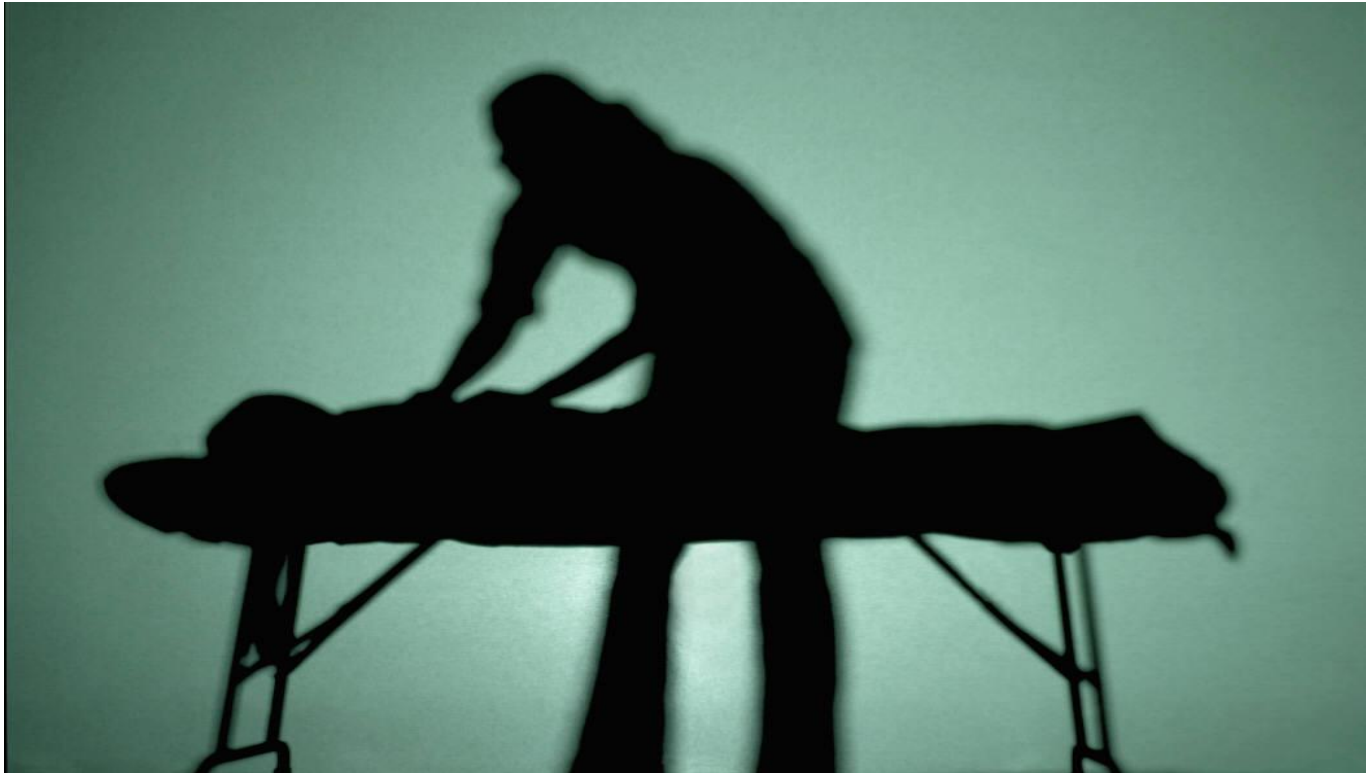


*Introduction
To
Massage Theory and Practice*

Massage Theory and Practice

What is Massage Therapy?



Massage Therapy Definition

Massage therapy - manual manipulation of soft tissues (muscle, fascia, connective tissue, tendons and ligaments) to enhance a person's health and well-being.

Manipulations are done with the scientific knowledge of the structures, and functions of the human body and its systems; manipulations are performed in a skillful, rational manner for therapeutic purposes.

Massage Therapy

**...also includes
the following practises:**

- 1. Various techniques of assessment**
- 2. Hydrotherapy or application of water in all forms**
- 3. Thermal therapy or the application of heat and cold**
- 4. Remedial exercises**
- 5. Use of vibrating and/or oscillating machines**

Professionalism in the Classroom

Our classroom is our treatment
room.

Attire

- Proper attire to massage in
- Proper footwear
- No revealing clothing
- Jewelry
 - No rings
 - No watches, bracelets

Therapist Hygiene

- Nails
- Hair
- Fragrance free
 - Not only perfume/cologne/body sprays
 - Keep in mind heavily scented lotions, deodorants, hair products
- Oral health

Other things to consider...

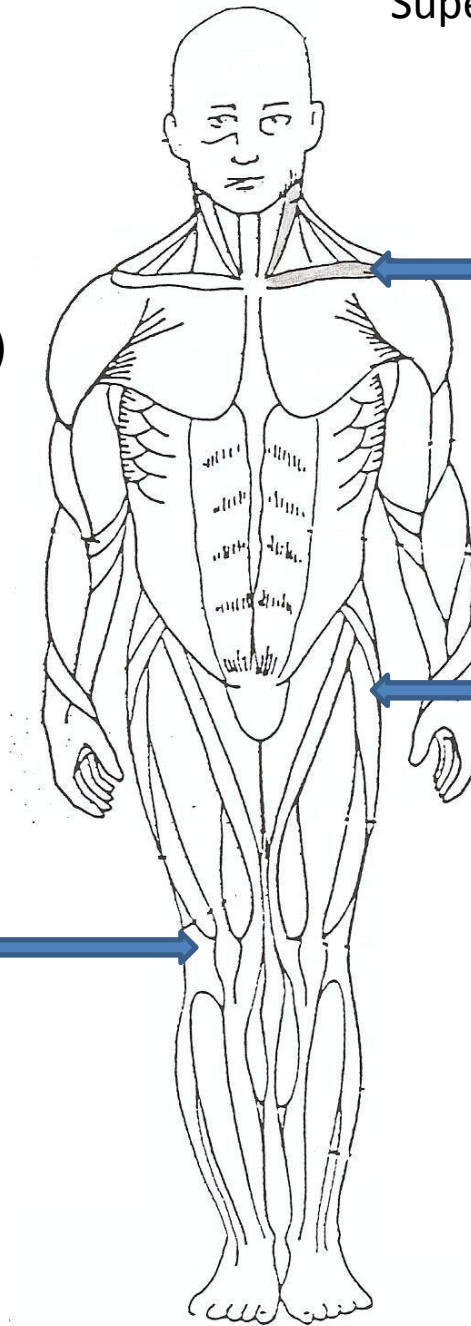
- This is a client driven profession...
- Healthcare professionals are always judged
- Tattoos
- Piercings
- Modifications
- Code of Ethics

Anterior (front) View

Superior

□ Lateral (Away from midline)

-> Medial (towards midline)



Clavicle (Collar Bone)

Greater Trochanter (hip)

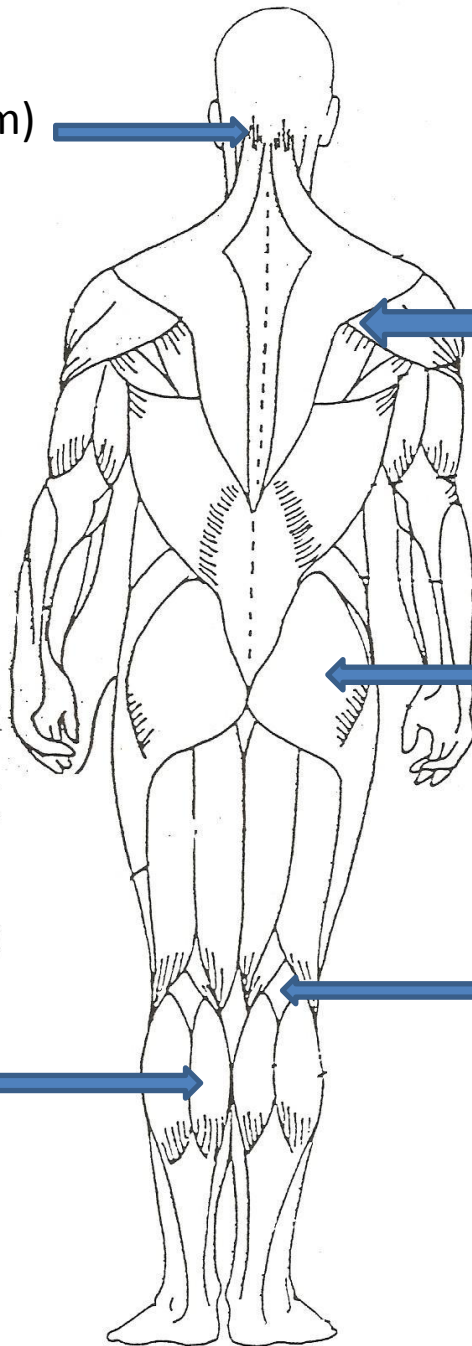
Patella

Inferior

Posterior (Back)
View

Superior

Suboccipitals (mm)



Scapula (Shoulder Blade)

“Glutes” (mm)

Popliteal Fossa

Gastrocs

Inferior

Terminology

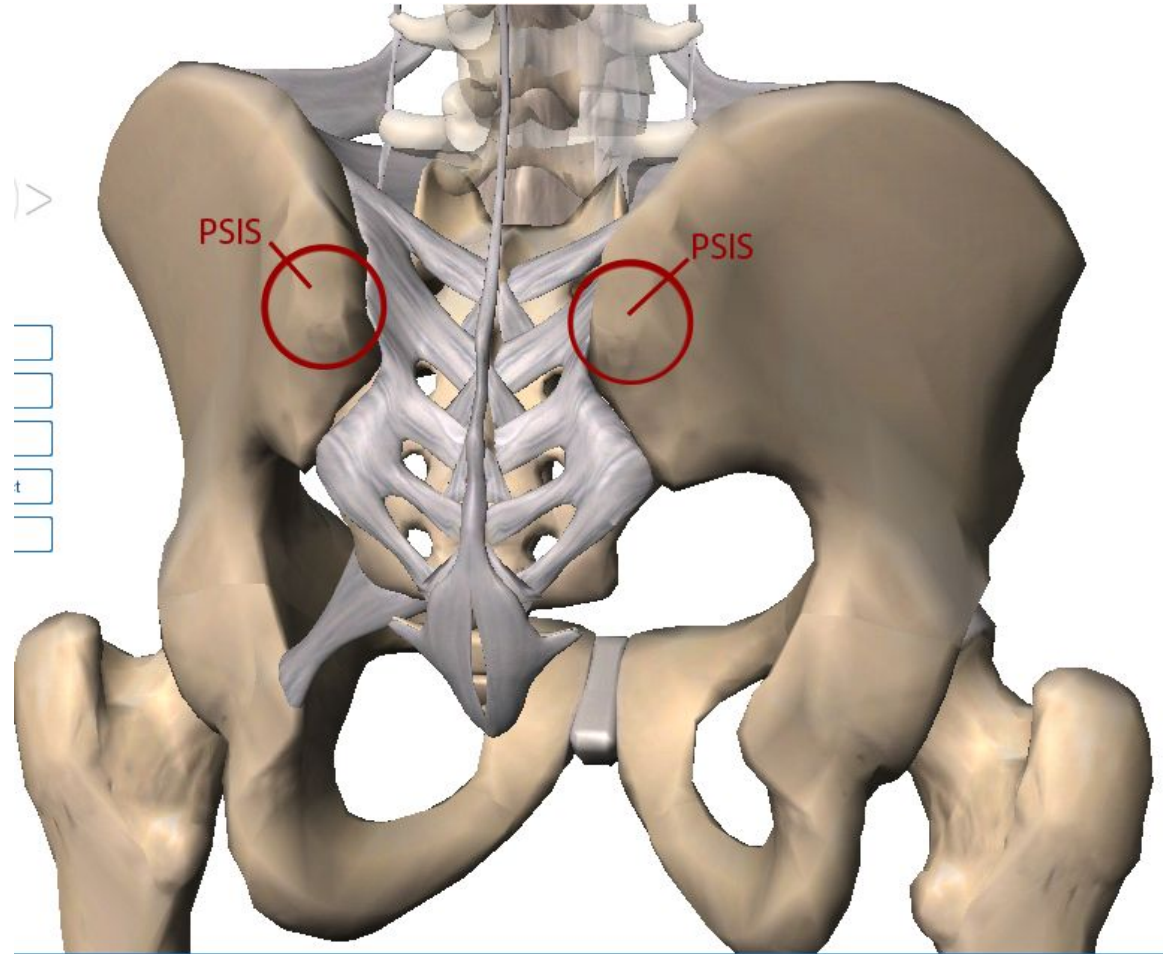
- **Limb:** arm or leg of a person
- **Thorax:** including the cavity enclosed by the ribs, breastbone, and dorsal (back)
- **Superior:** Higher up
- **Inferior:** Lower down
- **Distal:** Farther away
- **Proximal:** Closer
- **Superficial:** Close to the surface (skin, fascia)
- **Deep:** Further from the surface (erector spinae group)

Terminology

- **Peripheral:** 1. Of the surface or outer part of a body or organ; external. 2. Of, relating to, or being part of the peripheral nervous system
- **Central:** Forming at the center
- **General:** Not limited in scope, area, or application.
- **Specific:** Explicitly set forth; definite. Intended for, applying to, or acting on a particular thing
- **Relaxation:** An effect of massage therapy
- **Remedial or Therapeutic:** Individualized, medicinal, goal-oriented

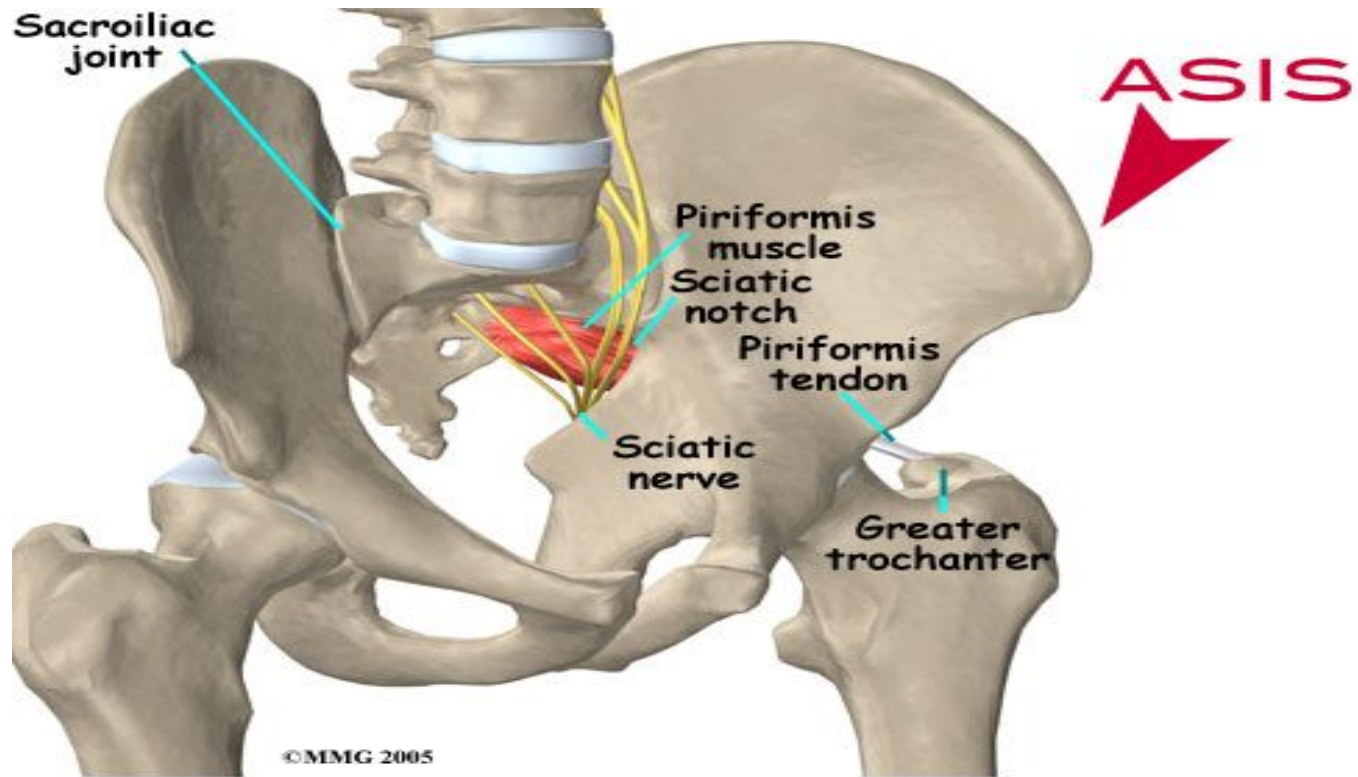
Terminology

PSIS:
Posterior Superior
Iliac Spine



Terminology

ASIS: Anterior Superior Iliac Spine



Terminology

- **Adhesion:** 1. A condition in which bodily tissues that are normally separate grow together. 2. A fibrous band of scar tissue that binds together normally separate anatomical structures.
- **Lesion:** 1. A wound or injury. 2. A localized pathological change in a bodily organ or tissue. 3. An infected or diseased patch of skin.
- **Trigger Point:** localized areas in which the muscle and connective tissue are highly sensitive to pain when compressed. Pressure on these points can send referred pain to other specific parts of the body.
- **Myofascial:** Of or relating to the fascia surrounding and separating muscle tissue.

Terminology

- **Attachment site:** Where a muscle meets a bony landmark or shared tendon
- **Physiological:** Being in accord with or characteristic of the normal functioning of a living organism
- **Psychological:** Of, relating to, or arising from the mind or emotions.
- **Hypertonicity:** Having extreme muscular or arterial tension
- **Ischemia:** Reduction in flow of blood to parts of body, often marked by pain and local tissue dysfunction

Hand Washing

- Wash your hands thoroughly with warm water and soap
 - (a) immediately, if contaminated with blood or other body fluids to which universal precautions apply, or potentially contaminated articles;
 - (b) between clients; and
 - (c) immediately after gloves are removed, even if the gloves appear to be intact.
- When hand washing facilities are not available, use a waterless antiseptic hand cleaner in accordance with the manufacturer's directions.
- If you have an exudative lesion or weeping dermatitis, refrain from all direct client care and from handling client care equipment until the condition resolves.

Hands on time!

- Over clothes Massage
- Pillows
- Comfort
- Trap Squeeze
- Arm Squeeze
- Palmar Press
- Palmar Knead
- Thumb Press
- !! Beware of Bony Structures!!
- Do not break contact

Homework

- Read chapters 1 and 2