

METHODOLOGICAL ASPECTS IN MASSAGE AND KINETIC TECHNIQUES EFFICIENCY FROM FACIAL PARESIS REHABILITATION

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***Abstract:** Facial muscle hypotonic, like main symptom in facial paresis, could be improved or integral rehabilitate applying massage and kinetic techniques appropriated. Massage is a real and efficiently treatment in facial paresis, which replace or complete other therapeutically means, because produce complex reactions in sensitive, motor and nutritive area, as well as a facial tissues characteristics improving.*

***Key words:** massage, facial muscle, paresis*

1. INTRODUCTION

Medical literature present rehabilitation in facial paresis with massage for decreasing edema (lymphatic drainage technique), have a circulatory effects (flask faze) and produce a muscle release after pain point massage (hypertonic faze). In a conscious way, hypertonic muscle massage is associated with progressive and soft stretch for spastic muscle. This massage could be healthy, if it is used properly, but could be harmful if it is a bad execution. Inner mouth massage is applying gentleness and will permitted to verified possible spastic muscle, which could affected big zygomatic muscle, canine muscle, buccinators muscle, triangle muscle and neck muscle (Chevalier, A.M., 1990, p. 135).

Starting with neurological interdependence between body regions, we can assert next fact, massage means and techniques stimulate the termination of dermal and hypodermic external sensors system, also the internal sensors system from muscles, tendons and articulations, these transmit information to the nervous centers, then on reflex way produce reaction to the various functions of tissues and organs (Mârza, D., 2002, p. 25).

Because the incidence more and more increasing of the nervous system level and of the multiple rehabilitation possibility, it is plainly justify the increasing interest in studying the neurological function and pathology, like a new approach in medical assistance for neurological system disease. In our days, we cannot accepted a simple medical prescription or a formula or a few advice, it is indicate complementary and progresses measure for causes, symptoms, psychological and social effects, who are generate by nervous system illness.

2. RESEARCH HYPOTHESES

First assumption. We think as the massage application in facial paresis treatment will determinate an increasing of the muscle qualities, a optimal results in regard to a tardily

intervention, also reducing the functional recovery of the facial region and social reinsertion.

Second assumption. We presume as the physical techniques used, like isotonic and isometric contraction, could determinate the facial muscle hypotonic improving, as a capital symptom, to total rehabilitate of the facial muscle function, directing to the paresis symptomless.

3. RESEARCH ASPECTS

Bacău Emergency County Hospital was the location, where our study was applied, because there are all evaluation and exploration conditions, means for treatment and a very good professional team.

In Neurological Department, three patients with facial paresis were recommended and follow they evolution, by all stationary period, also I have collaborate with all members of the team (physicians, nurses, psychologist, social workers).

In Medical Recovery and Physical therapy Department, I have participated to the practical rehabilitation through massage and physical means. After that period, I have continued the therapy and rehabilitation in my practice. I used the next exploration and evaluation method: motor function evaluation test, sensitive function evaluation test and facial general tonus evaluation test.

I follow the next physical therapy intervention: heat application (10 minute, infrared), facial massage, inner mouth massage and physical therapy techniques.

4. CONCLUSIONS

Facial muscle hypotonic, like capital symptom from facial paresis, could by improving or even better by total rehabilitate, using massage and physical therapy techniques.

Massage could by applied in facial paresis treatment, like a itself treatment, and could replace or complete the other therapeutically means, because produce the next effects: facial tissues function activation; increase the nervous sensibility, conductivity and reactivity; sensitive and motor complex reaction; subjective and psychological effects (cheerfulness, energy and motion in stimulator massage; relaxation, expansion and breaking in relaxation massage).

Earlier application in rehabilitation cures for facial paresis determinate a increasing of the results and reducing the time for facial function recovery and social reinsertion.

An individual treatment produces a facial muscle integral rehabilitation and a symptoms total reducing, but a general treatment is more efficient because produce the next effects: prevention and treatment for muscle power, tonicity, sensibility and sanguine circulation; recovery the motor skills.

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