

Effleurage

Description

- ▶ Stroking or gliding movement following body contours, performed with palm of hand to stimulate deep tissues or with fingertips to stimulate sensory nerves.
- ▶ Superficial, rhythmic stroking, or deep stroking, Follows course of veins & lymph vessels.
- ▶ May be performed slowly for relaxation or rapidly to encourage blood flow & stimulate the tissues
- ▶ Light effleurage is performed at beginning & end of massage or may be used between Petrissage strokes.
- ▶ It includes: longitudinal, circular, fanning, pulling, nerve stroke, V-draining.

Benefits:

1. Soothing effect on the nerves, inducing relaxation.
2. Increase both blood and lymphatic circulation.
3. Increase elimination of waste products & edema fluid.
4. Aiding tension relief, by relaxing contracted, tense muscles.
5. Improve extensibility.
6. Aiding the removal of dead cells.

Indications:

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| 1. Swelling and gravitational edema . | 6. Sports recover. |
| 2. Low Back pain. | 7. Stress. |
| 3. Connective tissue and muscle contracture. | 8. Anxiety and depression. |
| 4. Headaches. | 9. Stiff joint. |
| 5. Sports preparation. | |

Contraindication:

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| <ul style="list-style-type: none">• Open Wounds• Recent skin graft.• Arteriosclerosis• Thrombosis• Embolism• Severe varicose veins• Acute phlebitis• Cellulitis• Acute sprains• Acute strains• Fever• Cardiovascular conditions | <ul style="list-style-type: none">• Sinusitis• Abscesses• Skin infections• Cancers• Acute inflammatory conditions• Acute contusions• Fractures• hyperesthesia |
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<https://www.youtube.com/watch?v=jqn5FSFnCWU>

<https://www.youtube.com/watch?v=RbvAvFulyX0>

