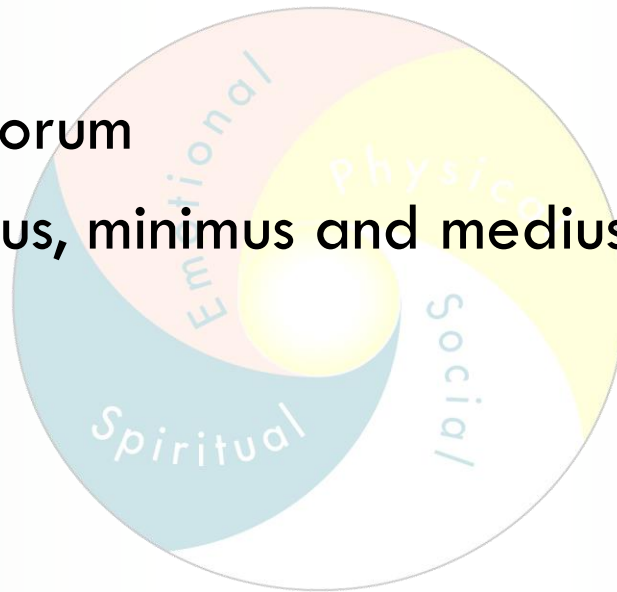
# What's the point?

- ❑ Understanding and using the other disciplines in the way that is best serving the patient.
- ❑ If there is an LMT in your areas make a connection.
- ❑ Teach them what your needs are and create a working relationship. (Gain trust between the two parties.)



# Muscles involved in low back pain

- Iliospoas
- Abdominals
- Quadratus lumborum
- Gluteals: maximus, minimus and medius
- Paraspinals
- Latissimus dorsi
- Hamstrings
- Quadriceps's
- Piriformis





# Let's look at other factors

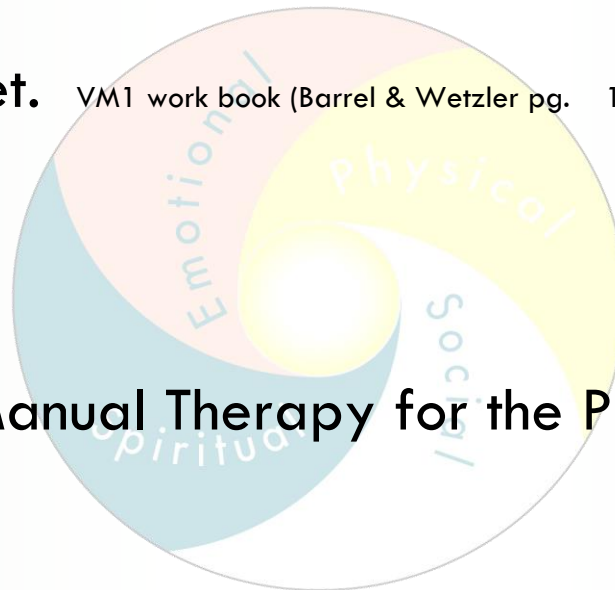
Floating Kidney (renal ptoses) VM1 (Barral & Mercier pg. 145-146)

Ligament of cleyet. VM1 work book (Barrel & Wetzler pg. 130)

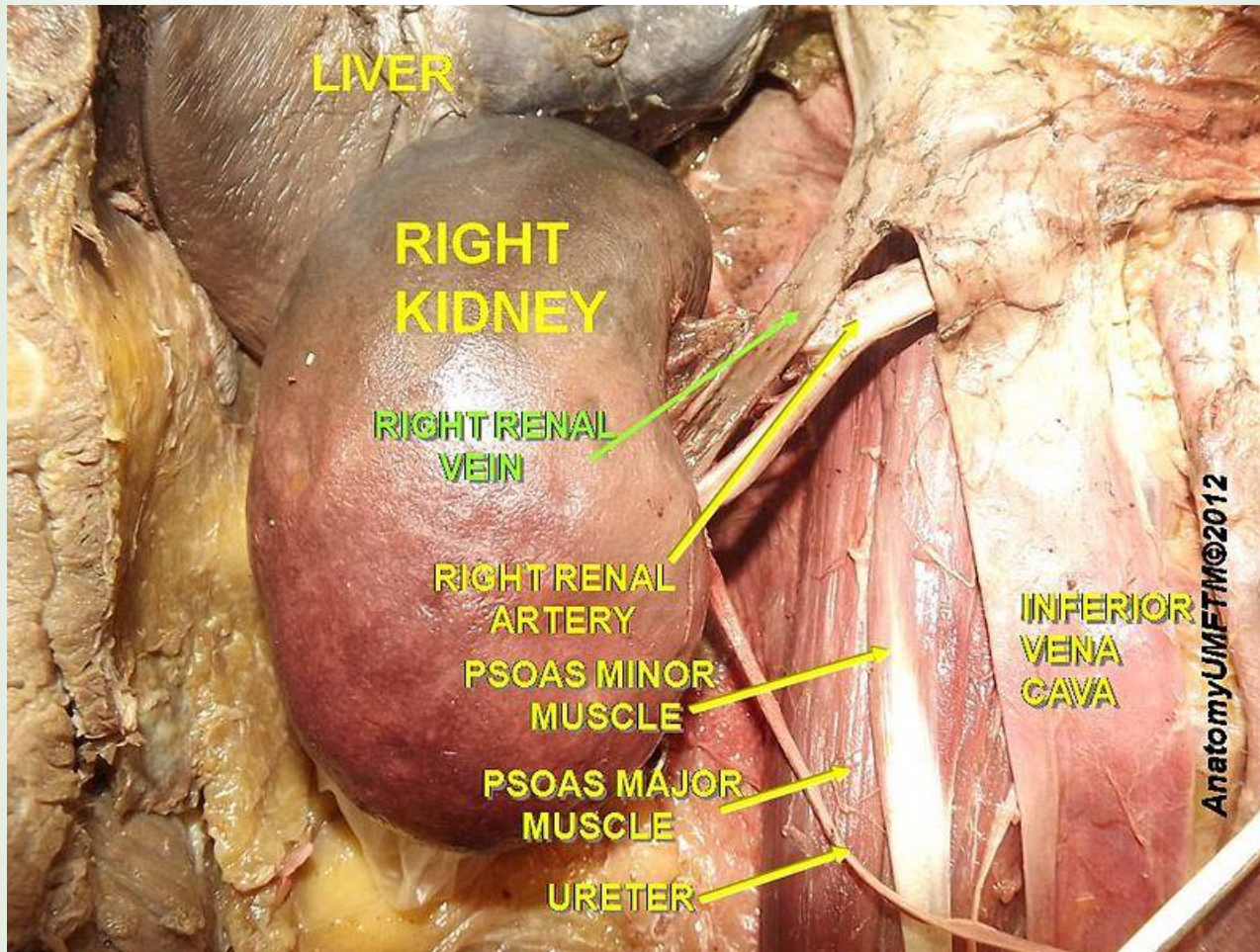
Colon dysfunction

Femoral nerve Manual Therapy for the Peripheral Nerves  
(Barral & Croibier pg.181-200)

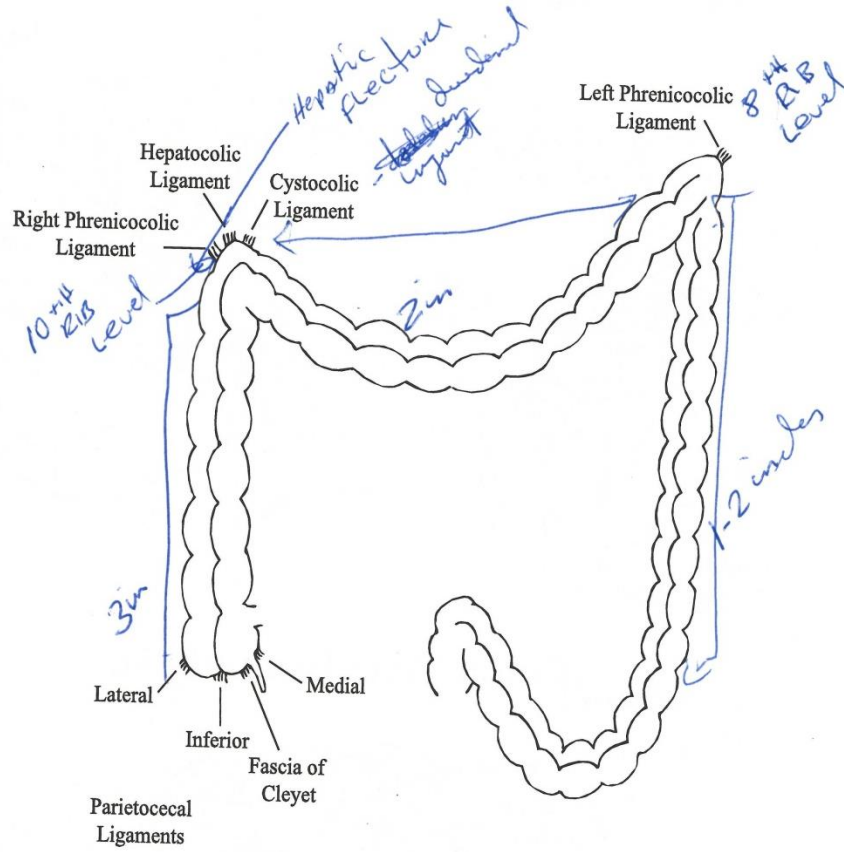
Pudental nerve Manual Therapy for the Peripheral Nerves  
(Barral & Croibier pg. 213-218)



# Kidney ptoses

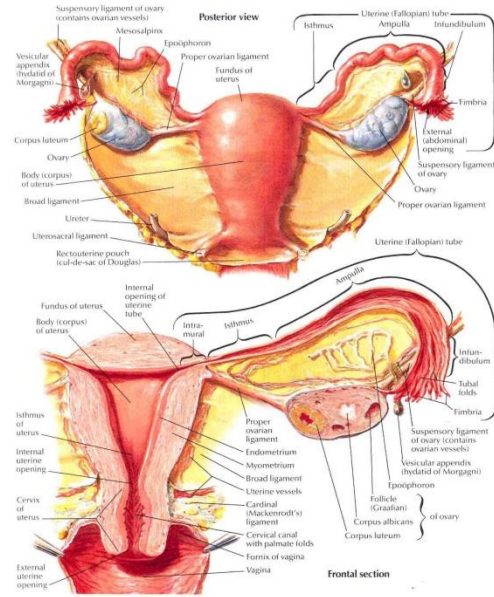


# Large Intestine



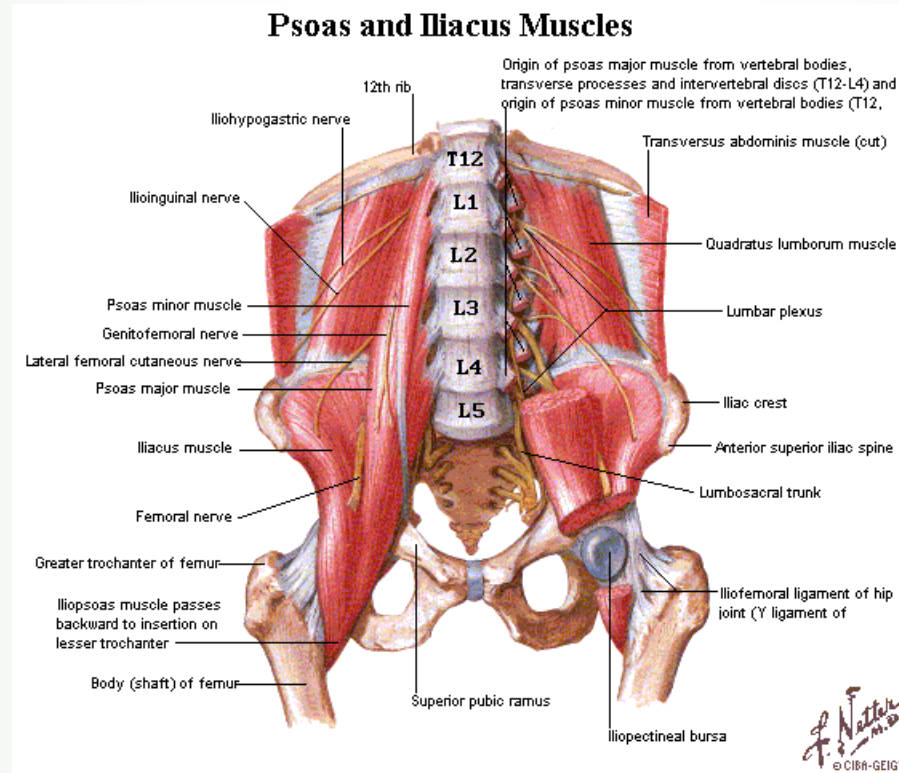
# Ligament of Cleyet

60-70% of women have this attachment of fascia to the right ovary and the lateral superior aspect of the uterus.

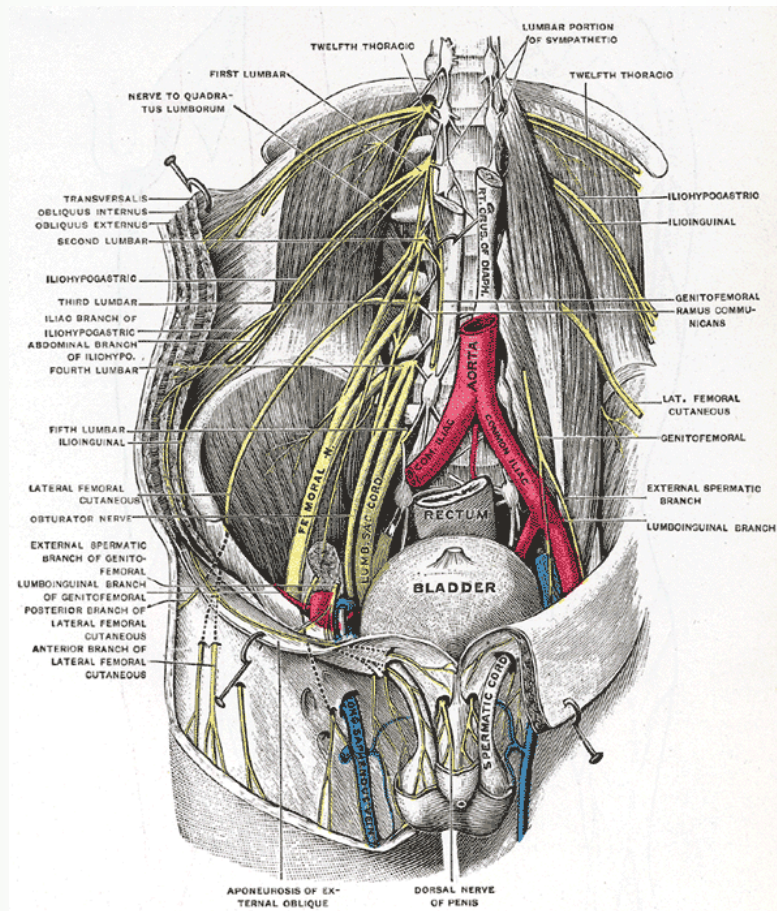


# Iliospoas

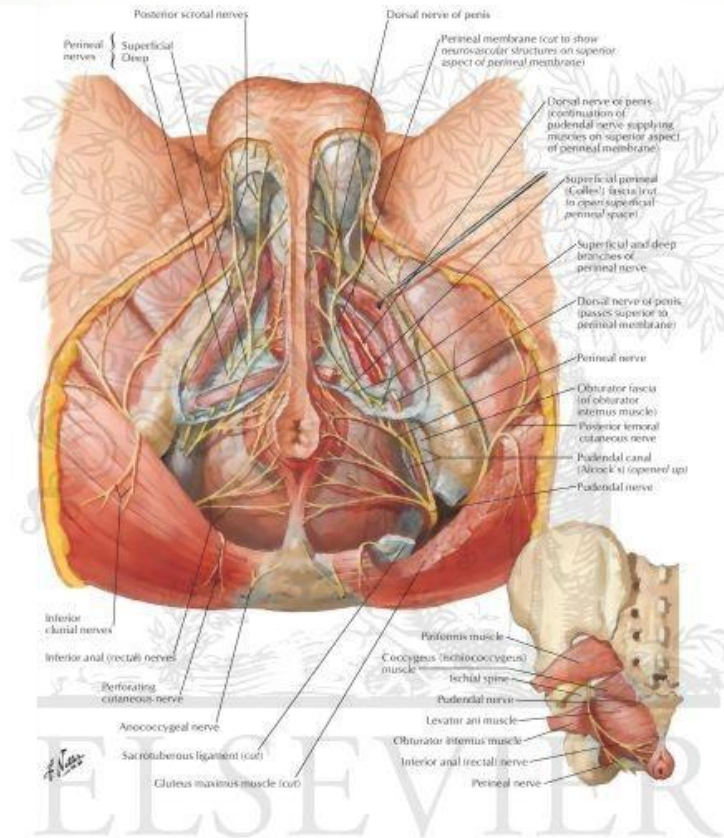
## Psoas and Iliacus Muscles



# Femoral nerve



# Pudendal nerve



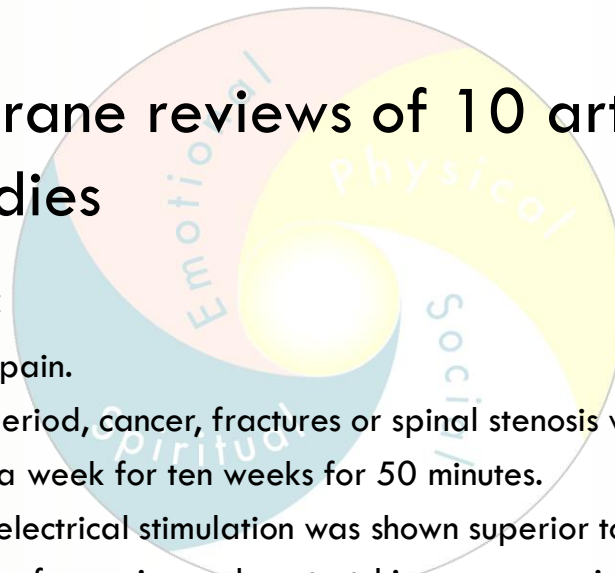
# Cancer patients and Low back pain

## How do we treat with massage?

- 1) With a very in depth understanding of the patient's condition, staging and medications.
- 2) Knowing the amount of pressure to be used without creating unnecessary strain for the patient.
- 3) Three year certification process.
- 4) Always, Always good communication with referring provider (i.e. Oncologist)

# What does the research say?

- ❑ Queried Pub-Med, AMTA, and NCCAM, Ann. Of Internal Medicine
- ❑ Systematic Cochrane reviews of 10 articles and 2 independent studies
- ❑ Summary points:
  - ❑ All non-specific low back pain.
  - ❑ Surgery in a three year period, cancer, fractures or spinal stenosis were excluded.
  - ❑ Massage treatment once a week for ten weeks for 50 minutes.
  - ❑ Spinal manipulation with electrical stimulation was shown superior to massage.
  - ❑ Massage with a follow up of exercise and or stretching was superior to acupuncture and relaxation therapy.
  - ❑ Acupuncture/massage was superior to Swedish massage.
  - ❑ Patients were tracked for a year with benefited results.
  - ❑ Conclusion: massage therapy can help patients with low back pain and helps support overall comfort.





People want you to be happy. Don't keep serving them  
your pain.

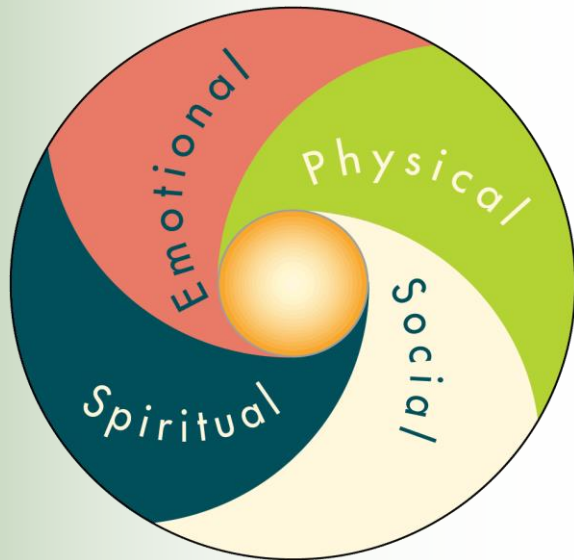
If you could untie your wings and free your soul of  
jealousy, you and everyone around you would fly up  
like doves.





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**Source**

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**Source**