

EFFECT OF MASSAGE THERAPY ON POST CAESAREAN PAIN

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Abstract : Caesarean section is reported to be one of the most common surgery among women. WHO report suggested that the optimal population range for caesarean section rates is between 5% and 15%. The post-caesarean pain is frequently ignored, which may affect the patient's satisfaction and diminish her quality of life. Pain stimulus can be physical or psychological in nature therefore, it can be caused by the surgical wound, flatulence, uterine contractions or psychological stress and tension such as fear, anxiety and depression. Although analgesia is used to relieve pain, today's nursing system has focused on complementary treatments and non pharmacological Interventions. Massage therapy has a long history in cultures around the world. Massage therapy is a practice that increases the blood flow and oxygen to the massaged area by manipulating the muscles and other soft tissues in the body. The present article suggests that massage therapy may be helpful for the mothers with post caesarean pain.

IndexTerms - Caesarean Section, Massage therapy, Post Caesarean Pain.

INTRODUCTION

There are numerous approaches to birth and bring life into this world and everyone has its own interesting contemplations for recovery.¹ Caesarean section is a surgery, which can affect the overall health of mothers.² Women undergoing caesarean section who have a high pain levels are in special need of attention and care.³ Post-caesarean pain may be affected by a variety of factors, such as age, gender, surgical technique, complications during the operation, family support, baby's weight and gender, and even prior Caesarean experience.⁴ Pain sensation can be physical or psychological in nature, Therefore, it can be triggered by surgical wound, flatulence, uterine contractions or psychological stress and discomfort such as panic, anxiety and depression.⁵ Post-caesarean pain has two mechanisms somatic and visceral. Somatic agony coming up from neural receptors inside the abdominal wound has both coriaceous and profound mixes. Additionally, visceral uterine neural stimuli are passing on torment. Both mechanisms climb pain to the spinal rope passing through the T10-L1 spinal filaments. These pains are quite unlike; somatic pain is confined, whereas the visceral pain is recognized as diffuse one.⁶

The post-caesarean pain is frequently ignored, which may affect the mothers satisfaction and diminish her quality of life.⁷ The post-caesarean pain is characterized as acute, that it presents an unpretentious start with an anticipated end.⁸ Intense and unrelieved pain can cause physical and mental confusions, postponed recovery and delayed hospitalization. Intense and unrelieved pain can cause physical and mental confusions, postponed recovery and delayed hospitalization. Despite the fact that analgesia is utilized to mitigate torment, its entanglement, inaccessibility, need of taking low medication and furthermore ineffectiveness of utilizing analgesia alone to relieve pain has concentrated the present nursing framework on integral medicines and non pharmacological Interventions.⁹

MASSAGE THERAPY

In cultures around the world massage therapy has a long tradition. Massage therapy is a practice that dates back thousands of years.¹¹ Today, individuals utilize a wide range of massage therapy for a variety of health wellbeing related purposes.¹⁰ In the United States, massage therapy is often considered as a part of complementary and alternative medicine (CAM), since it has some conventional uses. There are several forms of massage- Squeezing, rubbing, and shifting muscles and other body soft tissues, mostly by the use of the hands and fingers. The aim of massage therapy is to build the flow of blood and oxygen to the massaged area by manipulating the muscles and other delicate tissues of the body.¹¹

Massage therapy may stimulate the release of certain chemicals in the body, such as serotonin or endorphins and cause advantageous mechanical changes in the body-for example, by forestalling fibrosis (the formation of scar-like tissue) or increasing the flow of lymph (a fluid that travels through the body's lymphatic system and carries cells that help fight disease) and improves sleep, which has a role in pain and healing.¹²

BENEFITS OF MASSAGE THERAPY

Relieves pain: Body pains, particularly in the lower back, hips, and abdomen, are normal due to pregnancy. Massage can help loosen up these irritated muscles and facilitate the pain.

Reduces swelling: Postpartum massage helps to improve circulation and stimulate lymphatic drainage to eliminate fluids and toxins from the body.

Helps sleep better: Massage therapy eases the fatigue, provides relaxation, and makes you sleep better.

Opens blocked ducts: The hardened lumps may be removed by a gentle massage therapy and the blocked ducts in the breast opened, thereby reducing the risk of mastitis.

Improves post-delivery recovery: Commonly experienced postpartum blues such as depression and anxiety are related to hormonal changes. Massage could help to treat depression and other baby blues.¹³

MASSAGE ON POST CAESAREAN PAIN

I. Self Massage techniques

Superficial Massage

Scar massage techniques are done in three layers, with expanding power and profundity. Start on scar massage gently, staying on the superficial skin layer. If scar is tender, gently massage around the scar, using fingertips, feeling for places that do not move freely. Move fingertips up and down, side to side, and in small circles. At the point when an area that doesn't move unreservedly, tenderly press into the tissue until feel it release.

Intermediate Depth Massage

After a few weeks of scar massage, begin to press more deeply into abdomen, working on the muscle layer. Once the scar is no longer sensitive, hold one end of scar and massage along its length, gently stretching the tissue. Many women consider their scar at one end more responsive than the other. Gently work mobility and release on more sensitive side.

Deep Tissue Massage

Deep tissue massage should be done lying down on the back, with the knees bent, or with the lower legs bolstered on a low table or footstool. Relax abdominal muscles and attempt to press deeply that massage internal organs. Massage of the deeper tissues is fundamentally significant for those with back pain, and deep pain caused by adhesions on internal organs. Treatment from a Physical Therapist who represents considerable authority in this type of deep tissue release is recommended for women with adhesions surrounding their internal organs or for whom self-massage is certifiably not a feasible option.¹⁴

II. Hand Massage:

It is a form of reflexology in which parts of the hands are rubbed with the fingers, knuckles and blunt or sharp objects with the intent of stimulating nerve endings for various organs believed to present in hands.¹⁵

III. Foot Massage:

It is a type of massage that focuses solely on which it is used for relaxation and to alleviate sore soles and arches.¹⁶

CONCLUSION

Caesarean section is reported to be one of the most common surgical operation among women. Post-caesarean pain is unique as mothers are anticipated to retrieve effort quickly to get their maternal role for the neonates within hardly any time next the surgical birth. CAM approach exists because of many conventional medicine have been limited and its ability to provide relief and meets the patients need. Massage therapy is a practice that increases the blood flow and oxygen to the massaged area by manipulating the muscles and other soft tissues in the body. Therefore, it is considered significantly appropriate method in pain reduction among post caesarean mothers. Massage can improve post-delivery recovery and health for many women. Supplement the guidance and advice of your medical care provider with massage to support the transition to new maternal role.

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