with real-time

Introduction to Vlassage Iherapy

Second Edition







LWW Massage Therapy & Bodywork Educational Series

Mary Beth Braun Stephanie Simonson



Wolters Kluwer | Lippincott | Williams & Wilkins

the Point

Contents

Preface	ΊÏ
How to Use This Book	X
Acknowledgments	
Reviewers	
Reviewers	
Welcome to the World of Massage Therapy!	1
Ancient River Valley Civilizations (7000–1000 BCE) 3 Ancient China 3 Ancient India 4 Ancient Mesopotamia 4 Ancient Egypt 5 Ancient Greece (750 BCE–500CE) 6 Massage in Ancient Greece 6 Hippocrates of Cos 7 Ancient Rome (750 BCE–500CE) 8 Greek Physicians in Ancient Rome 8 The Fall of Rome 9 The Middle Ages (400–1400) 9 Middle Ages in Europe 9 The Middle Ages in the Arab World 9 The Renaissance (1450–1600) 10 The 18th Century 11 Per Henrik Ling 12 The 19th Century 12 Massage in 19th Century Europe 12 Legitimization of Massage 13 Massage in 19th Century America 13 The 20th Century 14 Contemporary Massage Therapy 15 MASSAGE AND BODYWORK MODALITIES 15 Swedish Modalities 15 Deep Tissue Modalities 18	
Neuromuscular Modalities 18 Circulatory Enhancement Modalities 18 Energy Modalities 19 Oriental/Eastern Modalities 19 Structural and Postural Integration Modalities 19 Movement Modalities 19 Special Populations 20	
TOUCH 20 Touch Physiology 20 Touch Research 21 Government-Sponsored Research 21 Dr. Tiffany Field and the Touch Research Institute 21 AMTA Foundation 22 Interpretation of Touch 22	

CHAPTER 1

```
History of the Spa Industry 24
  Medical Spas 24
  Spa Massage Education 26
TRENDS IN MASSAGE EDUCATION 26
                                                                                        31
Ethics and Professionalism
CHARACTERISTICS OF A PROFESSION
  Education 32
    Historical Perspective of Massage Education 32
     Current Perspective of Massage Education 33
  Scope of Practice 33
  Code of Ethics 34
  Standards of Practice 35
SCOPE OF PRACTICE 36
  Legal Regulations 38
  Education 38
  Competency 39
     National Certification Board for Therapeutic Massage and Bodywork 40
  Limits of Practice 40
     Wellness Massage Scope of Practice 40
     Therapeutic Massage Scope of Practice 40
ETHICS 41
  Accountability 41
  Ethics for the Profession 42
     Reporting Unethical Activity 42
     Resolving Ethical Dilemmas 42
PROFESSIONALISM 43
  Conduct 43
     Visual Cues 43
     Auditory Cues 44
     Olfactory Cues 44
   Business Practices 45
   Legal Requirements and Ethical Responsibilities 45
     Informed Consent 45
     Confidentiality 46
   Professional Associations 46
     Professional Associations in Britain 50
     Professional Associations in America 50
RELATIONSHIPS 50
   Physical Boundaries 51
   Conceptual Boundaries 51
     Emotions 51
     Intellect 51
     Energy 52
     Sexuality 52
     Safe Space 53
   Client Relationships 53
     Dual Relationships 53
     Transference 54
   Professional Relationships 54
     Countertransference 54
                                                                                        57
Medical Terminology
LEARNING MEDICAL TERMINOLOGY 58
```

MASSAGE AS PART OF THE AMERICAN HEALTHCARE SYSTEM 24

MASSAGE IN THE SPA INDUSTRY 24

CHAPTER 2

CHARRER 3

WORD ELEMENTS 59 Roots 59 Prefixes 59 Suffixes 61

CHAPTER 4 Introduction to Anatomy, Physiology, and Pathology

83

Components of the Cell 87 Cell Membrane 87 Cytoplasm 90 Cytoplasmic Organelles 91 Tissues 92 Epithelial Tissue 92 Connective Tissue 94 Muscle Tissue 98 Nervous Tissue 100 Membranes 101 Epithelial Membranes 102 Connective Tissue Membranes 104 Abnormal Conditions of Cells and Tissues 105 Cancer 105 Plantar Fasciitis 107 **INTEGUMENTARY SYSTEM 107** Functions of the Integumentary System 107 Protection 107 Communication 107 Thermal Regulation 107 Excretion 108 Vitamin D Metabolism 108 Structures of the Integumentary System 108 Skin 108 Nails 109 Hair 111 Cutaneous Glands 111 Effects of Massage on the Integumentary System 111 Integumentary (Skin) Conditions 111 Open Wounds or Sores 112 Acne 112 Superficial Scar Tissue 112 Fungal Infections 112 SKELETAL SYSTEM 113 Functions of the Skeletal System 113

Support 113 Protection 113 Movement 113 Storage 113 Hematopoiesis 113 Bone Formation, Growth, and Remodeling 113 Structures of the Bones 114 Microscopic Structures of Bones 114 Visible Structures of Bones 115 Skeleton 116 Axial Skeleton 118 Appendicular Skeleton 123 Cartilage 127 Joints 127 Effects of Massage on the Skeletal System 130 Skeletal System Conditions 130 Postural Deviations 136 Fractures 136 Sprains 137 Osteoarthritis 137 MUSCULAR SYSTEM 138 Types of Muscle Tissue 138 Cardiac Muscle 138 Smooth Muscle 138 Skeletal Muscle 138 Functions of the Muscles 139 Movement 139 Heat Production 139 Provide Support 139 Protection 139 Structures of Skeletal Muscle 139 Microscopic Structures of a Skeletal Muscle Cell 142 Structures of a Whole Skeletal Muscle 144 Skeletal Muscle Movement 145 Energy Requirements 145 Types of Skeletal Muscle Contraction 146 Muscle Actions 147 Muscle Coordination 148 Effects of Exercise on Muscles 149 Effects of Massage on the Muscular System 149 Muscular System Conditions 149 Hypertonic Muscles 150 Muscle Spasms 150 Trigger Points 150 Fibromyalgia 151 Muscle Strain 151 Tendinitis 152 NERVOUS SYSTEM 152 Functions of the Nervous System 153 Monitor 153 Integrate 153 Respond 153 Nervous System Tissue 153 Nerve Cell 153 Neuroglia 154 Nerve Tissue Organization 154 Classification by Function 155 Nerve Impulses 157 Irritability 158 Conductivity 159 Nervous System Organization 159 Central Nervous System 160 The Brain 160 The Spinal Cord 160

Reflex Arcs 160 Ventricles 162 Meninges 162 Peripheral Nervous System 163 Somatic Nervous System 164 Autonomic Nervous System 166 Effects of Massage on the Nervous System 167 Nervous System Conditions 167 Endangerment Sites 167 Sciatica 167 Headaches 168 Thoracic Outlet Syndrome 169 CIRCULATORY SYSTEM 169 Functions of the Cardiovascular System 169 Transportation 169 Protection 169 Regulation 170 Structures of the Cardiovascular System 170 Blood 170 The Heart 171 Blood Vessels 172 Blood Circuits 174 Functions of the Lymphatic System 174 Drainage 175 Transportation 175 Immunity 175 STRUCTURES OF THE LYMPHATIC SYSTEM 175 Lymph 175 Lymph Vessels 176 Lymph Nodes 176 Spleen, Tonsils, and Thymus Gland 177 Effects of Massage on the Circulatory System 177 Circulatory System Conditions 177 Bruise 178 Varicose Veins 178 High Blood Pressure 178 Edema 179 Fever 179 RESPIRATORY SYSTEM 179 Functions of the Respiratory System 179 Ventilation 179 Maintaining pH Balance 180 Produce Speech 180 Body Defenses 180 Structures of the Respiratory System 180 Upper Respiratory Tract 181 Lower Respiratory Tract 182 Effects of Massage on the Respiratory System 183 Respiratory System Conditions 183 Common Cold 183 Sinusitis 183 Asthma 183 DIGESTIVE SYSTEM 184 Functions of the Digestive System 184 Digestion 184 Absorption 184 Elimination 184 Peristalsis 184 Structures of the Digestive System 184 The Alimentary Canal 184

Character 5 Communication and Documentation

249

Effective Communication and Interviewing Skills 250
Reflective Listening 251
Nonverbal Communication 254
Documentation 255
Reasons for Documentation 255
The Health Insurance Portability and Accountability Act of 1996 (HIPAA) 256
Documentation Forms 258

CHAPTER 6

CHAPTER 7

Subjective Information 259

Length of Treatment 318

Client History 259 Interview 259 Functional Stress Assessment 259 Cumulative Effects of Stress 262 Objective Information 262 Activity and Analysis Information 263 Prioritizing Functional Limitations 263 Setting Treatment Goals 263 Plan Information 265 Putting the SOAP Together 266 SOAP Note Variations 266 Introducing... The Case Studies 270 283 Assessment GENERAL ASSESSMENTS 284 Wellness Versus Therapeutic Massage Assessments 284 Fascia 285 Compensation Patterns 287 Implications for Massage 288 Assessment Documentation 289 POSTURAL ASSESSMENT 289 Ideal Posture 289 Anterior Postural Assessment 289 Posterior Postural Assessment 292 Lateral Postural Assessment 292 Postural Deviations 292 Abnormal Spinal Curvature 293 Rotation 293 Feet 293 GAIT ASSESSMENT 295 RANGE OF MOTION ASSESSMENT 296 Active Range of Motion 297 Passive Range of Motion 297 End Feels 298 Direction of Ease 298 APPEARANCE OF TISSUES 299 PALPATION ASSESSMENT 300 Assessment of Skin Temperature 300 Textures and Movement of Soft Tissues 301 Textures and Movement of Muscles 301 Rhythms 301 Breathing Rhythm 301 Cardiac Pulse 302 Craniosacral Rhythm 302 FUNCTIONAL ASSESSMENTS 302 POSTTREATMENT ASSESSMENT 303 CASE STUDIES 303 Treatment Plan 313 **PLANNING PROCESS** Initial Session 314 Subsequent Sessions 315 FUTURE TREATMENT 316 Healing Time 317 Duration of Future Sessions 317 Frequency of Future Sessions 317

Techniques and Areas to Include or Avoid 318 Reevaluation 318 SELF-CARE RECOMMENDATIONS 318 Considerations for Self-Care 319 Hydrotherapy 319 Internal Hydrotherapy 319 External Hydrotherapy 320 Stretches 321 Rest 321 Sleep 321 Nutrition 322 Body Awareness 322 Ergonomics 323 REFERRAL TO OTHER HEALTHCARE PROFESSIONALS 323 Follow-up Communication 324 Requesting Copies of Medical Records 324 Discussing a Client's Condition 324 Communication for Referral and Insurance Reimbursement 325 PRESENTING THE TREATMENT PLAN 326 Treatment Recommendations 326 Referral Recommendations 326 CASE STUDIES 330 Equipment, Environment, Sanitation, and Safety 337 Equipment 338 Equipment Specifications 338 Tables 339 Tabletop 339 Table Support 341 Stationary Tables 342 Portable Tables 342 Massage Chairs 343 Massage Mats 345 Accessory Equipment 345 Bolsters 345 Face Cradles 346 Table Extensions 347 Massage Tools 347 Lubricants 347 Oils 348 Lotions, Creams, Gels 348 Powders 349 Lubricant Storage 349 Application of Lubricants 349 Draping 350 Environment 350 Location 350 Treatment Room Atmosphere 351 Hygiene and Sanitation 354 Disease 354 Preventing Transmission of Pathogens 357 Safety 361 Fire Safety 362 Primary Assessment in an Emergency Situation 362 Artificial Respiration 362 Cardiopulmonary Resuscitation 363 Choking 363 Weather-Related Conditions 363

CHAPTER 9 Client Positioning and Body Mechanics

CHAPTER 8

367

	Prone Position 369 Side-lying (Laterall Recumbent) Position 370 Determining Client Positioning and Bolstering 371 DRAPING 371 Sheet Draping 372 Sheet Draping for Position Change 372 Towel Draping 375 Towel Draping for Position Change 376 Communication for Client Positioning and Draping 376 ASSISTING CLIENTS ON AND OFF THE TABLE 377 BODY MECHANICS 377 Good Body Mechanics 380 Proper Table Height 381 Leaning 381 Symmetric Stance 381 Asymmetric Stance 382 Using the Strength and Stability of Your Whole Body 382 Efficient Structural Alignment 384 Body Awareness 385 Improper Body Mechanics 386 Injury 386 Injury 386 Injury Prevention 387 BODY MECHANICS FOR ADDITIONAL PRESSURE 387	
HAPTER 10	Massage Strokes and Flow	393
	General Effects of Massage 394 Stress and Massage 396 Components of a Massage Stroke 397 Stationary Massage "Strokes" 398 Grounding 398 Centering 398 Resting Stroke 400 Basic Massage Strokes 400 Compression 400 Effleurage 401 Pétrissage 405 Tapotement 407 Friction 409 Vibration 410 Joint Movement 411 Flow 412 Flow Sequences for Different Client Positions 412 Sample Flow Sequences for Specific Areas 417 Considerations for Therapeutic Massage 421 Indications and Contraindications for Massage 424	
THAPTER 11	Therapeutic Applications	431
	MECHANISMS OF INJURY AND TISSUE REPAIR 432 Healing: Phase I 433 Hemostasis 433 Inflammation 433 Phagocytosis 433 Healing: Phase II 433 Healing: Phase III 434 PAIN/SPASM/ISCHEMIA CYCLE 434 PRINCIPLES OF THERAPEUTIC TECHNIQUES 435 Direction of Ease 436 Lengthening and Stretching 436 Lengthening 437 Stretching 437	

Self-Care Activities for the Athlete 531

CHAPTER 12

CHAPTER 13

CHAPTER 14

APPENDIX ${f A}$

Pregnant Women 532 First Trimester 532 Second Trimester 532 Third Trimester 532	
Third Trimester 533 Considerations for Pregnancy (Prenatal) Massage 533 Postpartum Massage 534	
Infants 534 Infant Massage 535	
Elderly/Senior Clients 535	
Massage for Seniors 536	
Considerations for Elderly massage 536	
Chronically III Patients 537 Hospice Massage 537	
Disabled Clients 537	
Visual and Hearing Impairment 537	
Physical Disabilities 538	
Psychological Issues 539	
Being a Massage Therapy Professional: Business Concepts and Self-Care	541
Becoming a Professional Massage Therapist 542	
Self-Awareness and Confidence 542	
Clear Boundaries 542	
Continued Learning 543	
Support from Others 543 Perseverance 543	
Employment and Business Options 544	
Self-Employment 544	
Partnerships and Corporations 545	
Working as an Employee 546	
Business Start-Up 547 Making a Business Plan 547	
Regulations 549	
Insurance 549	
Benefits 550	
Record Keeping 550 Policies and Procedures 550	
Choosing a Location 552	
Choosing Advisors and Mentors 552	
Finances 553	
Accounting 553	
Setting Fees 554 Marketing 554	
Printed Materials 556	
Advertising 556	
Self-Promotion 557 Long-Term Development 557	
Goals and Milestones 557	
Flexibility 558	
Competitive Edge 558	
Self-Care for the Massage Therapist 559 Balance 559	
Physical Self-Care 560	
Psychological Self-Care 562	
Social Self-Care 563 Spiritual Self-Care 564	
Pathology Quick Reference Charts	567