

TRANVERSE FRICTIONS

What are Transverse Frictions?

- Transverse frictions are used to break down or restructure adhesions in muscles, tendons, ligaments and joint capsules.
- These frictions are performed at right angles to the target fibres.
- Increase the mobility of soft tissues.
- Optimise the formation of scar tissue formed during soft tissue repair.
- Assist muscles by removing physical restrictions to their movement.

What are the benefits?

- Physical realignment of collagen fibres.
- Removal of excessive scar tissue.
- Removal of adhesions.
- Reduced congestion in a local area.

Are there any risks/contraindications?

- Treatments can cause localised bruising or discomfort for one to two days post-treatment.
- Monitoring of the client via verbal feedback remains vital.

How is the technique is carried out?

Protocols:

- 10 second Pressure Test.
 - Use multiple, short frictions at right angles to the fibres being broken down.
 - Re-palpate regularly (approximately every 10-20 seconds) to monitor the effects of the treatment and ensure client discomfort is managed.
 - During breaks in friction treatment, effleurage should be applied toward the nearest proximal lymph nodes to relax the client and help the lymphatic system process any waste produce which have been mobilised.
 - After treatment, the use of ice is recommended; this will alleviate any discomfort and minimise the effect: possible subcutaneous bleeding (bruising).
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