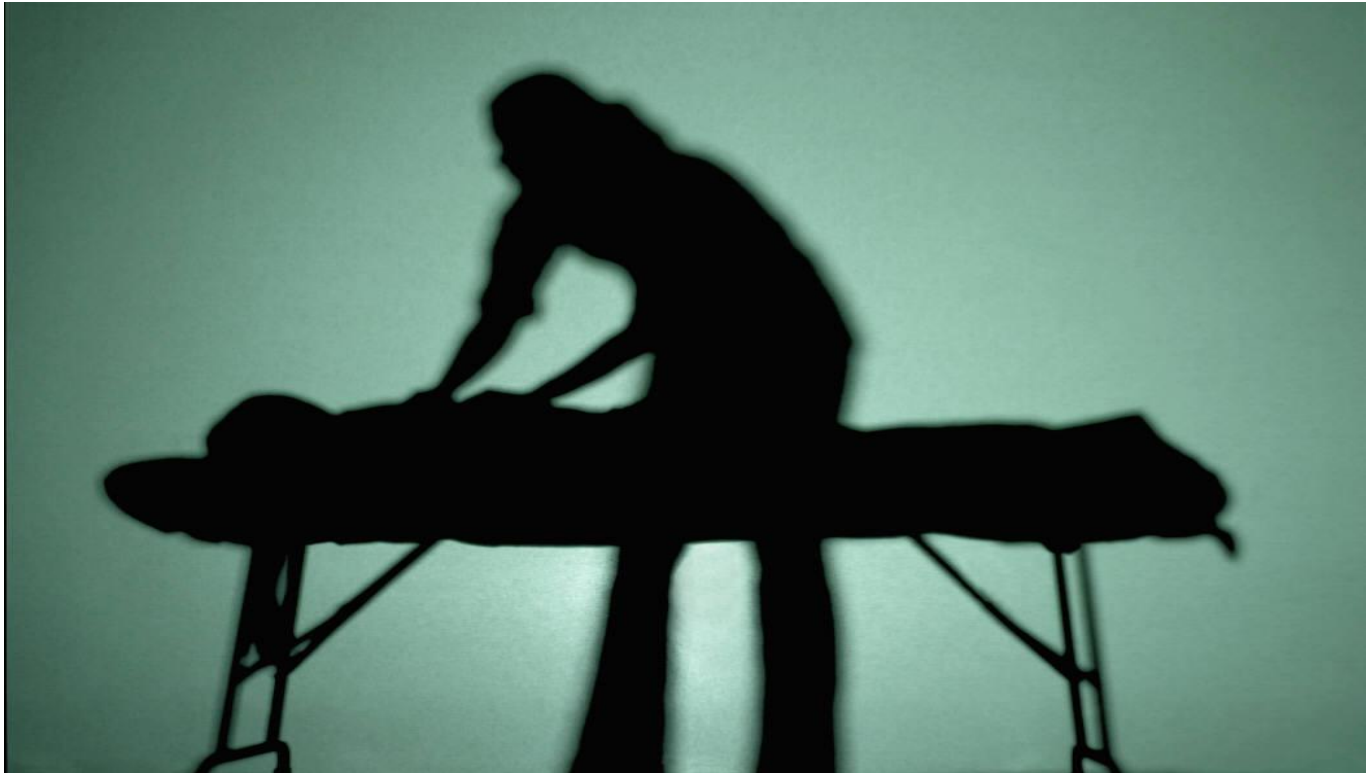


*Introduction
To
Massage Theory and Practice*

Classroom expectations

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 open toe shoes)
- No revealing clothing
- Conditions for draping apply to therapist attire
- Jewelry
 - No rings
 - No watches, bracelets

Therapist Hygiene

- Nails
 - short and filed, no nail polish
- Hair
 - tied back and no flyaways
- Fragrance free
 - Not only perfume/cologne/body sprays
 - Keep in mind heavily scented lotions, deodorants, hair products
- Oral health
 - If you eat something strong scented or smoke make sure to brush your teeth or use mouthwash, no gum during treatment

Other things to consider...

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

Terms to remember

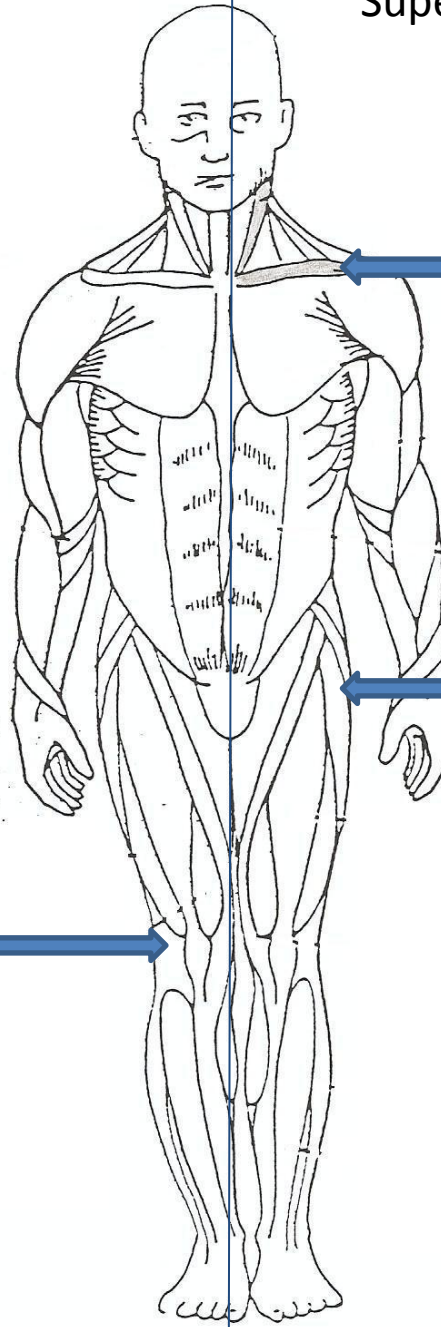
Midline

Anterior (front) View

Superior

<- Lateral (Away from midline)

-> Medial (towards midline)



Clavicle (Collar Bone)

Greater Trochanter (hip)

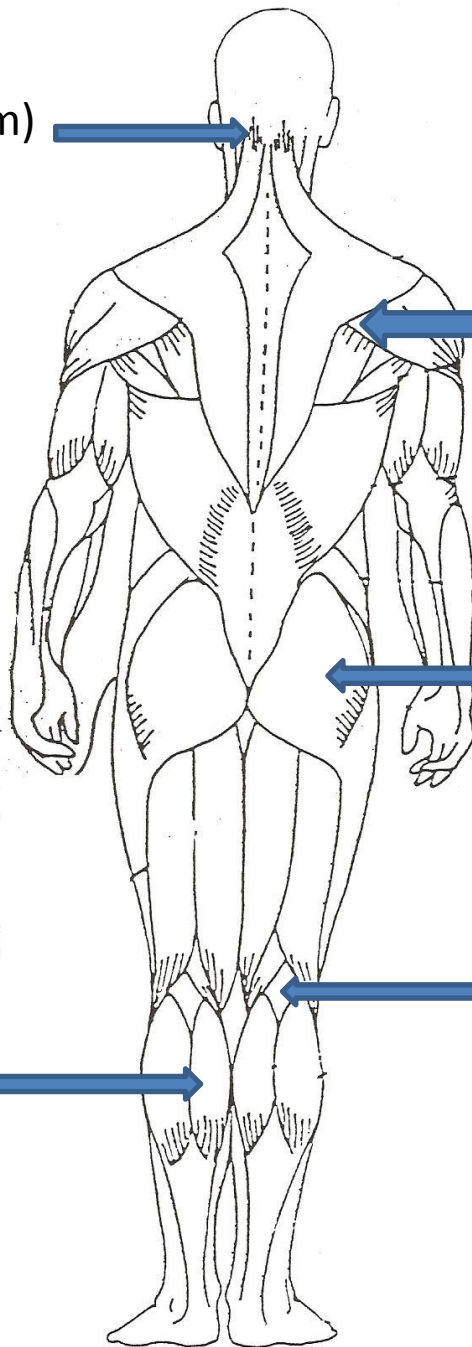
Patella

Inferior

Posterior (Back)
View

Superior

Suboccipitals (mm)



Scapula (Shoulder Blade)

“Glutes” (mm)

Popliteal Fossa

Gastrocs

Inferior

Terminology

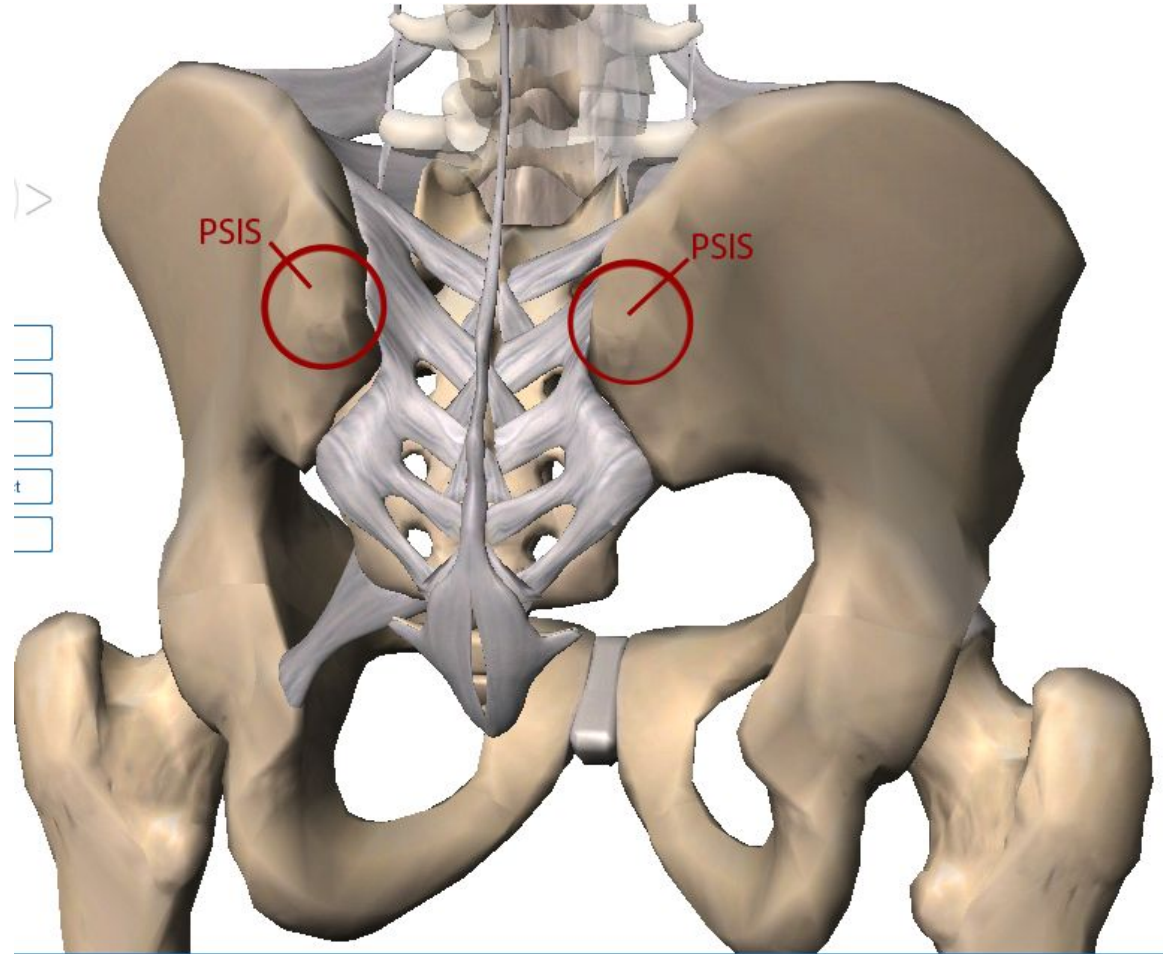
- **Limb:** arm or leg of a person
- **Thorax:** including the cavity enclosed by the ribs, breastbone, and dorsal (back)
- **Superior:** Higher up
- **Inferior:** Lower down
- **Distal:** Farther away
- **Proximal:** Closer
- **Superficial:** Close to the surface (skin, fascia)
- **Deep:** Further from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

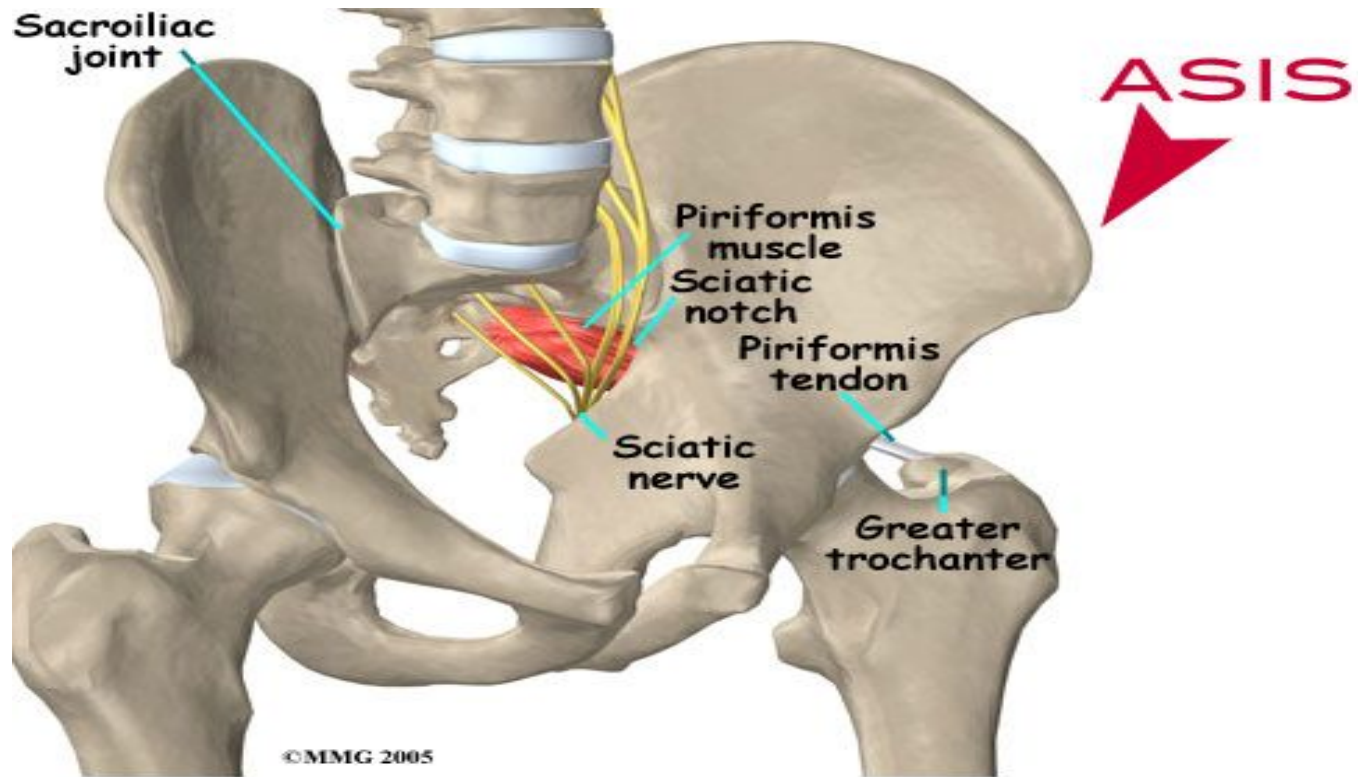
Terminology

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. TRP or TP abbreviation
- **Myofascial:** Of or relating to the fascia surrounding and separating muscle tissue. MF abbreviation

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.

Hand wash practise

We will be using a black light to see how well you wash your hands

Palpation

What is palpation?

Palpation — a term originating from the Latin word “palpare,” meaning “to touch” — is where a health professional such as a massage therapist uses their hands and fingers on a client’s muscles to evaluate the state of those muscles and soft tissues.

There are several crucial pieces of information that can be gleaned from this type of assessment, including which muscles may be tender, inflamed, too tight or too loose, where trigger points might be located, or how much pressure is necessary to apply to those muscles.

Steps to palpate

Position: Make sure the client is comfortably positioned.

Anatomy: Visualize a 3-D anatomic model.

Level: Determine the appropriate depth of tissue contact.

Purpose: Set a clear intention for initiating the healing process.

Ascertain: Keep a relative point of reference while initiating motion.

Tweaking: Continue perpetual exploration of the tissue while fine-tuning the previous steps.

Evaluate: Adjust techniques according to findings from palpation.

STAR palpation

Sensitivity: Soft tissue dysfunction will almost always present in tenderness or pain.

Tissue texture change: The therapist might feel that tissues are hot, cold, tense, swollen, or fibrous.

Asymmetry: The tissue may vary between sides of the body. Asymmetry on its own may not necessarily be cause for concern, but a massage therapist will use their best judgment in each situation to determine whether it is normal or abnormal.

Range of motion: Movement is restricted and/or muscles are very tight, inhibiting normal motion.

Almost any bodily structure can be palpated—skin, tissues just below the surface of the skin, lymph nodes, tendons, joints, bone, deep tissue, ligaments, and more. Through palpation a therapist is likely to be able to identify almost any abnormality or malady that may be present.

<https://www.youtube.com/watch?v=EELN-lj2jrs>

Lets try it!

The best way to palpate is by trying it out!

Body Mechanics

Wrists and hands in neutral position, soft and relaxed

Knees are bent to avoid hyperextension or locking

Feet shoulder or hip width apart

Hips and Low back stabilized

Core stability is KEY

Make sure that you are able to hold the position and transfer your weight comfortably between your legs front and back.

DAY 2

Table set up

Proper Table Height- stand beside table,
fingertips brush the top of the table

Pillowing

Where?

under knees when supine

under ankles when prone

Why??

Music?

What type of music is appropriate for massage?

Communication

Appropriate communication?

Cues?

Sharing?

How do we apply this in class?

Sheets

What do you need to have?

Face cradle cover, flat, fitted, pillow cases and towels

Wash in non scented and hypoallergenic soap

Vinegar and stain remover can be used

* 1 tbs of dawn dish soap works great to remove oil

Practise applying sheets

Cleaning

How do you clean your table?

Products?

Changing for class

There are privacy screens in each classroom to change behind.

disrobing for treatment

usually done while under the sheets as to not expose

partner can help provide cverage

There will be no inappropriate comments about anyone's body allowed in class. You will get 1 warning and then you will be asked to leave class if any sort of bullying occurs

Linens

You have been given enough sheet sets to allow for clinic and class.

Please make sure to always have your sheet set around. There is no reason for you to not have 1 set here.

Hands on time!

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

Reading

- Read chapters 2 and 3
- page 3-31