

# ***General Principles and Techniques 1***

More in depth look at...

# Contraindications

Chapter 13, pg 147 - Rattray

Def'n -

Sign, symptom or circumstance that makes a particular treatment (massage) inadvisable  
Why? What is the Importance? How is it going to be relayed to you by the client?

Understand Changing Landscape – ie. Concussions, medical breakthroughs etc.

Keep yourself educated, newspaper, journals, etc. “I don't know” is not a good excuse!

# Review of Terms and Categories...

Absolute = NO

Modified = CAUTION

General = whole body

Local = Specific Area

# Medications

## Pharmacology

### Why important?

- alter stretch response of muscles
- alter pain sensations
- affect skin
- temperatures
- mental state
- affects on cardiovascular system

# Acute Conditions requiring medical attention

- Anaphylaxis – severe allergic reaction
- Appendicitis – possibility of becoming septic if bursts
- CVA – Stroke
  - “FAST” - Facial drooping - arm weakness - speech difficulties - time to call ems
- Diabetic Coma or Insulin Shock
- MI – Heart Attack
- Pneumothorax – air in pleural space, unilateral, sharp shooting P, shortness of breath
- Atelectasis – collapsed lung
- Severe Asthma Attack – severe shortness of breath,
- Status asthmaticus – acute exacerbation of asthma, unresponsive to bronchodilators
- Acute seizure
- Syncope – (fainting)

Massage cannot, and will not help in this instance!

# **Absolute** treatments for **General** Conditions

Absolute – No!

- exceptions

General – Whole body, affects your overall treatment plan

# Acute Pneumonia

- Infection of the lung tissue that can affect the exchange of gases
  
- Reason:
  - Don't want to overload the immune system

# Eclampsia

- Sudden convulsive seizure without loss of consciousness, especially during pregnancy
- Associated with high blood pressure
- Often under medical supervision



# Post – CerebroVascularAccident , unstable

- Sudden decrease of blood supply to areas of the brain
- Reason
  - Possible reoccurrence

# Severe Atherosclerosis

- Fatty substances in the inner lining of the medium and large arteries
- Decreases the size of the arterial lumen
  
- Reason
  - Massage will increase circulation
  - Circulatory system will be overloaded

# Headaches – severe, undiagnosed

- If described as “pain like I’ve never felt”
- May have a serious underlying cause requiring immediate attention
- Ex
  - Stroke
  - Meningitis
  - Aneurysm

# Hypertension – severe, unstable

- High BP
- May have serious underlying cause that requires medical attention
- Massage will increase circulation

# Hemophilia

- Hereditary bleeding disorder cause my a deficiency of the specific clotting factor in the blood
- Pressure can cause vessels to rupture

# Hemorrhage

- Escape of blood from ruptured blood vessels
- Loss of blood

# Shock

- Failure to deliver adequate oxygen and nutrients to the body
- Medical emergency that can be fatal

# Fever 38.5C/101.5 F

- Abnormally high body temperature
- A serious underlying cause may be present
  - Infection
  - Tumors
  - MI



# Cancer – increased metastatic

- Uncontrolled growth of cells that spread from one part of the body to another
- Increased circulation, will spread
- \*palliative care\*

# **Modified** treatments for **General** Conditions

Modified - Massage is ok, with CAUTION

General – Whole body, affects your overall treatment plan

# Fibromyalgia

## Description:

- chronic condition, musculoskeletal pain
- All individuals experience different degrees of pain

## Reason:

- Symptoms change on a day to day basis
- communication is key

# Diagnosed Atherosclerosis

## Description:

- Systemic disease affecting the ARTERIES, characterized by NARROWING of the large and medium sized arteries due to accumulation of LIPIDS

## Reason:

- Refrain from extreme temps
- Refrain from hydrotherapy that will increase circulation

# Hypertension

## Description:

- Increased/high blood pressure

## Reason:

- Refrain from extreme temps
- Refrain from hydrotherapy that will increase circulation

# Hypotension

## Description:

- decreased/low blood pressure

## Reason:

- Refrain from extreme temps
- Caution with Body positioning
  - Speed of rolling over, getting off table

# Drug withdrawal

Reason:

- Doctors referral would be beneficial
- Understanding of the drug would be beneficial, to understand how it affected their body
  - Alcohol
  - Marijuana
  - Stimulants
  - Opiates
  - etc
- Symptoms can change, and are different for every individual

# Inflammatory Arthritides

## Description:

- Blanket term for conditions of inflammation in the joints
  - Rheumatoid Arthritis (RA)
  - Systemic Lupus Erythmatosus
  - Gout
  - Pseudo-Gout
  - Ankylosing Spondilitis
  - Psoriatic Arthritis
  - Osteomyalitis

## Reason:

- Symptoms are different for individuals
- Location of the body
- Flare-up?



# Major Surgery or Abdominal Surgery

Major by medical terms? Or to Client? There's a difference

What kind of surgery?

Where?

Why?

What were the doctor recommendations?

**Reason:**

Positioning on table

Depth of pressure

Meds?

# Diabetes

Chronic disease, body does not/has difficulty producing insulin (Type 1), or is not using the insulin it does produce properly (Type2)

Reason:

- Understand symptoms of diabetes (can lead to absolute generals/locals)
- Caution with extreme temperatures

# Osteoporosis

Disorder where bone reabsorption is higher than bone formation, resulting in decreasing bone mass

Reason:

- Symptoms for individual
- Caution with pressure, especially directly on bone

# Osteomalacia

## Description:

- Softening of the bones

## Reason:

- Individual symptoms

# Post-CVA or MI

## Description:

- Period of time after some has experienced either cerebrovascular accident or myocardial infarction

## Reason:

- Rx's
- How much time between? Doctor ok'd
- Temperature extremes
- Circulatory effects

# Seizure Disorders

Reason:

- Know triggers, to avoid them

# **Absolute** treatments for **LOCAL** Conditions

*\*some of these conditions are the same for other CI categories... consider the stage... **Acute**... and consider **location***

# Inflammatory Arthritides – acute flare up

Refer to slide 25 for def'n

Reason:

- In an acute stage, may exacerbate symptoms



# Neuritis – Acute

Inflammation of the nerve

Reason:

- Exacerbate pain

# Trigeminal Neuralgia - ACUTE

Chronic pain disorder that affects the trigeminal nerve.

Reason:

- Exacerbate Symptoms

# Aneurysm - acute

Reason:

- Result in rupture, extensive bleeding, and death

# Deep Vein Thrombosis (DVT)

Formation of a clot in a deep vein of the body, most often in the femoral and iliac veins

Reason:

- Requires medical evaluation
- Massage treatment can dislodge thrombus ---> embolus

# Arteritis

Inflammation of an artery, most likely due to autoimmune response

Reason:

- Aggravate condition

# **Thrombophlebitis**

Inflammation of a superficial or deep vein that leads to the formation of a thrombus

Reason:

- Requires medical attention

# Ectopic Pregnancy

Implantation of the fetus, outside the uterine cavity

Reason:

- Requires medical attention and monitoring
- NO ab massage

# Esophageal Varicosities

Presence of dilated and tortuous veins in the esophagus

Reason:

- Possible rupture of veins, can cause severe bleeding that can be fatal

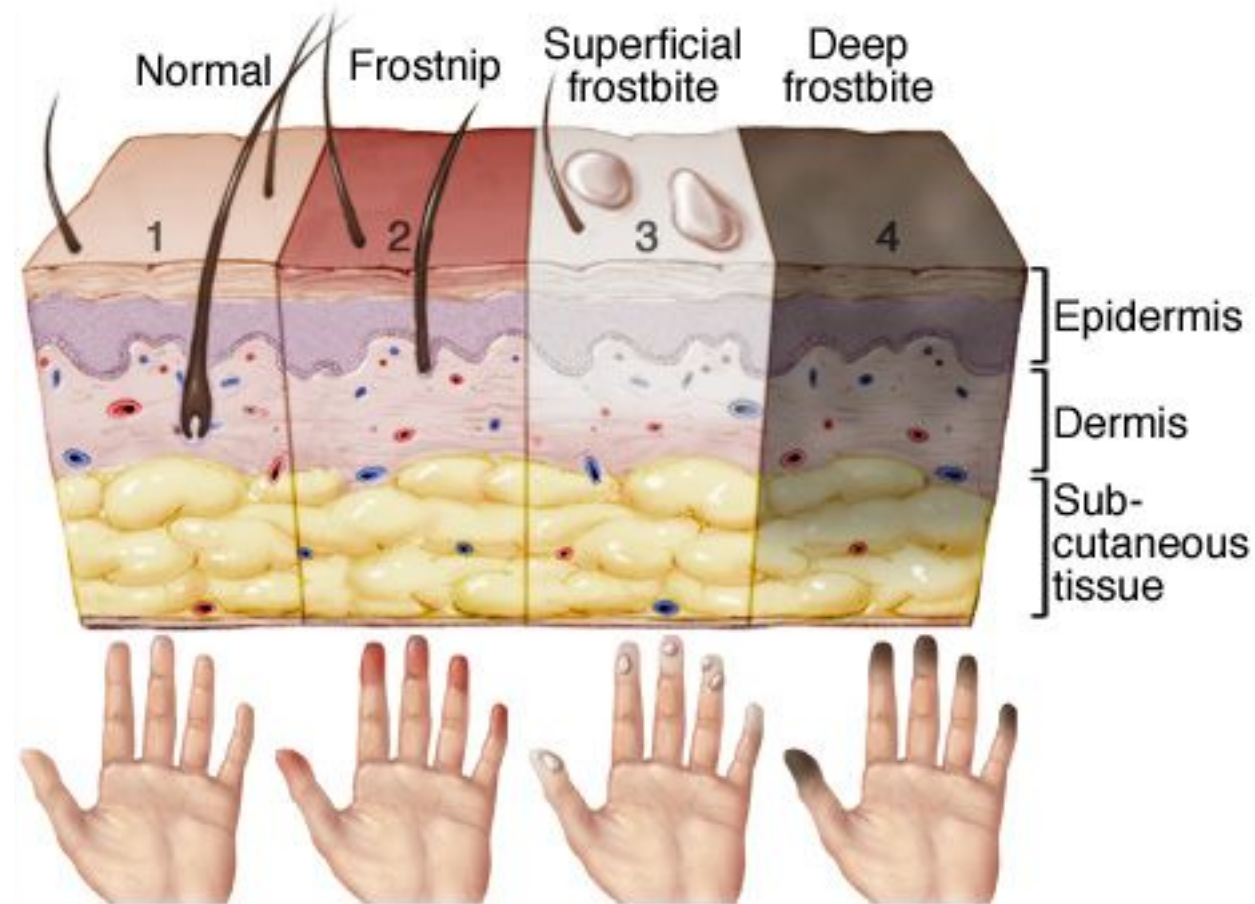


# Frostbite

Know what it looks like!

Reason:

- Tissue is fragile
- Mx can cause further damage



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# Local contagious conditions – warts, athlete's foot

Reason:

- Massage can spread condition to an unaffected area, much like scratching

## **Local Irritable skin conditions**

psoriasis or eczema with open lesions

Reason:

- May exacerbate Symptoms

# Malignancy

Abnormal formation of tissue that grows at the expense of the healthy organism

Reason:

- Possibility of spreading with Massage manipulations

# Open Wound

Reason:

- Infection
- Fragile tissue

# Radiation Therapy Site

Reason:

- Tissue is fragile

## **Recent Burn**

Includes sunburn

Reason:

- Can cause blistering even with light pressure

# Sepsis/Septicemia

Reason:

- Numerous accompanied Symptoms with sepsis
- Risk of spreading



# Undiagnosed Lump

Reason:

- Requires medical evaluation

# Varicosities

Abnormally dilated and tortuous veins that can result in stagnation of the blood which tends to promote thrombi formation

\*first time C's, refer to MD for ok\*

Reason:

- If a thrombus is present, Massage can dislodge

# Open Wound

Reason:

- Infection
- Fragile tissue

# **MODIFIED** treatments for **LOCAL** Conditions

# Abdominal Disease (chronic)

Ex. Inflammatory bowel disease, Irritable Bowel Syndrome

Reason:

Symptoms?

Triggers?

Current flare up?

## Abortion (recent)

The spontaneous or induced expulsion of the products of conception for the uterus before **20** weeks of pregnancy

Reason:

Cause?

Symptoms

NO AB work, or Low Back work for ~6 months, not unless otherwise stated by MD

# Aneurysm

brain (cerebral) **aneurysm** is a bulging, weak area in the wall of an artery that supplies blood to the brain

No symptoms, can go unnoticed for quite some time.

Location, how long has it been present?

MD Prescribed meds?

No aggressive work.

# Chronic Arthritic Conditions

What are the C's Symptoms?

Cause? Trauma? Overuse?

Condition?

Caution with extreme temperatures for Hydrotherapy

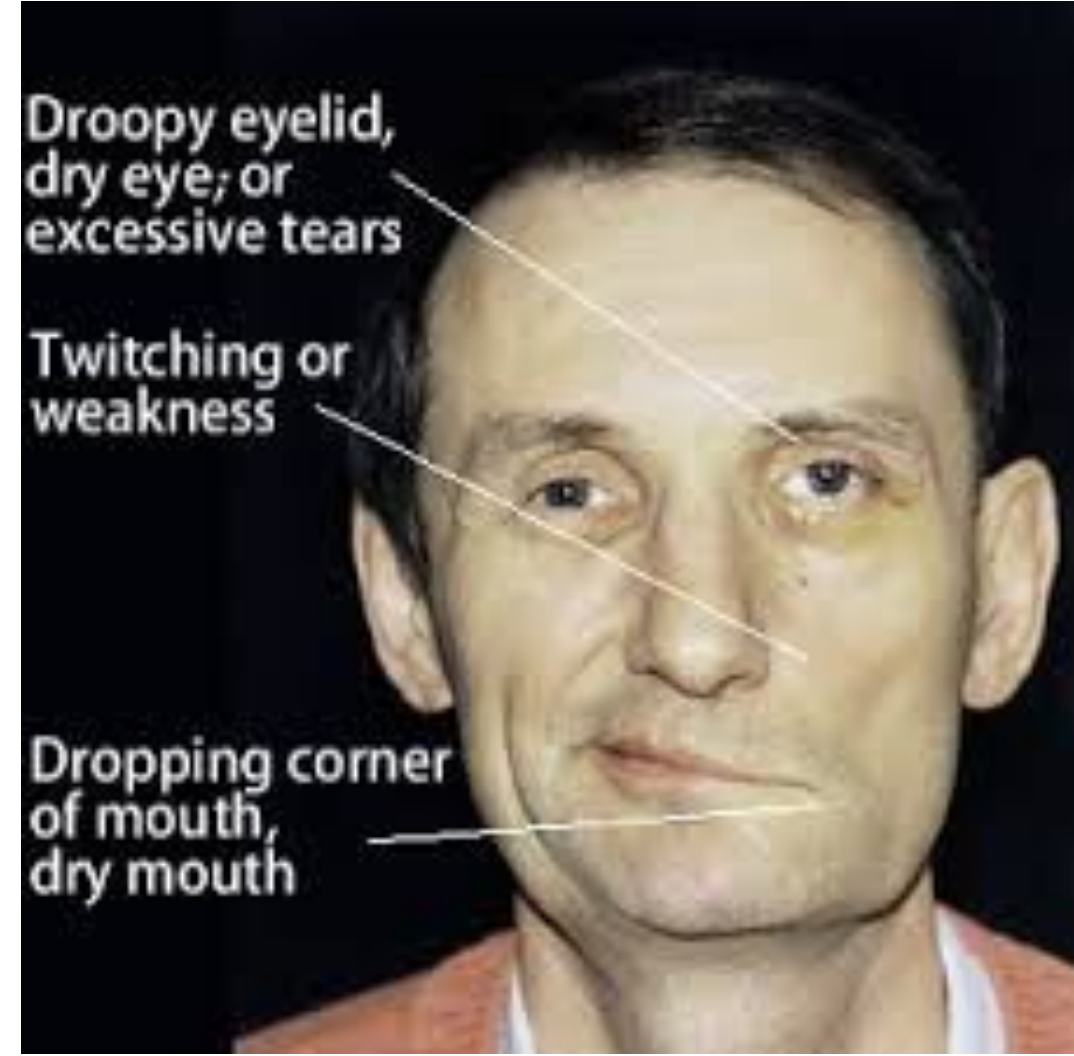


# Bell's Palsy

Disease of the 7<sup>th</sup> cranial nerve (facial nerve), results in paralysis of one side of the face.

Symptoms can vary

Due to paralysis, sensation loss



# **Buerger's Disease**

An inflammatory disorder of the medium sized arteries of the legs and arms, can result in thrombus formation.

Caution with extreme temperatures

# Bursitis

Inflammation of a bursa

What is a bursa?

A small fluid filled sac lined by synovial membrane that provides a cushion between bones and tendons and/or muscles around a joint.

Use light pressure

Principle!    Peripheral – Central – Peripheral



# Constipation - prolonged

Difficulty passing stool

Cause?

Symptoms?

Rebound test, if positive, DO NOT MASSAGE!

# Diarrhea

Frequent, sometimes uncontrolled passing of loose modified stool

Cause?

Symptoms?

# Contusion

Bruise

Size?

Stage of healing?

Work within C's pain tolerance



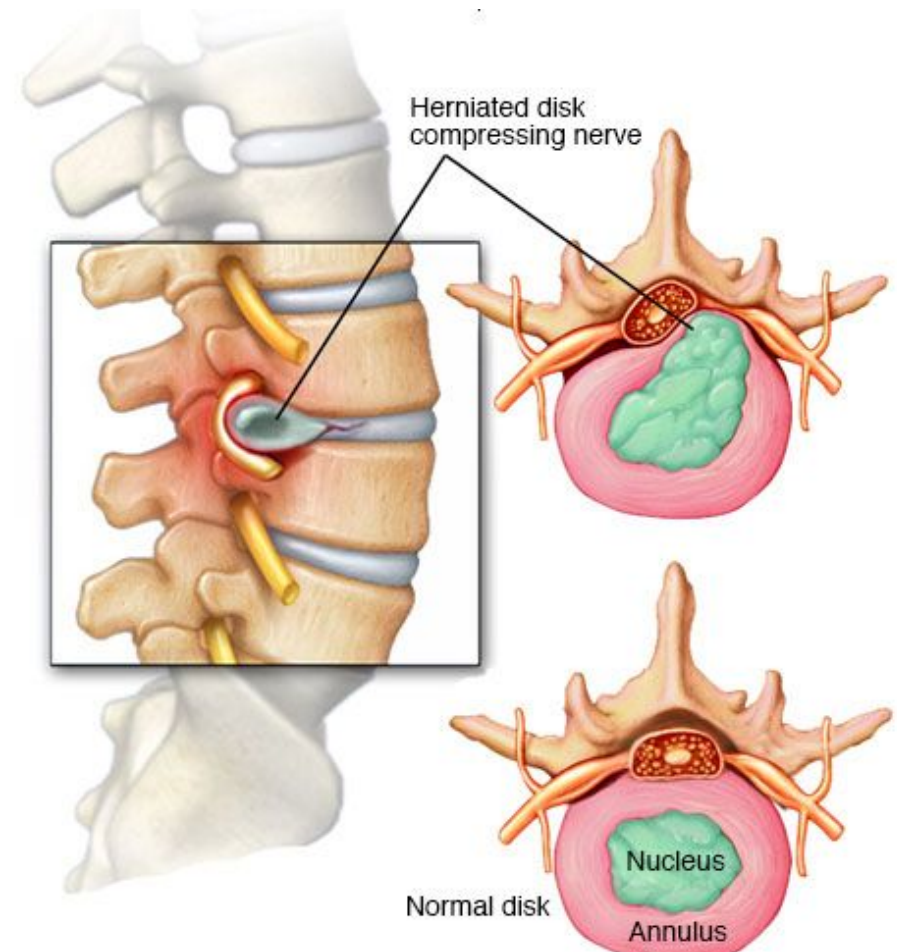
# Acute Disc Herniation

Intervertebral disc injury that results in the rupture of the annular fibers

Severity?

Symptoms?

Cause?



## Edema - pitted

Abnormal local or general accumulation of fluid in the tissues of the body

Split finger depression test

Cause?

No deep work, focus on drainage





# Endometriosis

Condition in which the endometrial tissue is found in areas outside of the uterus

Symptoms?

Severity?

# Fracture

Casted, removed, decreased mm tone

Tissue is fragile



# **Adhesive Capsulitis**

*Aka. Frozen shoulder*

Initially painful, significant restriction of active and passive ROM in the shoulder

Stage?

Pain tolerance?

# Hematoma

Coagulated blood located outside of a blood vessel

Size?

Symptoms?

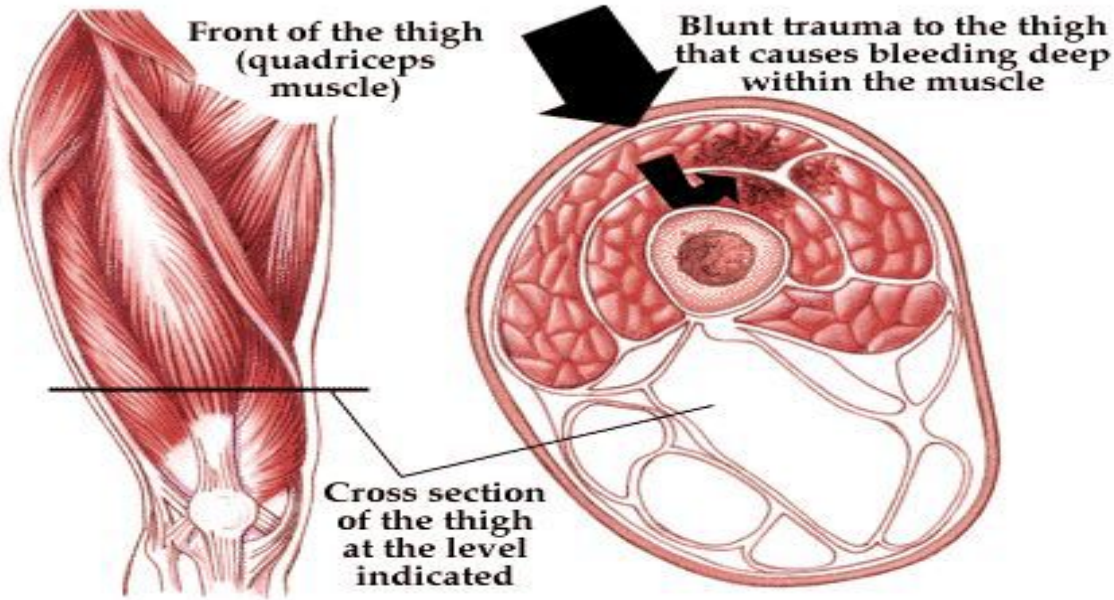
Cause?

Stage of healing?

# CONTUSION

VS.

# HEMATOMA



# Hernia

Protrusion of a part of an organ or the entire organ through an abdominal opening in the structure that normally contains it, such as the abdominal wall

Symptoms?

Cause?

MD recommendations?

Positions? Can C lay prone?

Comfort?

# Inflammatory Bowel Disease

Used to refer to both ***Crohn's Disease*** (inflammation of parts of the GI tract, resulting in scarring) and ***Ulcerative Colitis*** (inflammation of the large intestine resulting in lesions of broad areas)

Symptoms?

Severity?

Flare up?

# Irritable Bowel Syndrome (IBS)

**\*flare up\***

Characterized by altered bowel function and steady, or intermittent pain

Symptoms?

Cause?

Severity of Pain?



# Injection Site

Reason:

Know what area of the body injection is

Why?

For what condition?

# Joint Instability/Hypermobility/hypomobility

Joint/s affected?

Which muscles cross joint/s?

Cause?

Pain tolerance?

# Lymph Edema

Chronic accumulation of interstitial fluid in the tissues

Cause?

Degree of edema?

# Kidney Infection/Stones

Cause?

Degree?

Any Rx?

Ass'd symptoms? Back pain? UTI?

# Mastitis

Inflammation of the breast, most common when breast feeding

Severity?

Pain?

Position?

# Migraine

Throbbing pain in the head, more severe than a headache

Pain? Type? Where on head?

Triggers?

Sensitivities? Music, photosensitive, scents....

# Flaccid Paralysis

Defective, or absent muscle control cause by a nerve lesion

Severity

# Pelvic Inflammatory Disease

Inflammation of the organs in the pelvic cavity, usually caused by bacteria

Symptoms?

Rx's?



# Raynaud's Disease & Phenomenon

Intense spasms of the arteries and arterioles that supply the hands (and sometimes feet). **Phenomenon** is progressive, and tissue damage is likely to occur.

Symptoms?

Severity?

Rx?

## **Stress Fracture Site**

Small crack in a bone

No deep pressure techniques

# Surgery (minor)

Reason:

- Type? Location? Why?
- Be mindful of client positioning
- Remember principles of massage

# Temporo-Mandibular Joint Dysfunction

A collection of signs and symptoms produced by TMJ Dysfunction

Reason:

- Cause?
- Symptoms?

# Thrombosis (chronic)

Presence of a stationary clot

Reason:

- No heavy, deep work
- Inc circ techniques
- May dislodge clot

## **Torticollis (spasmodic)**

Abnormal positioning of the head and neck relative to the body characterized by involuntary twitching of the affected muscles and shoulder

Reason:

Stage of healing?

No deep work

# Tracheotomy Site

Reason:

- Positioning of client



# Trigeminal Neuralgia (between attacks)

Chronic pain disorders of the trigeminal nerve.

Reason:

- symptoms



# Vaginal Birth (recent)

Reason:

- Hormones involved with pregnancy
- Make changes in pressure with low back work,

# Varicosities (Mild)

Reason:

- Light pressure
- Severity
- Pain

