



The Benefits of Massage

mnd
Victoria

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Acknowledgement of Country




MND Victoria acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



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Introductions

Andrea Salmon

Andrew Resciniti

Deb Olive

Jenny Graham

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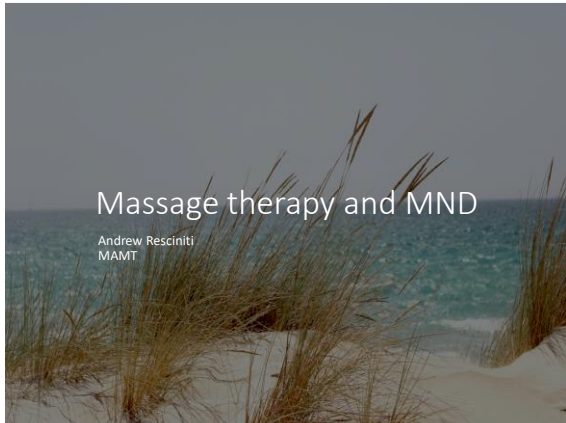
Program Outline



- ❖ To highlight the benefits of massage for people living with motor neurone disease
- ❖ To consider when massage is not appropriate
- ❖ To learn more about the MND Victoria Gentle Hand and Foot Massage Program provided through our volunteers
- ❖ To discover other ways massage can be paid for if a volunteer is unavailable



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About Andrew

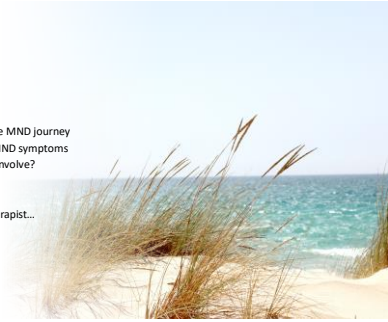
- Qualified Remedial Massage Therapist
- 7 years experience working with people with life limiting illnesses across clinic and community settings
- Currently at Eastern Palliative Care (4 years)
- Member of the Association of Massage Therapists (AMT)
- Member of the Society for Oncology Massage (S4OM)
- Member of Palliative Care Victoria



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Overview

1. Why massage therapy?
2. Massage therapy as part of the MND journey
3. Why massage can help with MND symptoms
4. What does an MND massage involve?
5. Contraindications
6. Client quotes
7. When choosing a massage therapist...



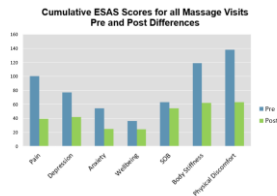
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1. Why massage therapy?

- **We know that human touch is essential for quality of life:**
 - It increases neurotransmitter production of dopamine, serotonin, and oxytocin
 - It can reduce physical pain
- **Skilled human touch is even more beneficial**
- **An established and growing evidence base:**
 - **Massage in General:** A safe and effective ancillary intervention for symptom management: musculoskeletal issues such as low back pain, headache, nausea, anxiety, depression, fatigue, general somatic discomfort, constipation, oedema. And promotion of quality of life: tranquility, transcendence, body acceptance, human connection. (numerous studies)
 - **Specific to MND:** It can support musculoskeletal and joint dysfunction and increase comfort (1,2)
 - **EPC Massage program for palliative care:** Massage Therapy has been shown to be effective in decreasing pain, improving physical comfort, improving emotional comfort and relieving oedema (5).

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EPC - MND
massage
therapy
study results



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4. What does an MND massage involve?

- Building a relationship with the client
- An adapted form of massage, where changes are made to pressure, site and positioning, to focus on client comfort
- A treatment plan / on going care plan is developed to address clinical symptoms & support quality of life
- Education for primary care giver (massage skills, where requested)



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5. Contraindications - when is massage *not* safe?

Absolute contraindications

Massage should be avoided in the presence of:

- Fever
- Contagious diseases (ie COVID, cold or flu etc)
- Vomiting
- A current DVT (Deep vein thrombosis)
- Cellulitis (skin infection)
- Diarrhoea
- Severe pain
- Under the influence of drugs or alcohol
- Un-diagnosed pain
- Inflammation

Local contraindications

Massage can still proceed, but not over areas affected by:

- Varicose veins
- Un-diagnosed lumps or bumps
- Recent surgical scars
- Medical devices
- Pregnancy
- Bruising
- Cuts
- Abrasions
- Sunburn

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6. Quotes from MND clients and carers

- "I still feel the benefit of my massage days later" (Female, 74)*
- "My husband's mood is so much brighter just knowing that you are coming today" (Female, 65)*
- "Since this awful disease no one touches me. Massage is the only time I ever get touched" (Female, 63)*
- "Massage is the only exercise my body gets, when none is possible" (Male, 59)*
- "Massage helps so much to relieve my anxiety and tension" (Female, 69)*
- "During the massage was the first time she had smiled in ages" (Husband of MND client, 74)*

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7. When choosing a massage therapist...

- Qualifications (Minimum - Diploma of Remedial Massage)
- Years of experience (3 plus)
- Currently working with MND clients?
- Member of a professional association? (AMT, MMA)
- Meet and greet first - is there a good fit?
- Do they offer home visits?
- Are they known to MND Victoria?



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MND Victoria - Gentle Hand and Foot Massage



- ❖ Referrals can be made through MND Advisor
- ❖ Provided by skilled and trained volunteers
- ❖ Weekly or fortnightly visits
- ❖ At home or place of residence
- ❖ Not therapeutic
- ❖ Is valued by clients (and volunteers)

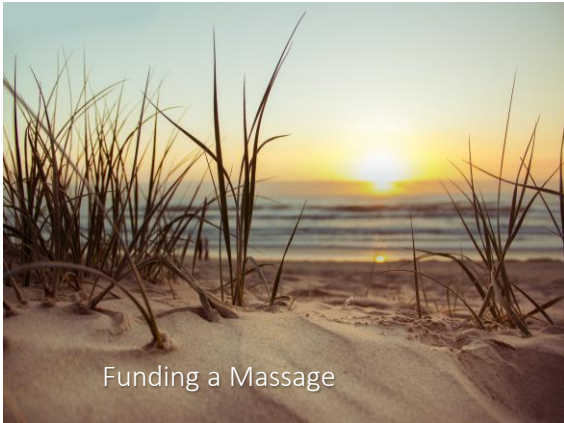


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MND Victoria - Gentle Hand and Foot
Massage Volunteers in training



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Funding a Massage

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Funding

Carer Respite Program (until June 30)

MAC – speak with your MND Advisor

Top Up Funding through Palliative Care

Speak to your GP

Private Health Insurance

*Be creative, use funding for something else to free up funds

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Questions

- Feel free to ask a question, or we can follow up further advice or questions by calling 1800 777 175 or emailing info@mnd.org.au
- www.mnd.org.au

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Contact Details

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References:

1. Hughes P, Seymour L, Hollinger H, et al. **Complementary therapies for people with motor neurone disease: extending a cancer care service**. *Supportive & Palliative Care* 2012;2:A102-4.103.

2. <https://www.mndassociation.org/au/uploads/2021/08/PS1-Pain-in-MND.pdf>

3. <https://doi.org/10.1016/j.pain.2018.07.018> / **Supportive & Palliative Interventions in motor neurone disease: what we know from current literature?**, Hui-Wai Benjamin Chang¹, Cheuk Ting Chan², Yee-Ho Yee³, Yee-Ho Chan⁴, Chun-Hing Cheung⁵, Shun-Hing Chan⁶, Koon-Sun Cheng⁷, Jui-Yin Wong⁸, Qi-Mei Ip⁹, Chiu-Ching Wang¹⁰, Ming-Ming Chan¹¹, Medical Palliative Medicine (MPPM) Unit, Department of Medicine & Geriatrics, Tuen Mun Hospital, New Territories, Hong Kong, China; ²Palliative Medical Unit, Grampian Hospital, Aberdeen, Hong Kong, China; ³Palliative Home Care Team, Tuen Mun Hospital, NTWC, Hong Kong, China

4. Kokubo, K (1994). "A Theory of Comfort for Nursing". *Journal of Advanced Nursing*.

5. Paul R. **How Does Massage Therapy make a difference in Palliative Care?** *Journal of the Australian Association of Massage Therapists*, Vol 9, Issue 1, Autumn 2011, p13-7. <http://www.mndact.asn.au/what-is-mnd/>, & <http://mnd.asn.au/about-mnd-mainmenu-51/more-facts-mainmenu-95>

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