

Foot Massages Stick Products for Health from local wood

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Abstract. The social and economic conditions have high competing of time as pointing that will allow people to use massage services. Relaxing by yourself or alleviating aches are shown to pains in various parts of the body from work, improvised that the researcher has the idea to develop a foot massages stick in family to create three product of foot massages stick for health. It will be saved time and the foot massages stick as more convenient for those who do not have time to go to massage in each massage service. Although this concept idea building of product also is different in its comparable massage properties. The collection has three properties in one together as foot reflex relax, the soles of the feet stretch and the calf line. The new innovation of foot massage stick products is built encourage to more convenient for users to use by themselves. The essentials of a novelty product package are not yet available in the market. By producing the foot massage stick for health is used as a model in the community and villages that has a stick and supported have some metal to strength then the product model, it is also an innovative product, foot massage stick for People who like to massage the feet. We can be easily stored in your office and private rooms in your home and save space for storing the foot massages stick product.

Keywords: Foot Massages Stick Products, Comparable Massage Properties, Innovation of Foot Massage Stick Products

Introduction

Thai massage appeared in the enacted feudal house of the military and civil servants in 1998. The division of the Thai Massage Therapist Department into the right-left is a rather large department. As evidenced in the archives of the Ambassador, Simon de La Loubère had recorded that Thai massage therapists in the land of Siam. Discover historical evidence in the past Rattanakosin, the oldest Thai massage involved in the Sukhothai period was unearthed in the mango forest, in the period of King Ramkhamhaeng. In the era of Ayutthaya, King Narai the Great Thai traditional medicine prospered later in the Royal Trilokanat period, in the three-star enactment law. There were mentioned the division of government into the chiropractor department with the royal treatment position. However, Mr. Narongsak Boonrattanahiran was a professor at Ayurveda College. He is a teacher of Ayurveda College and Prasit Neurology for students from 1982-1992 and is able to inherit the course of operative medicine. Until it will be widely spread to the present and together with Mr. Eua Ketsingh. This royal massage was conveyed to all students of the College of Ayurveda, including opening a clinic to provide Thai traditional medicine services and bringing scientific knowledge to help in diagnosis and treatment to be very effective. climb before developing teaching courses at the diploma level and in 2003. [1] Almost units have been transferred to the Faculty of Medicine Siriraj Hospital. Mahidol University called "Institute of Applied Thai Traditional Medicine" summarizing the knowledge of Thai massage at present, there are sources from the Thai massage textbook as follows.

- 1) Massage plan of Phra Chetuphon Temple In the reign of King Rama 3,
- 2) Royal Massage Traditional Royal In the reign of King Rama 5,
- 3) the textbook of Kham Chan 11 tales of Phra Yao Shiyathibadi. Chanthaboon Governor In the reign of King Rama 1,
- 4) Traditional massage which is mostly copied from each other, similar to the royal massage or the traditional massage of Phra Chetuphon Temple.[2]

Nowadays, Thai massage is still a supplementary occupation or helping each other in the family. The masseuse should have knowledge about Thai massage and massage etiquette. And foot massage is a massage to stimulate the nervous system. Massage was a treatment for physical disorders and can be effective in certain groups, such as constipation, asthma, stress, bladder problems. Urinary incontinence and even sinus healing problems Stimulating foot massage can cure many diseases such as stress relief, asthma, constipation. Foot massager for people who do not have time to go to massage places, want to massage at home and reduce the time and procedure of Thai massage to save time for massage for foot massage equipment.

Research objectives

1. To study, develop and design 3 in 1 foot massage stick products.
2. To create innovative product design, foot massage stick 3 in 1 set for health that distinguishes it with comparable massage properties by combining three properties together.

Massage stick material

Thai people would popular to use wood, a material that is easy to find since ancient times to the present. it would take wood local to use, especially for hand making. The wood that is commonly used to make massage equipment might be hardwood according to regions of Thailand such as;

- 1) Para wood
- 2) Teak wood
- 3) Favorite wood
- 4) Makha wood
- 5) Tamarind wood
- 6) Crutches wood
- 7) Mangrove wood
- 8) acacia wood

Production design process.

The product design of the massage stick takes into account its design, behavior, functionality and practicality when using the massage stick products through both visual and tactile senses. we will be using a foot massage to the sensation that occurs after using a foot massage. Rational critical thinking has a greater influence on how we feel. From the perception of the product's appearance at first sight, a good feeling can be born from the feeling that it can be used immediately, it is understandable, easy to use, convenient and appropriate because proper operation leads to aptitude and expertise. It makes users feel relaxed and satisfied with the product, so the feeling after using the foot massage can be used to promote or inhibit the impression of the product at first sight.

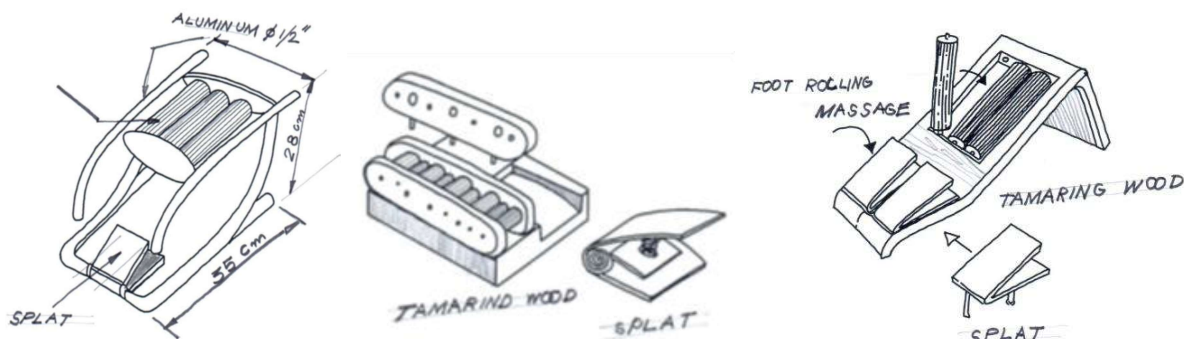


Figure 1. The design characteristics of the prototype massage stick set.

Sources: Sathaporn Dee Boonmee Na Chum Phae and Pathomsuthirote (2019)

The massage stick design that takes into account the user response in the reflex design is that when the user uses the product, it responds to the foot massager in a good way to create a feeling of understanding of using. It is satisfied with the experience and image of that product, and can also communicate to the user the identity or taste of the owner of the product's image. But on the other hand, it is thought that they use a means of transmitting reflections or showing images of people using them to outsiders. The importance of this image is not just the object intended for use or display to outsiders. It also includes some used items that others may not be able to see. But it can build confidence and fill the feeling of relaxation for the user. Although we came out to the eyes of the outsiders in those who have tried foot massage from the following massage stick products.

Product design conceptual framework

The product design of this massage stick is based on the concept of physiology including fabrication mechanism and observation of the prevention of venous thrombosis by physical methods. There are three causes of thrombosis in veins:

1. Venous stasis from velocity and estimated in vain circulation decreases, tearing of the inner lining of the vein and coagulation is easier than normal. Intravenous thrombosis was used both as a drug and as a physical defense. In this study, researchers selected venous thrombosis prevention by: increasing the speed and volume of the return flow and reducing blood congestion. Black only by physical means. The use of a blood squeezer has a mechanism. To increase the velocity and volume of venous flow, when activated, the air pulse released by the device is indirectly measured by the blood flow resonance stethoscope, which has an error about 20 percent measurements. It is less accurate than the more expensive duplex Doppler ultrasonic venous velocity measurement or color Doppler sound wave detector. Interpretation therefore is the limitation of this study. Proportional design to look appropriate, taking into account the safety of use, the material should be rounded. In order not to injure your feet and designed to be easy to clean, the proportional design is similar to that of the foot massager on the market. And learn the benefits of using a foot stick and choose a foot massage product that makes your feet feel useful. Then the techniques of traditional massage will begin. The starting point for a foot massage is the first by allowing the recipient to lie on their back comfortably on a non-soft rug or mat or mattress. To support your head using a low-height pillow, place your weight on the back of a comfortable arm so that your legs are 1 foot apart, the soles of the feet and the legs to loosen the muscles.

2. Techniques to massage the feet by yourself. Everyone will have a total of 5 lines on their feet, all of which start from the same point and run towards the toe. The extension of the vascular window under each foot has the following characteristics.

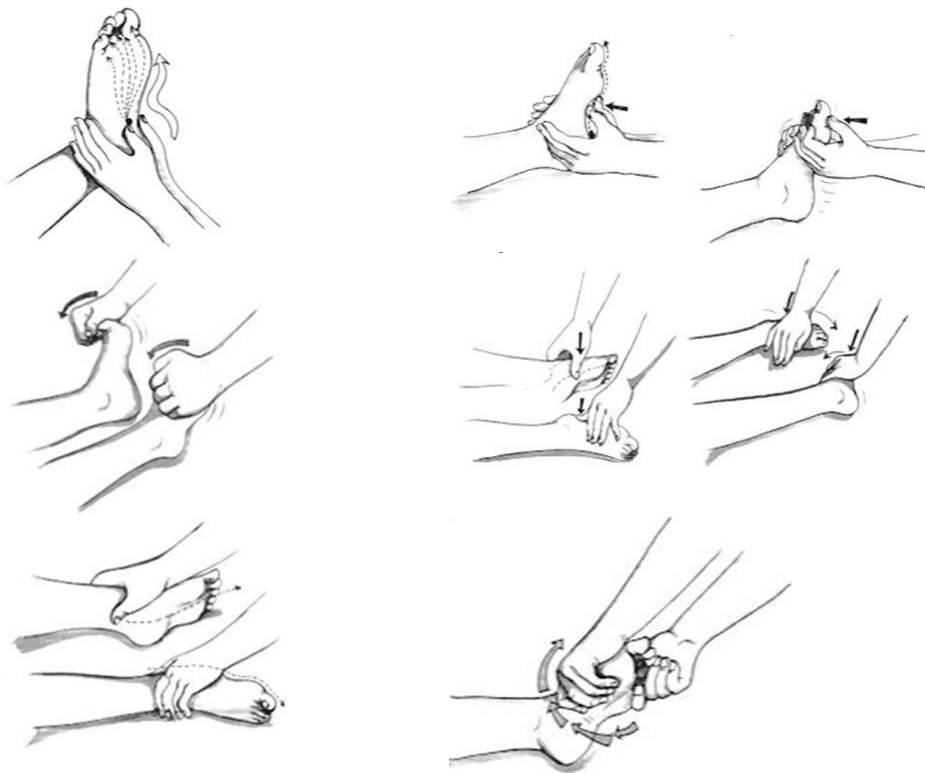


Figure 2. The position of the foot reflexology

Source: Pennapa Sapcharoen, Thai Traditional Medicine and Health Promotion (1997)

Starting with a soothing massage method by pressing the thumb in the middle of the heel. Press along the line to each toe until there are five lines in multiple turns, then move into the same action with one foot. Then stretch your arms so that you can place your weight on your palms. And maintain weight loss, use both sides of food, hold the ankles inside to press the weight using your thumb and palm to toe.

Working sketch design

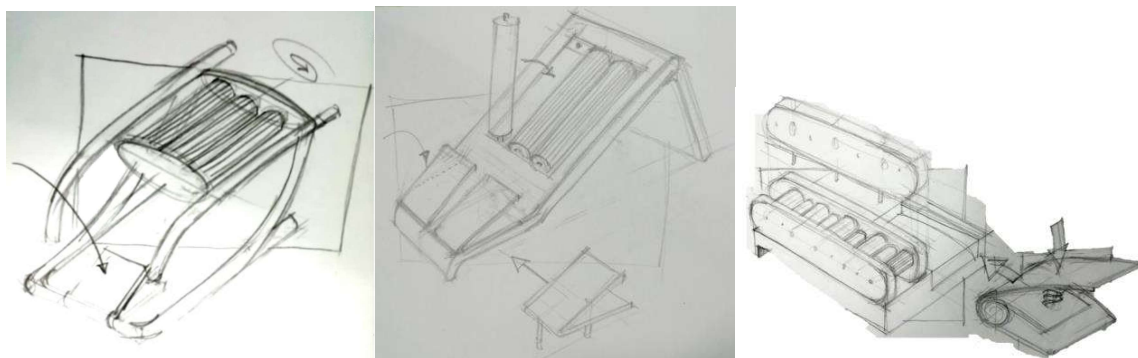


Figure 3. Concept of foot massage prototype

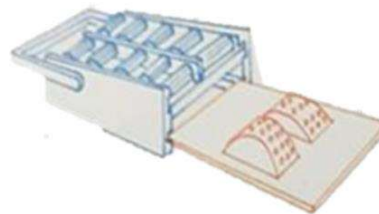
Source: Pathom Sutthiroj (2019)

All three body designed foot massages are tailored to the right size for both personal and manual massages. It helps press the line up to each toe until there are five lines in multiple turns, and then moves with one foot in the same way.

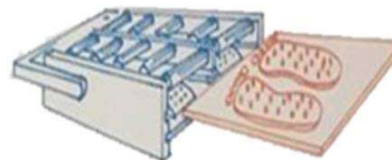
Idea Sketch Design Massage Packet

The foot massager design concept creates pressure in the middle of the heel, then gently presses it along the tip of each foot, selected from a variety of local wood species, and the bottom line is that the local natural vegetation tends to feed. By itself and adapts to the climate of the area perfectly. It can be soil conditions with different biological materials and chemical compositions in different locations, humidity and water content in the soil. If we plant native trees or trees that can grow on our land, we do not have to be tired of taking care of watering a lot from this idea. Which were people to think about creating a wonderful plate wood of Grandfather and his name as Sawaeng Boonchaidej[7]. It has been used for the first time since 1994. But there was been used in the elderly and the elderly association in the village until it has received a very good response from the elderly group. And physiotherapy patients with standing chairs for health that can treat various diseases such as finger locks, herniated disc, migraine, deformed leg disc Symptoms, blood flow, and other problems can improve our health. And its affordable price can be a valuable gift to loved and respected people. They were taking care of your health can not just eating as better or getting enough rest. Some people cannot exercise because time is limited. Exercise keeps our bodies in good balance.

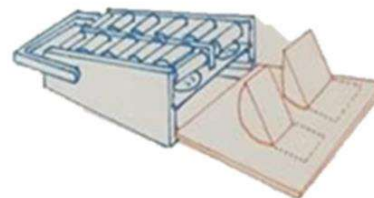
First draft design idea



Second draft design idea



Third draft design idea



Fourth draft design idea

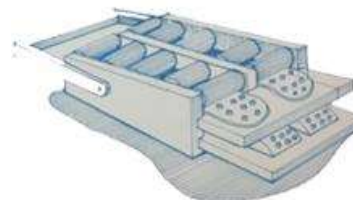


Figure 4. Design of foot reflexology combination set
Source: Sathaporn Dee Boonme Na Chum Phae (2019)

Research results

The results of the research are clear, the strong local wood will be able to create OTOP (One Tumbon One Product) products from folk wisdom, making products from woodwork, local natural materials, without any disadvantages or side effects from this massage. It is therefore safe to import programs of primary health in the community to model for people to self-medicate before they have to come to the doctor. From folk wisdom and expertise, it is thought that it is a work that is unique as a craftsmanship (Crafts Product), meaning the craftsmanship products, designers and manufacturers are often the same person. And experience the product from start to finish, and it will adapt your feelings and personal thoughts to the work you do as well. Folk artifacts (handmade), original purpose created for the necessity of life. The allure of these products lies in their differences in the details of their work. Each piece is a delicate handicraft. Research has developed and designed a gentle foot massage stick that can be used in different ways to simultaneously massage the foot and ankle ligaments.

Handicraft product design elements (Pratak Kunthong (2010: 35-37))

1. Demonstrates the value of nature or unique local handicrafts and arts, such as the differences between regions with different materials.
2. Local materials and production processes can be practically produced. We were using local wisdom
3. Affordable price with little decision making. Like it and buy it, don't have to think too much. There are several prices to choose from as appropriate.
4. It is beautiful and attractive. An eye-catching new model that also reflects local identity.
5. It is Convenient to carry while traveling, buy as a souvenir, easy to carry.

Research and development and design of foot massage stick

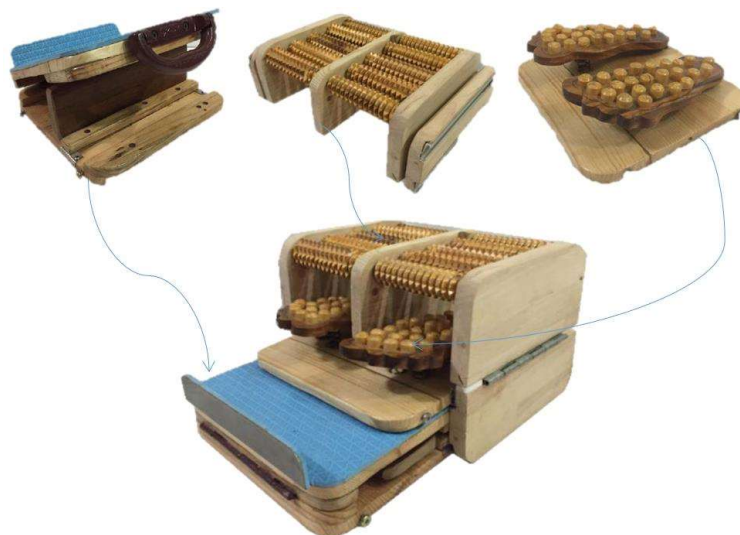


Figure 5. Design a set that combines foot reflexology.

Source: Sathaporn Dee Boonme Na Chum Phae and Chalermchai Puripat (2019)

Designed to combine foot reflexology and basic massage procedures.

1. Healthy stand stretches and relaxes the calf muscles and has a beneficial effect on the achilleas tendon and back.
2. Healthy roller stand for loosening under the feet, it is making you feel relaxed. Reflex point foot massage improves blood flow to the feet and is a light exercise.

3. Foot massage pad for health. For standing under the foot massage Foot reflex good effect on various nervous systems of the body. It helps blood flow better.

Discussions, Conclusions and Suggestions

1. Set of therapeutic foot massage sticks will benefit from the massage. For therapy to make the body feel relaxed by focusing on stimulating the work of the muscles and glands of the body to work better. Which requires physical skills and accessories by squeezing, stretching, pressing, bending, pressing as stimulated by vibration today, massage parlors or massage a lot. Some can be seen almost lined up. This does not include a private masseuse who will massage clients at home or other places as well, so foot massage helps to improve blood circulation to nourish the feet, increase the flexibility of the ankles, loosen the soles of the feet, help the soles of the feet. Pointing of the foot to support the water helpers to work hard, relieve headaches, stimulate the body to be energetic and refreshed, its helper relieve stress and then the benefits of massage for health, European medical science. America and Thailand a detailed study of anatomy was conducted and found that the "benefits of foot stimulation or plantar acupressure" were found to be deeply connected with the function of various organs. Which inside our body and actually causes a repercussion reaction as well as that is another benefit for us to be able to treat disease and improve health as better.

2. Relax lines with a set of foot massage sticks for health. The General change could be a reference to the rehabilitation of athletes as well, so it is a major cause of problems faced by the elderly and the general public. This is a symptom that indicates the deterioration of the tendons of the muscles and ankle ligaments, it did not include the underlying disease, blood pressure, diabetes, heart disease and blood fat. Caution! If not taking good care of yourself may lead to the development of primary paralysis. Make it a habit for about 2 months, 4-5 times a day for 10-15 minutes. The pain of body will subside. Gradually starting treatment, it is recommended that you exercise daily. We do not overdo it and they cannot stand longtime; it may cause inflammation or your feet have 62 points, use your feet to touch a button or a rolling pin.

Summary

In addition to helping to relieve fatigue and stress. A foot massage could also benefit people with other health problems as well. The benefits of a massage would be not just the feeling of the individual. But there are still many studies looking at the effectiveness of the relief and health enhancement of foot massage. While some people believe that a foot massage may improve overall health, each point on the foot was linked to another organ within the body. Risks You Should Know Before which getting Reflexology in most cases, massage and foot reflexology are relatively safe treatments. But if you have underlying diseases such as foot ulcers, gout infection, epilepsy, hypothyroidism[7]. And various types of blood diseases, including those who are pregnant, should consult a doctor before foot massage.

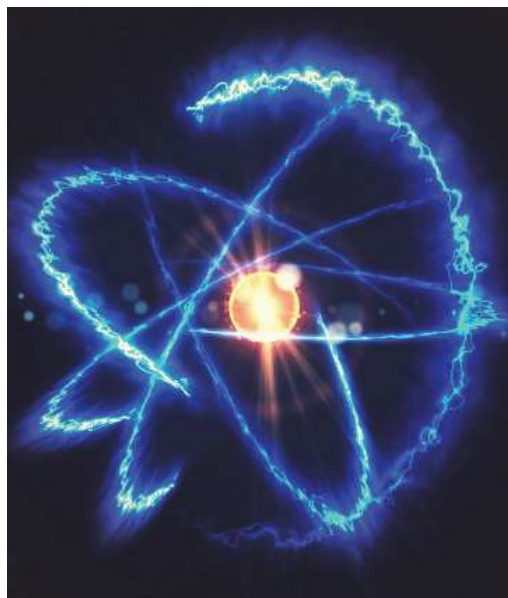
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