

Experimental Research on Self Massage Method of Stand Upside Down by Shoulder Flexion and Pedal

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Abstract. This research is to explore the method self massage on the back which from the theoretical and practical aspect, then provide a new way which to enrich the massage techniques of traditional Chinese medicine. This research is to analysis the physical therapy effect which based on literature material methodology and theories of massage. This self-massage method of stand upside down by shoulder flexion and pedal can conflict acupoints of the foot's reflection, stimulates the cerebral cortex, improve blood circulation, enhance human immunity. Massage postures can ease the accumulation of illness which caused by prolonged standing. Effects of massage can improve the normal physiological curvature, relax of the spine and back muscles, eliminate muscle cramps, ease the pain, and improve cardiovascular, respiratory and digestive function. All in all, it is a safe and reliable, simple self massage techniques.

Many research shows massage is good for our health, after massage treatment, the muscle can be more relax and healthy^[1-4]. People can do health care physical therapy of closed tissue lesions in front and side body which by themselves, but do self massage method on the back of the body may ineffective. So this research is aimed on explore self massage method of stand upside down by shoulder flexion and pedal, and solve the general difficult of self massage on the back of the human body, then provide theoretical and practical reference which can develop and enrich the content of the Chinese characteristics medical massage techniques.

1. Materials and Methods

1. 1 Materials

On the basis of massage of TCM theory, through searched ancient and modern traditional Chinese medicine massage techniques of literatures, 30 old men did safety index of medical examination of stand upside down by shoulder flexion and the age are within 23-50 years old, and recorded the self massage effect. The result shows that changes of blood pressure, heart rate and breathing are all within the normal range, and all people felt acid, pain and numb, so the characteristics of self massage method of stand upside down by shoulder flexion and pedal is accurately targeted the body back position of illness, and the grinding strength, times and the point pressure can grasp by themselves, its a safe and reliable method.

1. 2 Choice of Massage Bed

The length of massage bed is 190 micrometers, the width is 70 micrometers, and the height is 105 micrometers. Lower bed board used the one-piece composite compression plate, mattress choose simulation corticosteroids, and filling high density sponge package which is thickness of 3 micrometers, the upper bed is used for treadle which have cylindrical aluminum alloy rods between the upper two long Angle, and the length is 70 micrometers, diameter 3micrometers.

2. Self Massage Method of Stand Upside Down by Shoulder Flexion and Pedal

2. 1 Self Grinding Massage Method of Stand Upside Down by Shoulder Flexion and Pedal for Cervical Vertebra

2. 1. 1 Grinding massage method for cervical vertebra

The body's position is stand upside down by shoulder flexion and pedal, neck is the supporting

point, and hands lifted the two columns which in front of the massage bed, and feet pedaling on the rods (figure 1). Method: pedaling point is parallel to neck and back, then bend and stretching knee joint, rotate hip joint by pedal power, massage strength is the range of the exchange of foot pedal. Strength and time of massage is based on self-sensation.

2. 1. 2 Press neck and back point

The body stands upside down, flex hips and lifts legs, and support by neck and shoulder, then bend and stretching knee joint, the pedaling point is parallel to seventh cervical vertebra (figure2). Method: stretching knee joint until the patients' focus of neck and shoulder become soreness. We can not only bend and stretching knee joint, but also press neck and shoulder rotate hip joint by pedal power.

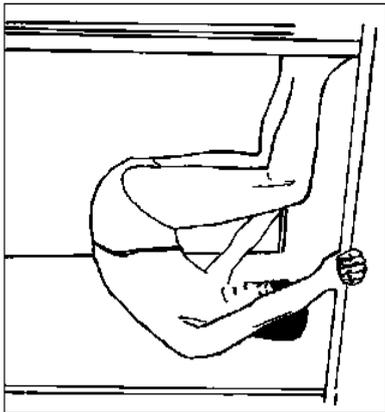


Figure1 Grinding massage for cervical vertebra

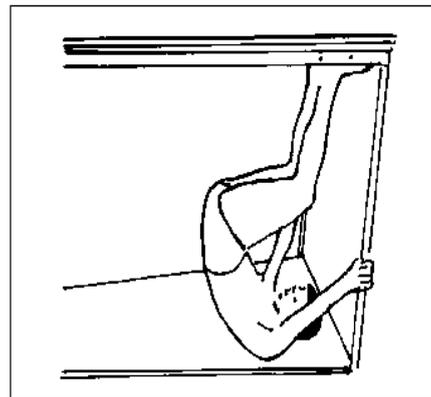


Figure2 Press neck and back point

2. 2 Self Massage Method of Stand Upside Down for Thoracic Vertebra and Dorsal

2. 2. 1Grinding massage method for thoracic vertebra and dorsal

Supine position, and hands lifted the two columns which in front of the massage bed, knee bends and straight up, feet pedaling on the upper second or third rod. Neck, shoulder and back on the mat, keeping chest slightly inward (figure3). Method: foot points of force and chest back stay parallel, prop the feet up, then bend and stretching knee joint, rotate hip joint by pedal power, after that, do self-massage with chest part. Strength and time of massage is according to self-sensation.

2. 2. 2 Press chest and back point

Bend knees and upwards, feet pedaling on second or third rod, the width between feet is according to self-sensation. The body's position is stand upside down by shoulder flexion and pedal, pedal power is vertical to spinous process of thoracic vertebra (figure 4). Method: stretching knee joint which can lead to the feeling of soreness in thoracic vertebra. We can do massage by bend and stretching knee joint or rotate hip joint by pedaling force.

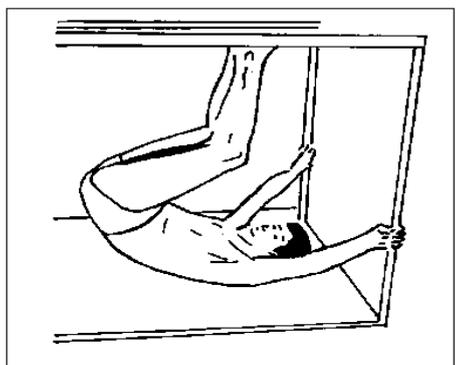


Figure3 Press chest and back

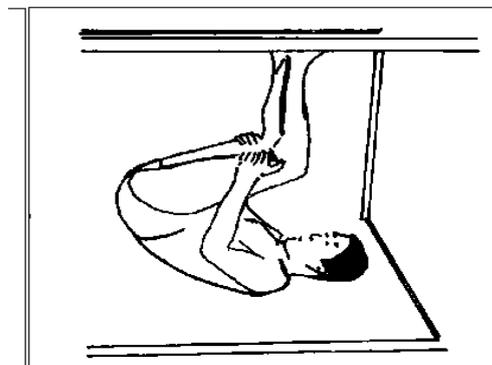


Figure4 Push chest and back

2. 3 Self Massage Method of Stand Upside Down for Scapular Area

2. 3. 1 Grinding massage method for scapular area

When grinding left scapular, the head and shoulder tilt to the left 90 degrees and keep head down

on chest. bend knees and upwards, feet pedaling on rods which has a 45-60 angles to shoulder, the right hand lift the right column, flex left elbow, support left hip (figure 5). Massage method: bend and stretching knee joint, rotate hip joint, massage strength is the range of the exchange of foot pedal. Strength and time of massage is according to self-sensation. When do grinding massage for right scapula, we do same massage method on opposite direction.

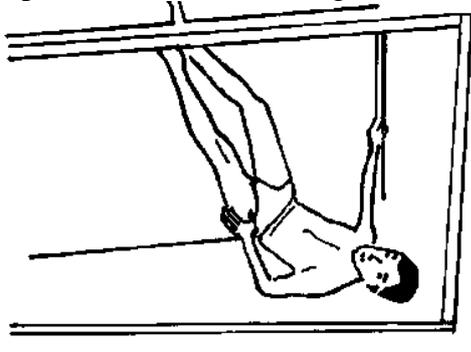


Figure 5 Massage for grinding scapular

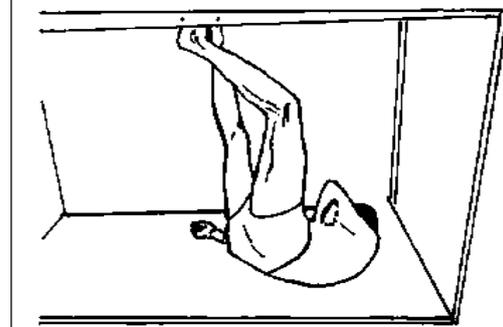


Figure 6 Press the back of the scapula

2. 3. 2 Press the back of the scapula

when grinding left scapular, the head and shoulder tilt to the left 90 degrees and keep head down on chest, bends knees and upwards, and the arms in inside of the chest. Massage method: bend knees and upwards, feet pedaling on rods and transfer the impact into acupoint of TIANZONG. We can straight knee joint and do static force, or bend and stretching knee joints, or rotate hip joint by pedal power.

2. 4 Self Massage Method of Stand Upside Down by Shoulder Flexion and Pedal for Lumbar

2. 4. 1 Grinding massage method for lumbar

Supine position, hands lifted the two sides of the massage bed, the lumbar and back on the mat, knee bends and straight up, feet pedaling on the rod (figure 7). Massage method: feet pedaling on the rods which on the top of lumbar, bend and stretching knee joint, rotate hip joint by pedal power, massage strength is the range and power of the exchange of foot pedal. Strength and time of massage is according to self-sensation.

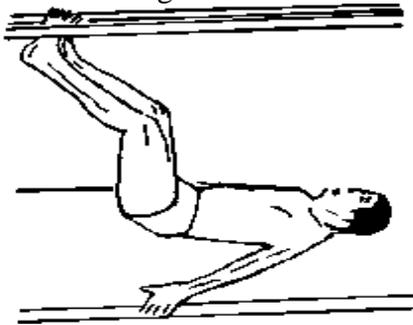


Figure 7 Grinding massage for lumbar

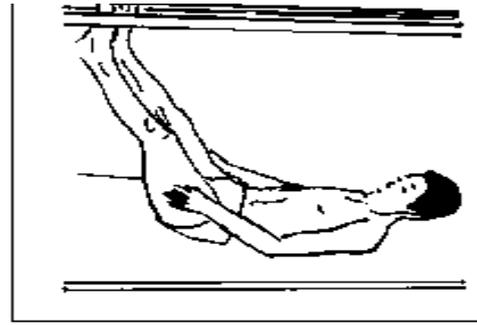


Figure 8 Press massage for lumbar vertebra

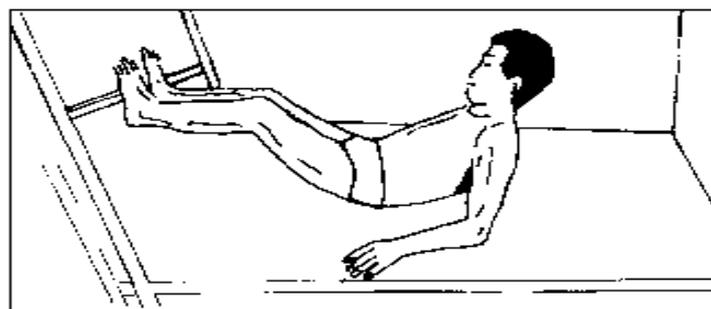


Figure 9 grinding and press massage for lumbosacral

2. 4. 2 Press massage for lumbar vertebra

Supine position, the lumbar and back on the mat, bend elbow and on two sides of the body, feet pedaling on the rods which on the top of lumbar, the upper part of the body raised slightly (figure 8). Massage method: stretching knee joint which can lead to the feeling of soreness in lumbar vertebra, we can straight knee joint and do static force, or bend and stretching knee joints, or rotate hip joint by pedal power. Strength and time of massage is according to self-sensation.

2. 4. 3 Grinding and press massage for lumbosacral

Supine position, feet pedaling on the rods which in front of the bed, the upper part of the body is raised, bend elbow and on two sides of the body (figure 9). Massage method: bend and stretching knee joint, rotate hip joint by pedal power, massage strength is the range and power of the exchange of foot pedal. Strength and time of massage is according to self-sensation.

3. Discussion

3. 1 Effect of Self Massage Method of Stand Upside Down by Shoulder Flexion and Pedal

Self massage method of stand upside down by shoulder flexion and pedal can fully grinding planta pedis, which can stimulate the nerve endings and capillaries of the soles of the feet and transfer to the cerebral cortex. It can improve blood circulation, relieve muscle fatigue and improve sleep quality^[5-8]. Grinding the soles of the feet can improve the level of renal function and digestive system function, and can also eliminate toxins in the body, prevent disease infestation, improve human immunity and resistance^[9-10].

3. 2 Positive Effect of Physiological Function of Stand Upside Down by Shoulder Flexion and Pedal

The massage method of stand upside down by shoulder flexion and pedal can ease the human body for a long standing posture and the formation of the human neck, shoulder, back and other parts of the muscles which always bear load^[11-14]. Secondly, it can prevent the relives muscular stress and fatigue of neck, shoulder, waist and other parts. Thirdly, it can lead to positive effects for cervical spondylopathy, lumbar disease, scapulohumeral peri-arthritis, etc^[15-16]. Fourthly, it can prevent gastroptosis and visceral ptosis which caused by long-term standing, and improve people's intelligence and response ability, delay aging, enhance the function of the nervous system, prevent cerebral vascular disease^[17-18].

4. Conclusion

The massage method of stand upside down by shoulder flexion and pedal can improve fatigue and cerebrovascular disease which caused by long standing posture, dredging the collateral channel, build up a good physique and improve one's health, prophylaxis and treatment. The massage method of stand upside down by shoulder flexion and pedal is used self gravity to grinding and press the back of the body and acupoint. Massage strength is the range and power of the exchange of foot pedal. Strength and time of massage is based on self-sensation. It is a kind of new technique of self massage which is worth popularizing.

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