

**THE EFFECTS OF THE GUA SHA TECHNIQUE (WESTERN VIEW) ON THE
RECUPERATION OF FLEXIBILITY OF THE POSTERIOR CHAIN IN
PARKINSON: CASE STUDY**

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ABSTRACT

Introduction: The technique of Gua Sha is a method of traditional Chinese medicine (TCM), which has its origins in prehistory. In China, this technique was and is widely used by farmers. The beneficial effects of Gua Sha are due to simultaneous action on the skin, connective tissues, the lymphatic system, muscles, blood vessels and, lastly, the internal organs. **Objectives:** To present another new tool in the vast number of manual techniques that exist in the literature, always seeking the best care and patient satisfaction. **Methodology:** This study was subject to an elderly individual, carrier of Parkinson's disease. The study was conducted primarily by the patient's history. Later the individual was classified within the Hoehn and Yahr scale, being prerequisite to be between stages 1-3 of the disease. **Results:** After one treatment session using the Gua Sha, was notorious the patient improves. The data demonstrate that a gain flexibility by using a goniometer and test fingertip-to-Floor. In the test fingers to the ground, the patient was classified with reduced flexibility after the use of the technique the patient was classified with normal flexibility. **Discussion:** The studies analyzing pain, they report that the use of this technique reduces the medicine usage for relief thereof. Compared with other methods, to gain mobility and flexibility, such as hydrotherapy, exercise and pop, all methods show great improvement, however, point out that the Gua Sha (western view), offers a similar result, but in a time, less space. **Conclusion:** Thus we conclude that the technique Gua Sha (western view) is an excellent tool for myofascial induction to gain mobility and muscle flexibility of the posterior chain in Parkinsonian patients

Keywords: Gua Sha, Myofascial, Parkinson.