

## Benefits of massage & bodywork

\_\_\_\_\_ System

Directions: List the effects of these massage and bodywork strokes and contacts on the given organ system of the human body. Be sure to cite your sources!

Nurturing Touch (benefits of touch) –

### ----- Traditional Swedish Massage strokes -----

Effleurage (gliding) –

    Gliding Strokes –

    Nerve Strokes –

Petrissage (kneading) –

    Kneading –

    Compression –

Friction (rubbing) –

    Superficial Friction –

    Deep Friction –

Vibration (oscillation) –

Tapotement (percussion) –

Swedish Gymnastics (Stretching and Range of Motion) –

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----- **Other important contacts** -----

Static Pressure Technique (pressure point work) –

----- **Energetic Contacts** -----

Sattvic Contacts (light, soft, still – slow; like the swan) –

Rajasic Contacts (light – medium, slow – fast; like the frog) –

Tamasic Contacts (heavy, deep, still – slow; like the elephant)-

Citation: List at least 3 credible sources for your information. Be sure to place the corresponding number after each answer above.

1)

2)

3)

4)

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