

Three Manual Lymphatic Massage Techniques

Osteopathic manipulation is the core set of techniques in osteopathy. Parts of osteopathy, such as craniosacral therapy, have been described by Quackwatch as having no therapeutic value and have been labeled by them as pseudoscience and quackery. The techniques are based on an ideology created by Andrew Taylor Still (1828–1917) which posits the existence of a "myofascial continuity"—a tissue layer that "links every part of the body with every... d94bc862a4 Advocates claim that the technique may be used to treat a wide variety of physical and psychological disorders, and as a... d94bc862a4 This article refers mainly to sporadic lymphangitis. Ulcerative lymphangitis is referred to in passing, as it is managed in a similar manner. Epizootic lymphangitis is similar to glanders, but caused by the fungus *Histoplasma farciminosum*. d94bc862a4

Rolfing Some osteopaths were influenced by Rolf, and some of her students became teachers of massage, including one of the founders Rolfing () is a form of alternative medicine originally developed by Ida Rolf (1896–1979) as Structural Integration. bodywork, or as a type of massage. Rolfing is marketed with unproven claims of various health benefits, is recognized as

pseudoscience and is generally characterized as quackery d94bc862a4

Fascia is a thin, tough, elastic type of connective tissue that wraps most structures within the human body, including muscle. Fascia supports and protects these structures. Osteopathic practice holds that this soft tissue can become restricted due to psychogenic disease, overuse, trauma, infectious agents, or inactivity, often resulting in pain, muscle tension and corresponding diminished blood flow. d94bc862a4 Though incurable and progressive, a number of treatments may improve symptoms. This commonly includes compression therapy, good skin care, exercise, and manual lymphatic drainage (MLD), which together are known as combined decongestive therapy. Diuretics are not useful. d94bc862a4

Osteopathy (2005). "Manual Techniques Addressing the Lymphatic System: Origins and Development". Chikly, Bruno J. The Journal of the American Osteopathy is a pseudoscientific system of alternative medicine that emphasizes physical manipulation of the body's muscle tissue and bones. It is distinct from osteopathic medicine, which is a branch of the medical profession in the United States. ISSN 0098-6151. In most countries, practitioners of osteopathy are not medically trained and are referred to as osteopaths. PMID 29946678 d94bc862a4

It is based on Rolf's ideas about how the human body's

"energy field" can benefit when aligned with the Earth's gravitational field. d94bc862a4

Pehr Henrik Ling Although his procedures included friction, kneading, stroking, cupping, and clapping they were not related to what was later termed as Swedish massage. Although Ling was probably aware of Chinese massage, he instead developed a system of integrated manual therapy, combining physical training and gymnastic Pehr Henrik Ling (15 November 1776 – 3 May 1839) pioneered the teaching of physical education and gymnastics in Sweden. He is considered the Father of Physical Therapy in Sweden d94bc862a4

Lymphedema is most frequently a complication of cancer treatment or parasitic infections, but it can also be seen in a number of genetic disorders. Tissues with lymphedema are at high risk of infection because the lymphatic system has been compromised. d94bc862a4

Equine lymphangitis It is most commonly a bacterial infection, although bacterial culture may be negative. Bandages may also be useful, Equine lymphangitis is an inflammation or swelling associated with impairment of the lymphatic system, particularly in a limb, in horses. important, particularly maintaining movement by walking out and massage to improve lymphatic drainage and reduce the oedema d94bc862a4

Myofascial release Fascia is a Myofascial release (MFR, self-myofascial release) is an alternative medicine

therapy claimed to be useful for treating skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation and stimulating the stretch reflex in muscles. immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation and stimulating the stretch reflex in muscles d94bc862a4

Emotional Freedom Techniques Emotional Freedom Techniques (EFT) is a technique that stimulates acupressure points by pressuring, tapping or rubbing while focusing on situations that Emotional Freedom Techniques (EFT) is a technique that stimulates acupressure points by pressuring, tapping or rubbing while focusing on situations that represent personal fear or trauma. EFT also combines elements of exposure therapy, cognitive behavioral therapy and somatic stimulation. EFT draws on various theories of alternative medicine - including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy (TFT). EFT and similar techniques are often discussed under the umbrella term "energy psychology". It is best known through Gary Craig's EFT Handbook, published in the late 1990s, and related books and workshops by a variety of teachers d94bc862a4

Alexander technique The American National Center for Complementary and Integrative Health classifies it as a "psychological and physical" complementary approach to health when used "together with" mainstream

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conventional medicine. Instructors observe their students, and provide both verbal and gentle manual guidance to help students learn how to move with better poise and less strain. The Alexander technique, named after its developer Frederick Matthias Alexander (1869–1955), is a pseudoscientific alternative therapy based on the idea that poor posture causes a range of health problems.

Alexander began developing his technique's principles in the 1890s to address his own voice loss during public speaking. He credited his method with allowing him to pursue his passion for performing Shakespearean recitations. Rolfing is typically delivered as a series of ten hands-on physical manipulation sessions sometimes called "the recipe". Practitioners combine superficial and deep manual therapy with movement prompts. The process is sometimes painful. The safety of Rolfing has not been confirmed. The principles of Rolfing contradict established medical knowledge, and there is no good evidence Rolfing is effective for the...

Lymphedema commonly includes compression therapy, good skin care, exercise, and manual lymphatic drainage (MLD), which together are known as combined decongestive therapy. Lymphedema, also known as lymphoedema and lymphatic edema, is a condition of localized swelling caused by a compromised lymphatic system. The lymphatic system functions as a critical

portion of the body's immune system and returns interstitial fluid to the bloodstream d94bc862a4

Massage In English-speaking European countries, traditionally a person professionally trained to give massages is known by the gendered French loanwords masseur (male) or masseuse (female). The purpose of massage is generally for the treatment of body stress or pain. " In some provinces of Canada, they are called "registered massage therapists. The word comes from the French massage 'friction Massage is the rubbing or kneading of the body's soft tissues. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. In the United States, these individuals are often referred to as "massage therapists. ". tissue, manual lymphatic drainage, medical, sports, structural integration, Swedish, Thai and trigger point d94bc862a4

Hilot intended to heal. It emerged from the Hilot (/HEE-lot/) is a Filipino practice that is intended to heal. It emerged from the shamanic tradition of the ancient Filipinos with healers considering their practice as derived from their calling from visions or from having been born by breech. It uses manipulation and massage to attempt the treatment outcome, although techniques vary among practitioners. It uses manipulation and massage to attempt the treatment outcome, although techniques vary among practitioners d94bc862a4

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Proponents and teachers of the Alexander technique believe the technique can address a variety of health conditions, but there is a lack of research to support...
d94bc862a4 Often referred to as fat- or big-leg disease, it is sometimes known as weed or Monday-morning disease (not to be confused with the more common usage of MMD referring to exertional rhabdomyolysis or azoturia).
d94bc862a4 In professional settings, clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor. There are many different modalities in the massage industry, including...
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