

Fasciatherapy to minimize burning hand symptoms in chemotherapy patients

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BACKGROUND: A hospital oncology department hired me for a month, to relieve patient's discomforts and pain. The nurses informed me that the uncomfortable burning sensation in the patient's hands was a normal chemotherapy side effect and that I could not relieve them of it.

PURPOSE: Demonstrate that a very simple fasciatherapy technique can be used to effectively relieve seated or reclined patients of their burning hands symptoms, amongst others, while receiving their chemotherapy.

APPROACH: I explain to each patient that the fascia release work is done using touch, bodily sensations and breath. While providing firm, *supportive*, holding pressure [1], I encourage patients to describe location, type and intensity of bodily sensations to raise self-awareness, inhale deeply to stretch fascia, exhale without holding back to release, and reevaluate sensations. I change holding location when patient sensations decrease significantly or disappear. The holding sequence is shoulder, arm, elbow, forearm, wrist and hand.

RESULTS: I realized 13 visits for a total of 34 hours of fasciatherapy on 50 patients with an average sequence duration of 41 minutes. Prior to the holding sequence, all reported having burning sensations in their hands. During and after the sequence, all reported a complete relief of their burning symptoms. After the sequence, all reported having warm hands and feet. Interestingly, 49 out of 50 patients confirmed having cold feet and hands long before their cancer diagnostics, indicating a state of chronic hypothermia.

CONCLUSIONS: Results suggest that, contrary to the nurse's beliefs, chemotherapy is not the root cause of the burning hands symptoms, but rather poor blood circulation and possibly chronic hypothermia. This very simple holding technique is promising to relieve such common pain in chemotherapy patients.

[1] Walton-Hadlock J., Yin Tui Na: Techniques for Treating Injuries of Parkinson's Disease or Any Dissociated Injury. Fastpencil.com; 2012.