

Massage therapy* refers to many manual techniques done by a licenses and specific trained professional with the intent of normalizing soft tissue to promote health, muscle relaxation, healing and other benefits. Massage techniques can be used in home programs to produce some of the same health and mobility benefits. For more information, visit CureDuchenne.org/care/videos/

Physiologic Benefits of Massage

- Prevention/Treatment of injury.
- Muscle Relaxation.
- Release of restrictions.
- Increased circulation.
- Enhanced immune system function.
- Pain relief.
- Improved respiration.
- Sensory stimulation.

Contraindications for Massage

DO NOT MASSAGE WHEN THERE ARE:

- Sores, cuts, burns, boils, infectious rash.
- Inflamed joints, tumors or undiagnosed lumps.
- Injured areas including bruise, sprain, fracture, dislocation.
- Endangerment sights: back of knee, elbow, xiphoid process.
- Acute illness especially when accompanied by viral infection and/or fever.

5 Effleurage Massage Steps**



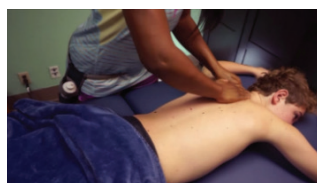
STEP 1: Maintaining mild pressure, the hands start together in the middle.



STEP 2: Hands move in opposite directions, with mild pressure.



STEP 3: Move hands back together.



STEP 4: Hands move upward together.



STEP 5: Hands move downward together. Then, repeat from Step 1.

**All interventions, including massage, have their cautions. Please read the list of "Contraindications for Massage" and consult a physician before beginning a new routine and/or if new symptoms arise after starting a routine.*

***The following is a suggested, simple routine that can be implemented on a regular basis by a caregiver. Advisement from Victoria Laster, BA, NMT, CPMT - First Touch Neuromuscular Pediatrics*