

Massage techniques to treat Parkinson's spasm symptoms

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Abstract. The causes of Parkinson's disease spasticity can be divided into two broad categories. One is the muscle twitching and tension caused by Parkinson's disease itself. This is caused by the imbalance caused by the death of brain cells in the late stages of Parkinson's disease. Some cells die, and some cells do not. The resulting imbalance causes muscle twitching. There are also secondary causes, such as anti-Parkinson's drugs, which come in many types, and can also cause muscle twitching. In addition, Parkinson's disease may be combined with other diseases, such as severe osteoporosis or epilepsy, which may also produce corresponding muscle twitches and spasms. This study proposes a new massage treatment plan for Parkinson's spasm. The massage program uses different methods, and different methods are proposed according to the spasticity of Parkinson's patients.

Keywords: Parkinson's spasm, massage therapy, acupoint massage, massage methods.

1. Introduction

Symptoms of convulsions in Parkinson's patients may be symptoms of dyskinesia. Dyskinesia mainly refers to abnormal manifestations caused by patients taking long-term medication such as compound levodopa.^[1] Once this kind of abnormal movement occurs, it means that Parkinson's disease has developed to the middle and late stages. Simply taking western medicine cannot control the development of the disease. It can be combined with massage therapy, and most patients recover well. Parkinson's disease is a disease that gradually gets worse over time.^[2] Generally, the clinical manifestations of late-stage Parkinson's disease mainly include various clinical symptoms such as body tremors, twitching of the corners of the mouth, drooping eyelids, unclear or inability to speak, inability to move the limbs autonomously, loss of self-care ability, and incontinence of urine and feces. It can be accompanied by various complications such as constipation, urinary tract infection, muscle atrophy, joint ankylosis, bedsores, and pneumonia.^[3]

Table 1. Clinical features of Parkinson's convulsions

Item	Clinical features	Physiological characteristics
Functional convulsions	Discontinuity Decreased concentration Controllable	Muscle involvement Abnormal recruitment phase EMG burst duration and/or amplitude changes Inverse averaging analysis of visible premotor potentials
Motor tics	Stereotyped or repetitive movements Merge other tics Unable to control independently Aura	Myoelectric burst duration >100 ms Inverse averaging analysis of visible premotor potentials
Dystonic convulsions	Coexistence of convulsions and dystonia	Agonist and antagonist muscles co-contract Involuntary muscle contractions with twitching

Tremor	Periodicity and rhythm	Antagonistic muscle contraction
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There are relatively few other causes, such as occlusion or partial occlusion of blood vessel supply, resulting in insufficient blood supply to the lower limbs, resulting in leg twitching. There is also a rare form of restless legs syndrome, which can also cause twitching.^[4]

2. Massage method

Massage methods for treating Parkinson's spasm mainly include head massage, neck massage, limb massage, foot massage, leg massage, etc., which can achieve a certain effect in improving the condition.^[5]

2.1 Body part massage

Head massage

Patients with Parkinson's spasm can improve it by massaging their heads, which can promote blood circulation in the head to a certain extent and can also improve dizziness, headaches and other discomforts.

Neck massage

Patients with Parkinson's spasm can also improve it by massaging the neck, which can promote blood circulation in the neck to a certain extent and can also improve dizziness, headaches and other discomforts.

Massage limbs

Patients with Parkinson's spasm can also improve it by massaging their limbs, such as arms, wrists, thighs, calves, etc., which can promote local blood circulation to a certain extent and can also improve the above symptoms.

Foot massage

Patients with Parkinson's spasm can also be improved through foot massage, which can promote blood circulation in the body to a certain extent and can also improve the above symptoms.

Leg massage

Patients with Parkinson's spasm can also improve it through leg massage, which can promote local blood circulation to a certain extent and can also improve the above symptoms.

2.2 Acupoint massage

Patients with Parkinson's spasm can improve their symptoms through massage, physical therapy, and functional exercises.^[6] Patients with Parkinson's disease should exercise appropriately. They can perform active functional exercises or passive functional exercises with the cooperation of family and friends. These can improve the symptoms of Parkinson's disease.

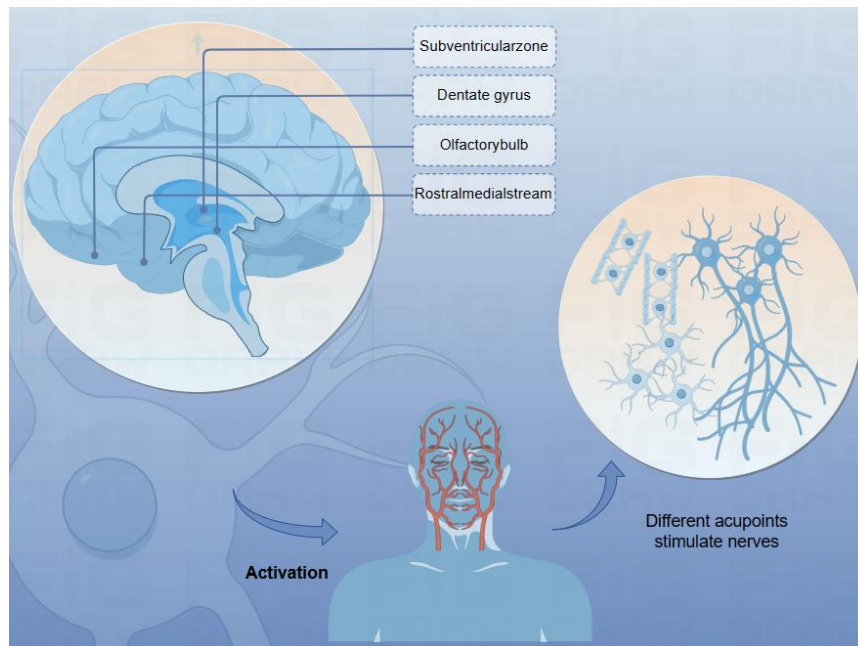


Fig. 1 Different acupoints stimulate nerves

Select acupoints for massage:

Baihui, Cuanzhu, Suigu, Fengchi, Ganshu, Shenshu, Yinlingquan, Zusanli, Sanyinjiao, Taixi, Jianjing, Neiguan, Yongquan, Yintang, Taiyang, Qiaogong, etc.

Massage method:

1. Use the radial edges of the thumbs of both hands to alternately push the Yintang to the front hairline 30 times.
2. Use the thumb threads of both hands to push the bamboo to the temples on both sides 30 times.
3. Use both hands to massage the temples 30 times at the thenar level.
4. Use the thread surface of your thumb to massage Baihui 100 times.
5. Tap the head with the tip of your middle finger for 2 to 3 minutes.
6. Sweep the left and right sides of the head 30 times with Sugu as the focus.
7. Massage Ganshu, Shenshu, Yinlingquan, Zusanli, Sanyinjiao and Taixi 50 to 100 times each.
8. Hold Fengchi, Jianjing, and Neiguan 10 times each. It is better if there is a slight soreness in the local area.
9. Use the thread of your thumb to push the bridge bow straight down, first left and then right, 10 times on each side.
10. Use five fingers to hold the top of the head from front to back, change to three fingers to hold the back of the head, and pinch the nuchal muscles from top to bottom 3 to 5 times.
11. Use both hands to apply the thenar from the midline of the forehead to both sides, massage the temples 3 to 5 times, then push it behind the ears and down to the neck. Do this 3 times.
12. Push and rub the inner and outer sides of the limbs 10 to 20 times; then rub Yongquan until it is hot.

3. Other acupoint massage methods

Patients with Parkinson's spasm can choose Baihui point, Yintang point, temple point, Fengchi point, Shugu point, Cuanzhu point, Yinlingquan point, Sanyinjiao point, Taixi point, Zusanli point, etc. for massage.

The massage method is as follows:

The operator uses the thumbs of both hands to alternately press the Tuiyintang point to the front hairline thirty times each time, and then massage Cuanzhu to the temple thirty times;

Massage Baihui point and Shugu point with your thumb thirty times each, lift and pinch Fengchi point and Neiguan point ten times each time.

For patients with Parkinson's spasm, massage should be of appropriate intensity, twice a day, and the effect will be more obvious if it is persisted.

4. Summary

Massage can also help patients improve their illnesses. At this time, if Parkinson's spasm is severe, the disease should be alleviated according to the symptoms of the disease. Of course, during the treatment of Parkinson's spasm, different massage techniques are very important to help patients improve the disease. Different massage techniques are very important in improving Parkinson's disease.^[7]

First, Parkinson's spasm massage can effectively improve blood circulation and prevent muscle relaxation. Pay attention to the massage techniques. Using different techniques to improve the patient's disease will be more helpful in improving Parkinson's disease.

Second, the Parkinson's massage technique should be appropriately light and heavy, not too heavy or too light. This can help patients improve Parkinson's spasm.

Third, Parkinson's spasm massage needs to be improved according to the condition of different parts of the patient. The whole body and local massage effects are different, which is a very important process to help patients improve Parkinson's disease.^[8]

Fourth, Parkinson's spasm can be improved according to the patient's stiff parts during massage, thereby enhancing the patient's rehabilitation physiotherapy effect, which is more effective in improving the patient's chronic disease.

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