

CHAPTER 10

Classical Massage Movements

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. Three physical factors that control the results of a manipulation are the (pressure) , (direction) , and (duration) of the movement.
2. Another important factor that affects the outcome of a technique or massage is the (intention) with which it is given.
3. In Swedish massage, most movements are directed (toward) the heart.
4. Massage strokes are directed toward the heart to affect the flow of (venous blood) and (lymph) .
5. The six major categories of massage movements are (touch) , (gliding movements) , (kneading movements) , (friction movements) , (percussion movements) , and (joint movements) .

IDENTIFICATION: Identify the classification of massage manipulation described in each statement by writing the classification next to the appropriate description in the space provided.

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| <u>(gliding)</u> | 1. applied in the direction of the venous and lymphatic flow |
| <u>(kneading)</u> | 2. lifts, squeezes, and presses the tissues |
| <u>(gliding or superficial gliding)</u> | 3. used to distribute any lubricant and to prepare the area for other techniques |



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| <u>(joint movements)</u> | 4. manipulation of the articulations of the client |
| <u>(touch)</u> | 5. generally the first and last contact the practitioner has with the client |
| <u>(touch)</u> | 6. placing of the practitioner's hand or fingers on the client without movement in any direction |
| <u>(percussion)</u> | 7. rapid striking motion against the surface of the client's body |
| <u>(friction)</u> | 8. moving more superficial layers of flesh against the deeper tissues |
| <u>(joint movement)</u> | 9. moving a body part through a range of motion |
| <u>(touch)</u> | 10. the stationary contact of the practitioner's hand and the client's body |
| <u>(gliding)</u> | 11. moving the hand over some portion of the client's body with varying amounts of pressure |
| <u>(joint movements)</u> | 12. used to assist a client to restore mobility or increase flexibility in a joint |
| <u>(kneading)</u> | 13. raising tissues from their ordinary position and then squeezing, rolling, or pinching with firm pressure |
| <u>(friction)</u> | 14. manipulating one layer of tissue over or against another |



MATCHING: Match the touch and gliding techniques listed below with the best clinical situation. Write the letter or letters of the appropriate technique(s) in the space provided.

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|----------------------|------------------------|
| A. superficial touch | C. superficial gliding |
| B. deep touch | D. deep gliding |

- (C) 1. Client has moderately high blood pressure.
- (A) 2. Client is nervous and irritated.
- (A) 3. Client is in pain from severe arthritis.
- (D) 4. Client is healthy and has thick, heavy musculature.
- (B) 5. Client has trigger points in the neck and shoulders.
- (A) 6. Client is critically ill with lymphoma.
- (B) 7. Client has stress points in the tendons around the elbow and knee.
- (C) 8. Client complains of insomnia.
- (B) 9. This is the main technique used in foot reflexology.
- (C) 10. This technique is used when applying oil to the body.
- (D) 11. Client requests a deep relaxing massage.
- (B) 12. This is the main technique used in shiatsu.
- (C) 13. Client is generally tired.
- (A, C) 14. Client is visibly nervous and tense.



MATCHING: Match the term in the first column with the best description in the second column. Write the letter of the best description in the space provided.

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| <u>(E)</u> 1. hacking | A. rhythmic pumping action directed into the muscle perpendicular to the body part |
| <u>(L)</u> 2. skin rolling | B. a stroke with enough pressure to have a mechanical effect |
| <u>(R)</u> 3. aura stroking | C. applied in a transverse direction across the muscle, tendon, or ligament fibers |
| <u>(F)</u> 4. active, assistive joint movements | D. the natural weight of the practitioner's finger, fingers, or hand held on a given area of the client's body |
| <u>(M)</u> 5. superficial gliding | E. quick, striking manipulations with the ulnar border of the hand |
| <u>(C)</u> 6. cross-fiber friction | F. help from the practitioner as the client moves a limb |
| <u>(N)</u> 7. kneading | G. moving the skin in a circular pattern over the deeper tissues |
| <u>(J)</u> 8. friction | H. a continuous shaking or trembling movement transmitted from the practitioner's hand or an electrical appliance |
| <u>(D)</u> 9. superficial touch | I. very light fingertip pressure with long, flowing strokes |
| <u>(G)</u> 10. circular friction | J. moving more superficial layers of flesh against deeper tissues |
| <u>(O)</u> 11. tapping | K. applying pressure with no other movement |
| <u>(Q)</u> 12. active, resistive joint movements | L. picking the skin and subcutaneous tissue up between the thumbs and fingers and rolling it |
| <u>(I)</u> 13. feather stroking | M. moving a flexible, firm hand lightly over an extended area of the body |
| <u>(A)</u> 14. compression | N. raising the skin and muscular tissues from their ordinary position and squeezing with a firm pressure, usually in a circular direction |
| <u>(K)</u> 15. deep touch | O. quick, striking manipulations with the tips of the fingers |
| <u>(P)</u> 16. passive joint movements | P. moving a client's joint while his muscles are relaxed |
| <u>(B)</u> 17. deep gliding | Q. the practitioner's resistance of a client's movement |
| <u>(H)</u> 18. vibration | R. hands gliding over a body part without touching |

6. Sliding the hand over some portion of the client's body with varying amounts of pressure is called (c)
 a) friction c) gliding
 b) kneading d) vibration
7. Rapidly striking the hands against the surface of the client's body is called (a)
 a) percussion c) petrissage
 b) friction d) joint movement
8. When calming, stimulating, or anesthetizing effects are desired, the practitioner should use (c)
 a) friction c) deep touch
 b) percussion d) vibration
9. A type of gliding wherein the practitioner's hands glide the length of the client's entire body or body part without actually touching is called (b)
 a) gliding c) contraindicated
 b) aura stroking d) feather stroking
10. Effleurage over small areas such as the face is usually performed with the (a)
 a) fingers c) heel of hand
 b) palm of hand d) elbow
11. Which of the following is not a factor in determining the depth of a deep, gliding movement? (c)
 a) pressure exerted c) weight of client
 b) part of hand used d) intention of application
12. Kneading helps to reduce (b)
 a) blood pressure c) stretch marks
 b) adhesions d) arm strain
13. Moving a superficial layer of tissue against a deeper layer of tissue is called (c)
 a) cupping c) friction
 b) kneading d) deep pressure
14. A technique that causes an increase in the amount of blood in an area or hyperemia is (d)
 a) percussion c) deep gliding
 b) skin rolling d) compression
15. Heat makes the connective tissues around muscles (b)
 a) stiffer c) stiffer
 b) more pliable d) longer



16. The preferred technique to reduce fibrosis and the formation of scar tissue at the site of a soft tissue injury is _____ *(d)*
- a) deep touch
b) deep gliding
c) active joint movements
d) transverse friction massage
17. A mechanical vibrator that has a back-and-forth movement is called _____ *(b)*
- a) orbital
b) oscillating
c) vertical
d) horizontal
18. A mechanical vibrator that has a circular movement is called _____ *(c)*
- a) oscillating
b) round
c) orbital
d) global
19. When doing passive joint movements, the change in the quality of movement as the limb reaches the extent of its possible range is termed _____ *(c)*
- a) range of movement
b) stretch
c) end feel
d) pathologic barrier
20. _____ is classified as a friction movement in Swedish massage. _____ *(a)*
- a) Fulling
b) Hacking
c) Compression
d) Gliding
21. The technique of lifting and squeezing a part of the body is considered _____ *(a)*
- a) kneading
b) friction
c) compression
d) deep gliding
22. The first technique in developing a therapeutic relationship between a massage therapist and a client is _____ *(d)*
- a) superficial gliding strokes
b) the consultation
c) introducing yourself
d) touch
23. The intention with which a manipulation is applied influences its _____ *(d)*
- a) pressure
b) duration
c) effect
d) all of the above
24. A rhythmic, perpendicular pumping action to the muscle body describes _____ *(b)*
- a) lymphatic pump
b) compression
c) hacking
d) beating
25. A technique often used to relieve muscle spasms, stress points, and trigger points is _____ *(c)*
- a) light touch
b) superficial gliding
c) deep touch
d) cross-fiber friction



26. Beating, slapping, and tapping are all examples of which type of massage movement? (c)
 a) friction c) percussion
 b) gliding d) touch
27. The preferred technique to reduce fibrosis and the formation of scar tissue at the site of a soft tissue injury is (d)
 a) deep touch c) active joint movements
 b) deep gliding d) transverse friction massage
28. The movement of a joint from one extreme of the articulation to the other is (a)
 a) range of motion c) passive joint movement
 b) active joint movement d) stretching
29. The primary indication of tension or dysfunction in muscle or soft tissue is (a)
 a) pain c) trigger points
 b) fibrous bands of tissue d) all of the above
30. _____ is/are done centrifugally with only the fingertips. (d)
 a) Tappotement c) Aura strokes
 b) Superficial touch d) Feather strokes

WORD REVIEW: The student is encouraged to write down the meaning of each of the following words. The list can be used as a study guide for this unit.

active joint movements

(Active joint movements are movements in which the client actively participates by contracting the muscles involved in the movement.)

anatomic barrier

(Anatomic barrier refers to the anatomic limit of motion of particular tissue. To move beyond the anatomic barrier would cause injury and disruption of tissues and supportive structures.)

aura stroking

(Aura stroking is done with long, smooth strokes that do not actually touch the body surface but come close.)



beating

(Beating is the heaviest and deepest form of percussion and is done over the denser areas of the body with the ulnar side of the practitioner's softly closed fist.)

chucking

(Chucking involves the flesh being grasped firmly in one or both hands and moved up and down along the bone.)

circular friction

(Circular friction is a movement in which the fingers or palm of the practitioner's hand move the superficial tissues in a circular pattern over the deeper tissues.)

compression

(Compression is rhythmic pressing movements directed into muscle tissue by either the hand or fingers.)

cross-fiber friction

(Cross-fiber friction is applied in a transverse direction across the muscle, tendon, or ligament.)

cupping

(Cupping is a technique used by respiratory therapists to help break up lung congestion.)

effleurage

(Effleurage is a succession of strokes applied by gliding the hand over an extended portion of the body.)

end feel

(End feel is the change in the quality of the movement as the end of a joint movement is achieved.)



feather strokes

(Feather strokes require very light pressure of the fingertips or hands with long flowing strokes.)

friction

(Friction refers to massage strokes designed to manipulate soft tissue so that one layer is moved over or against another.)

gliding

(Gliding is the practice of sliding the hand over some portion of the client's body with varying amounts of pressure.)

hacking

(Hacking is a rapid striking, percussion movement that can be done with the ulnar side one or both hands.)

jostling

(Jostling involves grasping the entire muscle, lifting it slightly away from its position, and shaking it quickly across its axis.)

kneading

(Kneading lifts, squeezes, and presses the tissues.)

passive joint movements

(Passive joint movements stretch the fibrous tissue and move the joint through its range of motion.)

pathologic barrier

(Pathologic barrier is a structure or element that prevents a pathogen from entering an organism, such as healthy skin or latex gloves.)



percussion

(Percussion is a rapid, striking motion of the hands against the surface of the client's body, using varying amounts of force and hand positions.)

petrissage

(Petrissage lifts, squeezes, and presses the tissues.)

physiologic barrier

(Physiologic barrier represents the extent of easy movement allowed during passive or active joint movements.)

range of motion

(Range of motion is the movement of a joint from one extreme of the articulation to the other.)

rocking

(Rocking is a push-and-release movement applied to the client's body in either a side-to-side or an up-and-down direction.)

rolling

(Rolling is a rapid back-and-forth movement with the hands, in which the flesh is shaken and rolled around the axis of the body part.)

shaking

(Shaking allows for the release of tension by gently shaking a relaxed body part so that the flesh flops around the bone.)

skin rolling

(Skin rolling is a variation of kneading in which only the skin and subcutaneous tissue is picked up between the thumbs and fingers and rolled.)



slapping

(Slapping uses a rhythmic, glancing contact of the palm of the hand with the body.)

superficial gliding

(Superficial gliding is when the practitioner's hand conforms to the client's body contours so that equal gentle pressure is applied to the body from every part of the hand as the practitioner's hand glides very lightly over a portion of the client's body.)

tapping

(Tapping is the lightest, most superficial of the percussion techniques.)

touch

(Touch, as a massage technique, refers to the stationary contact of the practitioner's hand and the client's body.)

vibration

(Vibration is a continuous trembling or shaking movement delivered either by the practitioner or an electrical apparatus.)

wringing

(Wringing is a back-and-forth movement in which both hands are placed a short distance apart on either side of the limb and work in opposing directions.)
