UNIT 12 TYPES OF MASSAGE

19 **1. Listen to the recording and tick (✓) the health benefits of massage therapy that the speaker mentions.**
Posłuchaj nagrania i zaznacz (✓) korzyści zdrowotne masażu, które zostały wymienione.

GLOSSARY

accelerate – przyspieszać
boost – poprawić, wzmocnić
cramp – skurcz
ease – łagodzić
endurance – wytrzymałość
enhance – poprawić, wzmocnić
inflammation – stan zapalny, zapalenie
nausea – mdłości
range of motion – zakres ruchu
sprain – skręcenie, zwichnięcie
stiffness – sztywność
swelling – opuchlizna

A massage can:

- ☐ reduce inflammation
- ☐ reduce cramps
- ☐ lower blood pressure
- ☐ help recover from sprains
- ☐ decrease migraine frequency
- ☐ reduce swelling
- ☐ reduce nausea in pregnant women
- ☐ enhance flexibility
- ☐ reduce stress
- ☐ eliminate stiffness
- ☐ increase ROM
- ☐ improve posture
- ☐ increase energy
- ☐ boost the immune system
- ☐ increase endurance
- ☐ help manage pain
- ☐ improve blood circulation
- ☐ accelerate healing time
- ☐ regulate body temperature
- ☐ ease pain

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2. Match the words with their synonyms.
Dopasuj słowa do ich synonimów.

1	reduce	a	speed up
2	ease	b	increase, improve
3	boost	c	relieve
4	accelerate	d	control
5	manage	e	decrease
6	enhance		

3. Your friends who works very long hours at the office but also runs a lot at weekends is considering massage therapy. Make a list of arguments you can use to convince them that massage therapy has many advantages for a person like them.
Twój przyjaciel (twoja przyjaciółka), który (która) pracuje długo w biurze, ale też dużo biega w weekendy, rozważa zabiegi masażu. Sporządź listę argumentów, których użyłbyś (użyłabyś), aby przekonać go (ją), że masaż ma wiele zalet dla takiej osoby jak on (ona).

USEFUL TIPS

As a medical professional you will often need to give people advice and recommendations. To do this successfully, you need to know some grammar rules regarding such verbs as recommend, advise and suggest. This is truly the kind of grammar worth remembering because you will use it a lot!

For example:

I recommend a massage because massage helps relieve muscle tension.

LIVEWORKSHEETS

20 **4. Read the text about different types of massage and decide whether the following statements are true (T) or false (F).**
Przeczytaj tekst o różnych rodzajach masażu i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

1 The Swedish massage has elements of yoga.

2 A sports massage is only for athletes.

3 The main aim of cosmetic massage is to restore skin flexibility and firmness.

4 A deep tissue massage is less intense than a Swedish massage.

5 A cosmetic massage is aimed at deeper layers of muscles and connective tissue.

GLOSSARY

aimed at – nacelowany, skierowany na
athlete – sportowiec
depend on – zależeć od, polegać na
firmness – twardość, jędrność
goal – cel
layer – warstwa
lump – grudka, narośl
solution – rozwiązanie
sore – bolesny, obolały
stroke – wylew, udar; tutaj: pociągnięcie, ruch
workout – ćwiczenia fizyczne, trening
wrinkles – zmarszczki

Types of massage

There are different types of massage techniques. Which modality should you use to best help your patients? The type of massage you choose **depends on** the nature of the problem the patient is experiencing. When you make an appointment with a patient, always ask what kind of treatment they need or are interested in. Do the patients need pain relief? Do they need a treatment for a specific medical condition? Or do they just simply want to relax? Those are all important questions you should be asking your patients.

Some of the most common massage techniques include:

- **Swedish massage**
  The Swedish massage is the most frequently used massage technique. It is also referred to as the classic massage. During the massage, the therapist uses massage oils and a combination of different **strokes** to manipulate soft tissue. This kind of massage can be light or energetic. Intensity

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depends on the therapist's style and the type of problem the patient is experiencing. The aim is to increase the amount of oxygen in the system, so that the body can regenerate quicker. The Swedish massage improves circulation, releases tension, relieves pain and reduces joint stiffness.

- **sports massage**



This type of massage is the perfect **solution** for **athletes** preparing their bodies for a big tournament or recovering from a **workout** session. The main **goal** of this massage is to accelerate healing time, prevent or treat injuries, and improve flexibility. By manipulating muscle tissue, the therapist loosens tense muscles and improves blood circulation and oxygen supply. This in turn helps remove toxins that accumulate in the tissue. Although this type of massage is typically recommended for athletes, it can also benefit patients with restricted range of motion or those suffering from sports injuries.

Sports massage includes: pre-event massage, post-event massage and restorative massage.

- **cosmetic massage**

Cosmetic massages are typically performed in spa and wellness centres. The therapist uses different movements to break down **lumps** under the skin. This is done primarily to restore skin flexibility and **firmness**. Cosmetic massages also improve the overall appearance of the skin and prevent **wrinkles**.

- **deep tissue massage**

Although a deep tissue massage is similar to a Swedish massage, it is more intense. This type of massage is **aimed at** deeper **layers** of muscles and connective tissue (fascia) deep under the skin. By using slow strokes the therapist breaks down adhesions – also referred to as knots. When adhesions build up, they block blood and oxygen flow. The build-up of chronic muscle tension results in muscle tightness, limits ROM and causes pain. This type of massage increases blood and oxygen flow and as a result, helps remove toxins from the body quicker. A deep tissue massage improves posture, breaks down knots, relieves pain and restores the normal range of motion. Patients may feel **sore** for a day or two after a deep tissue massage.

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5. Match the English expressions with their Polish equivalents.

Dopasuj angielskie wyrażenia do ich polskich odpowiedników.

1	improve circulation	a	zapobiegać urazom
2	prevent injuries	b	rozbijać zrosty
3	remove toxins	c	poprawiać krążenie
4	break down adhesions	d	zapobiegać powstawaniu zmarszczek
5	prevent wrinkles	e	przynosić ulgę w bólu
6	relieve pain	f	usuwać toksyny
7	improve flexibility	g	powodować ból
8	cause pain	h	poprawiać elastyczność

6. Complete the sentences with the suitable words.

Uzupełnij zdania odpowiednimi słowami.

layers relief energetic goal treatment workout improve

1. Swedish massage can be light or _____.
2. Post-event massage should be performed after an intensive _____ session.
3. Relaxation is not the main _____ of sports massage.
4. Deep tissue massage affects deeper _____ of muscles.
5. Cosmetic massage is a good idea if you want to _____ the overall appearance of your skin.
6. Some patients need pain _____. Others need a _____ for a specific medical conditions.

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7. Read the text about Thai and Shiatsu massage techniques. What are the similarities and differences between these two types of massage? Complete the table under the text. You can use your own knowledge, too!

Przeczytaj tekst o masażu tajskim i Shiatsu. Jakie są między nimi podobieństwa, a jakie różnice? Uzupełnij tabelę pod tekstem. Możesz skorzystać też ze swojej wiedzy!

GLOSSARY

acupressure – akupresura
ancient – antyczny, starożytny
blockage – niedrożność, zator
lazy – leniwy
pathway – przejście, ścieżka
regain – odzyskać

LIVEWORKSHEETS

Thai massage



Thai massage is a whole-body massage. It combines Western modalities with **acupressure** and yoga. It is often referred to as yoga for the **lazy**. During the massage, the therapist uses his/her own body to stretch the patient and apply pressure to specific points on the patient's body called sen lines. They are thought to be energy **pathways** of the body. By stimulating and opening up these points, the therapist can ease **blockages** and harmonise the body. This massage increases lymphatic and blood circulation in the body. It is the ideal solution for patients suffering from musculoskeletal disorders. It helps relieve stress, increase flexibility and improve overall health. Unlike during other massage sessions, the patient is clothed except for shoes and socks which are removed.

Shiatsu massage



Shiatsu is an **ancient** massage technique that started in Japan but which is also based on traditional Chinese medicine. In Japanese, the word shiatsu means "finger pressure" and this is exactly what this massage technique is all about. The massage therapists use their fingers to apply pressure to different pressure points (acupressure points) on the body's meridians – pathways through which "qi" (the body's vital energy) flows. These pressure points stimulate energy flow and help the body heal and **regain** balance, both physically as well as psychologically. Shiatsu improves circulation, relieves fatigue, helps with digestive disorders or nausea and with insomnia or headaches. As during a Thai massage, patients are clothed.

	Thai massage	Shiatsu massage
similarities		
differences		

LIVEWORKSHEETS

8. Translate the following words.

Przetłumacz słowa.

1 staw (miejsce połączenia kości) – _____
2 zrosty – _____
3 bezsenność – _____
4 tkanka łączna – _____
5 rozciągać – _____
6 zmęczenie – _____
7 jędrność, twardość – _____
8 sportowiec – _____

9. Complete the sentences with the suitable words.

Uzpełnij zdania odpowiednimi słowami.

insomnia stretch points connective tissue
strokes joints meridians adhesions

1 _____ is a material made up of fibres that surrounds organs. It supports them and other body tissues. It also transports substances.

2 People can get _____ in any muscle, but they are most commonly found in the shoulders and back, which are places where muscles can easily become chronically contracted.

3 Always warm up and _____ before exercising. This will prevent injury to muscles, ligaments and tendons.

4 In Chinese medicine, _____ are pathways in the body through which the body's vital energy flows.

5 Arthritis is a disorder affecting _____.

6 Patients affected by lower back pain often suffer from _____ . Physical therapists can help patients sleep better by teaching them proper sleep practices that minimise strain.

7 Therapists use a combination of many different _____ to manipulate soft tissue.

8 Acupressure _____ on the body are often used in Asian massage techniques.

LIVEWORKSHEETS

10. Which massage is it? Identify each type of massage.
Jaki to masaż? Nazwij każdy z nich.

MASSAGE: _____

Aimed at deeper layers of muscles and connective tissue.
The therapist uses slow strokes to break down adhesions.
Helps: increase blood and oxygen flow, remove toxins from the body, improve posture, restore normal range of motion

MASSAGE: _____

Aimed at improving circulation and oxygen supply.
The therapist uses a combination of different strokes to manipulate soft tissue.
Helps: improve circulation, release tension, relieve pain, reduce joint stiffness

MASSAGE: _____

Aimed at healing and harmonising the body, mind and spirit.
The massage therapist uses his/her fingers to apply pressure to different pressure points.
Helps: improve circulation, relieve fatigue, help with digestive disorders, sleep better, get rid of headaches

MASSAGE: _____

Aimed at harmonising the body and improving lymphatic circulation.
The therapist uses his/her own body to stretch and apply pressure to sen lines.
Helps: relieve stress, increase flexibility, improve lymphatic drainage, relax the body

MASSAGE: _____

Aimed at treating sports injuries and reducing recovery time.
The therapist manipulates muscle tissue in order to loosen tense muscles and thereby blood and lymph circulation.
Helps: treat injuries, prevent injuries, improve flexibility, remove toxins from the body, accelerate healing, improves ROM

LIVEWORKSHEETS