

## 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!

### ACTUAL DIRECTIONS!!!

Research using sources such as Wikipedia, lirn, your text, and other credible sources – massage therapy strokes and effects. List in simple, bulleted, format the effects of the different type of strokes available in therapeutic massage. Make sure to cite your sources IN TEXT and on the reference list at the end of the form :)

### SILLY EXAMPLES

Nurturing Touch (benefits of touch) –

*Reduces anxiety, pain, and enhances fears (1)*

*Induces hypnogogic state (4)*

Effleurage (gliding) –

*Nerve Strokes – parasympathetic response (3), induces state of euphoria (2)*

Petrissage (kneading) –

*Compression – has annoying response (3), great for making burger meat (2)*

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

### ACTUAL DIRECTIONS!!!

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

*Relist the benefits of: nurturing touch, light strokes, and nerve strokes*

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

*Relist the benefits of: faster strokes such as kneed and glide, percussion, and vibration here*

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

*Relist the benefits of: long slow deep strokes, static pressure, etc. here*

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

1) oohlalasp.com/sillyideasmakegreatcitation.html

2) www.bodyworkisforcrazypeople.com/that/is/why/we/are.here.html

3) youtube.com/iloveyoutube.htm