

Massage Therapy- An Alternative Treatment For Children With Attention Deficit Hyperactivity Disorders (ADHD)

Ushakumari P¹, Jeyalakshmi S², Roy K George³

¹Govt. College of Nursing, Kozhikode

²Rani Meyyammai College of Nursing, Chidambaram

³Baby Memorial College of Nursing, Kozhikode

Abstract- Attention deficit hyperactivity disorder is a common childhood disorder (ADHD) and it is characterized by poor ability to concentrate, motor over activity and impulsivity. ADHD is more common in males than females. It affects 3 to 4% of children in USA. In our country also the number of ADHD is increasing day by day. Traditional medication treatment often come across side effects and drug dependence among children. Massage therapy is one among the alternative therapy for ADHD and it has no side effects.

Keywords- Attention deficit hyperactivity disorder, massage therapy

I. INTRODUCTION

Massage is a form of touch therapy that has been prevalent for centuries. It conveys to the child a sense of security and trust that very essential to later life of the child. Massage involves working and acting on body with pressure. Techniques are commonly applied using hands, fingers, elbows, forearm, feet or a device. The purpose of massage is generally promoted as treatment for stress or pain.

The word massage derived from the French massage “friction of kneading” or from the Arabic word mass means to touch, feel or from Latin mass means mass, dough. Greek verb masso – to handle, touch, to work with hands, to knead dough. In distinction the ancient Greek word for massage was “anatripsis” and the Latin was fricto.

Definition:

A collection of body work modalities designed to improve health through manual manipulation of soft tissues including stroking, kneading, tapping and shaking intended to improve local circulation, reduce pain and promote relaxation.

Massage therapy is the scientific manipulation of soft tissues of body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed

or movable pressure, holding and /or causing movement of or the body- Medical Dictionary

Purposes:

- Reduction of muscle tension and stiffness
- Relief of muscle spasm
- Improve blood circulation
- Promotion of faster wound healing reduction in stress
- Mobilizes digestive system
- Improve muscle tone, restore mobility and ensure the elimination of waste products
- Reduce anxiety

II. HISTORY OF MASSAGE THERAPY

Year	Contribution
3000 BC	China: Cong-fu of the Toa-Tse. Oldest known book written about massage
2760	Nei-Ching- describe therapeutic touch
2500 BC	Egyptians: created reflexology
2000 BC	First writings about massage
1800 BC	Ayurveda: art of life book that included massage technique. In India, the focus was on sensual massage aspects
1600 BC	Egypt: first record of chemotherapy being employed as a treatment for cancer
1555 BC	A medical papyri contains remedies for all types of illness and methods of application used in aromatherapy and herbal medicine
1000 BC	Homer: wrote about an oily medicine used for massage
604-531 BC	Lao-Tse: founder of Taoism
500 BC	Herodius: prescribed gymnastics to heal. Founder of medical gymnastics
400-380 BC	Hippocrates: used friction to sprain and dislocation
200 BC	Galen, Greek physician: use natural magnets to

	relieve pain in treating many illness
200 BC	The HuangdiNei Jing(yellow emperor's inner classic)- earliest surviving canonical text of traditional Chinese medicine
100-44 BC	Roman- Julius Caesar- used massage therapy to relieve neuralgia and epileptic seizure
130 -201 AD	Galen- physician for the school of gladiators who were rubbed before fighting.
25 BC- 50AD	Aulus Cornelius Celsuis- Roman physician wrote De Medica- text book with lot of information on massage
100's AD	China: first school of massage developed
600's	Japanese: developed shiatsu(finger pressure/acupressure)
1368-1644	Ming Dynasty-Paediatric massage
1564-1626	Lord Francis Bacon- observed that massage had benefits enhancing circulation
1839-1909	Johann Mezger Holland- brought medical massage to scientific community
1850's	Brothers George & Charles Taylor(New York physicians) introduced scientific massage therapy in US
Middle 1980	Social worker, Tedi Dunn & nurse Marian Williams, started massage program at California
1980's	Helen Campbel pioneered hospice and hospital massage
1992	Karen Gibson- nurse manage therapist
	Andy Bernay, Roman nurse-National of Nurse Massage Therapist
2007	Society for oncology massage
2015	Society for oncology massage website

III. TECHNIQUES OF MASSAGE THERAPY

The techniques of massage therapy as follows-

- **Longitudinal gliding:**

Longitudinal gliding is effective massage techniques administered in the direction of blood flow. It aids the fluid dispersion from the injury site and thus helps to reduce inflammation and swelling and also useful in relaxing tight muscles.

- **Kneading:**

Kneading can be performed in different ways and is described by the part of a hand used to accomplish the massage (e.g. thumb kneading and palm kneading). The pressure applied may vary according to the purpose of massage and the bulk of the tissues under treatment.

- **Myofascial releases:**

It is a manual technique for stretching the fascia with the aim to balance the body. Fascia is located between the skin and the underlying structure of muscle and bone, that covers and connects the muscle, organ and skeletal structures in our body. Injury, stress, trauma and poor posture can cause restriction to fascia and the purpose of myofascial release is to release fascia restriction and restore its tissue.

- **Trigger point therapy:**

Trigger point therapy is a body work technique that involves applying pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. Trigger points are active centres of muscular hyperactivity, which often cross-over with acupuncture points.

- **Transverse friction:**

Deep transverse friction is a transverse connective tissue therapy applied directly by the fingers. Transverse frictions use an oscillating pressure applied across the direction of tissue fibres. This technique used mainly on tendon or ligament injuries to help break down thickened, pain producing scar tissue.

- **Compression massage:**

Rhythmic compression into muscles used to create a deep hyperaemia and softening effect in the tissues. It generally used as a warm up for deeper, more specific massage work. Sports massage utilizes compression massage.

- **Cross-fibre massage:**

Cross fibre friction techniques applied in general manner to create stretching and broadening effect in large muscle group or on sit specific muscle and connective tissue, deep transverse friction applied to reduce adhesions and to help strong, flexible repair during the healing process.

- **Swedish massage:**

Swedish massage techniques includes long strokes, kneading, friction, tapping, percussion, vibration, effleurage and shaking motions.

Indications:

- Pre term babies, cocaine- exposed and HIV positive infants

- Diabetes
- Asthma
- Juvenile Rheumatoid Arthritis (JRA)
- Skin problems such as eczema
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)

Benefits of massage therapy for children with ADHD

Touch is a sense that is one of the first to be developed in humans. Touch can convey more than thousands of words and children are known to thrive with right amount of physical contact.

Infant massage has long been a common practise in ancient period. With our modern technology and hurried lives, we ourselves lacking in time spend with our family. Babies have been known to thrive and even die without an adequate amount of physical contact.

It is proven to increase dopamine level and decrease cortisone (stress hormone). This helps to reduce anxiety and stress that can become imbalanced due to social family and academic pressure. It helps to reduce muscle tension and decreased muscle tension and improve range of motion which assisting in recovering from or preventing injury. Improve quality of sleep, provide more energy and improve concentration. Potentially happier and healthier

IV. RESEARCH

Field T, Quintino O., Hernandez-Reif M, Koslovsky G (1998) conducted a study on adolescents with attention deficit hyperactivity disorders benefit from massage therapy. Researchers provide massage therapy or relaxation therapy on 10 consecutive school days for 28 adolescents with ADHD. The result revealed that massage therapy group, rated themselves as hyper and observers rated them as fidgeting less following the sessions. After two weeks, they reported more time on task and assigned them lower hyperactivity scores based on class room behaviour.

A study on massage therapy improves mood and behaviour of students with attention deficit hyperactivity disorders among 30 children and adolescents by Khilani S, Field T, Hernandez-Reif M and Schanbers S in 2003. The children were randomly assigned to a wait list control and a massage group. The massage group received massage therapy for 20 minutes twice per week for one month. The result showed that mood state and class room behaviour were improved in massage group when compared with control group.

V. CONCLUSION

Touch is essential to a child's development, sense of wellbeing and good health. Children reach out for touch as naturally as they do for food and water. Giving massage at night can ensure that touch is a positive, nurturing part of their human experience. This is been identified by many researchers to treat various kind of medical, surgical and psychiatric illness. It is also cost effective and harmless non-pharmacological interventions for various illness without side effects. Being health care providers it must be provided to all needed patients in time to avoid getting the complications due to drugs and other methods of treating the illness.

REFERENCES

- [1] Sinha, Gourang, Akhoury.(2006). Principles and practice of therapeutic massage. 1st edition. Jaypee Brothers Medical Publishers (P)Ltd. New Delhi. 32-71.
- [2] T,P,BhagatSwathi. (2004). Alternative therapies. Jaypee Brothers Medical Publishers (P)Ltd. New Delhi. 18-32.
- [3] Fritz, Sandy. (1995). Mosby's fundamentals of therapeutic massage. Mosby life line St. Luis. 327-349.
- [4] Reed, McGilvery., Tucker MacDonnel., Hudson Evans. (2010). Yoga, massage and aromatherapy. Anness Publishing Ltd. London.100-160.
- [5] www. Google.com
- [6] www.massage therapy.com
- [7] www.children and massage therapy.com