



# BACK CARE

## Key Terms

Back care

Effleurage

Petrissage

Friction

Back massage pattern

Back massage pattern

## BACK MASSAGE

### INTRODUCTION:

A back rub or back massage usually follows the client's bath. It promotes relaxation, relieves muscular tension, and stimulates skin circulation. The research analysis showed that the long, slow, gliding strokes of a massage are associated with a reduction in heart rate and respiratory rate. Males seem to achieve greater reductions in systolic and diastolic blood pressure during back rub than females. Because back massage causes an immediate rise in vital parameters in clients who have had coronary artery bypass surgery. Clients generally report that they are more comfortable following a back rub and find the experience pleasant, regardless of the length of the massage. However, a back massage of 3 minutes' duration can actually enhance client comfort and relaxation and thus be very therapeutic.

### DEFINITION:

Scientific form of massaging the back using different massaging strokes to provide cutaneous stimulation and thus promote comfort.

### PURPOSE:

- To relieve muscle tension
- To promote physical and mental relaxation
- To relieve insomnia
- To stimulate blood circulation
- To assess condition of skin.

### CONTRAINDICATIONS:

#### Patients with

- Rib fracture
- Burns
- Immediate postoperative period after coronary artery bypass graft
- Patients at risk for developing pressure ulcer

- Spinal injuries
- Surgeries on back

### EQUIPMENTS REQUIRED:

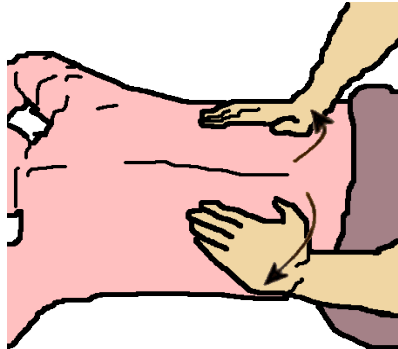
#### A clean tray containing,

- Lotion or oil
- Bath towel
- Bath blanket
- Soap
- Washcloth
- Warm water in basin
- Mackintosh and draw sheet



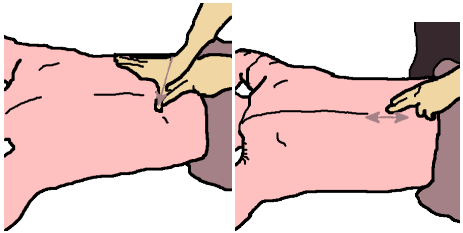
If patient requires hygienic care, it should be provided, followed by massage.

### PROCEDURE:

| S.NO | NURSING ACTION  | RATINALE   |
|------|---|--|
| 1.   | <p>Explain procedure and desired position to patient</p> <p>If patient is not conscious explain procedure and desired position to patient's relatives</p> <p>Determine if patient is comfortable with massage strokes</p> | Helps in promoting relaxation and patient's cooperation            |
| 2.   | Adjust bed to comfortable height  | Ensures proper body mechanics and prevents strain on back muscles. |
| 3.   | Adjust light, temperature and sound within room.  | Environmental distractions can prevent patient from relaxing.      |
| 4.   | Close curtains around bed. Lower side rail  | Privacy promotes relaxation. Position                              |

|    |   |  |
|----|---|--|
|    | and help patient assume prone or side- lying (sims) position with back towards you.   | makes it easier to apply necessary pressure to back muscles.   |
| 5. | Expose patient's back, shoulders, upper arms and buttocks. Cover remainder of body with bath blanket/top sheet.   | Prevents unnecessary exposure of body parts and prevents excess lotion from touching linen.  |
| 6. | Wash your hands in warm water.  | Cold water causes muscle tension   |
| 7. | Inform patient that lotion will feel cool and wet.  | Warning patient of what to expect reduces startle response   |
| 8. | Apply hands first on sacral area massaging in circular motion. Storke upward from buttocks to shoulders. Massage over scapulae with smooth, firm strokes. Continue in one smooth stroke from upper back to arm and laterally alongside of back, down to iliac crests (figure back massage pattern). Do not take the hands off from patient's back till the end of the procedure. Continue massage pattern for at least 3 minutes (effleurage) | Gentle, firm pressure applied to all muscle groups promotes relaxation. Continuous contact with skin surface is soothing and stimulates circulation to tissues.<br> |
| 9. | Knead skin by gently grasping tissue between your thumb and fingers, knead upward along one side of spine from buttocks to shoulders and around nape of the neck, knead downwards towards sacrum, repeat along other side of back. (petrissage) PICTURE   | Kneading increases circulation. Kneading motion is soothing the back muscles.  |

Picture 2: Effleurage

|            |   |   |
|------------|---|---|
|            |   |  <p><b>Picture 3: Petrissage</b></p>  |
| <p>10.</p> | <p>Perform tapotement (tapping movement with medial aspects of hands on side of spine from sacral region upwards) for 2 minutes.</p>  <p><b>Picture 4: Tapotement</b></p>   | <p>Provides relaxation to back muscle.</p>  |
|            | <p>In this technique firm deep movements need to be applied on each side of the spine. Begin move upward the massage at the lower side of the spine and move upward.</p>  <p><b>Picture 5a Friction    Picture 5b Friction</b></p> | <p>Deep friction massage is to maintain the mobility within the soft tissue structures of ligament, tendon, and muscle and prevent adherent scars from forming.</p> |

|     |   |   |
|-----|---|---|
| 11. | End massage with long, stroking movement for an additional 3 minutes and inform the patient that you are ending the back massage.   | Long stroking is most soothing for back muscles.  |
| 12. | If lying on side, ask patient to turn to opposite side and massage other hip.   | Provides soothing and relaxation to the back muscles.   |
| 13. | Apply oil or lubricant to back as required  | Helps to reduce friction.   |
| 14. | Wipe excess lubricant from patients back with bath towel/tissues. Re-tie gown or assist with pajamas. Help patient to comfortable position. Raise side rails as needed, open curtain and lower bed. | Excess lotion can act as an irritant and soil sheets. Comfortable position enhances back rub's effects. |
| 15. | Dispose of soiled towel and wash hands.   | Promotes infection control.   |
| 16. | Document response to back massage and condition of skin.  | Documentation communicates care provided in accurate and timely fashion.                                |

 **Watch out**

- Do not give massage if any discoloration of skin is present.
- Consider cultural preferences of patient. Some cultures may consider it as an invasion of personal space.

**DOCUMENTATION:.**

- Document the second hourly patient position changes in position cha
- Document assessment of back after the back care procedure and record it in the nurse's notes in detail.
- Document any signs and symptoms pressure ulcer found in the back.
- Document assessment of pressure ulcer by using pressure ulcer risk assessment form.

- Report if any abnormal findings to the physician.

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80 Years Male IPNO CM6EP48559  
Bath No: 4471 CHIRKO WARD Ward  
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AH-QF-NSG-29

**POSITION CHART**

Apollo HOSPITALS  
FOUNDED IN 1983

| DATE & TIME | LATERAL |       | SUPINE              | PRONE | SITTING | REMARKS   | SIGN OF RN |
|-------------|---------|-------|---------------------|-------|---------|---|------------|
|             | LEFT    | RIGHT |                     |       |         |   |            |
|             |         |       |                     |       |         | <ul style="list-style-type: none"> <li>• Change position Q4H</li> <li>• Provide back care every shift</li> <li>• Mention the condition of the back</li> </ul> |            |
| 12pm        | -       | -     | ✓                   | -     | -       | Back care given<br>Back is clear  | A-9ul      |
| 2am         | }       |       | patient is sleeping |       |         | Back care given<br>position changed   | Vidya      |
| 4am         |         |       |                     |       |         | Back care given<br>Back is clear  | Leela      |
| 6am         | ✓       | -     | -                   | -     | -       | Back care given<br>Back is clear  | Chitra     |
| 8am         | -       | -     | ✓                   | -     | -       | Back care given<br>Back is clear  | Vidya      |
| 10am        | -       | -     | -                   | -     | ✓       | Back care given<br>Back is clear  | Vidya      |
| 12M         | -       | ✓     | -                   | -     | -       | Back care given<br>Back is clear  | Chitra     |
| 2pm         | -       | -     | ✓                   | -     | -       | Back care given<br>Back is clear  | Chitra     |
| 4pm         | ✓       | -     | -                   | -     | -       | Back care given<br>Back is clear  | Chitra     |
| 6pm         | -       | -     | ✓                   | -     | -       | Back care given<br>position changed   | Chitra     |
| 8pm         | -       | ✓     | -                   | -     | -       |   |            |

Picture 6: Position chart



**PATIENT FAMILY EDUCATION:**

Educate the patient and family regarding,

- the significance of back care for bedridden patients.
- the education regarding skin circulation, pressure point areas.
- the use of back care, four techniques such as Effleurage, Petrissage, Tapotement and Friction.





