

CHAPTER **11**

Application of Massage Technique

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

1. The primary tools that the practitioner uses when giving a massage are the (hands).
2. The practitioner conserves energy and increases power in massage movements by using his (entire body).
3. The observation of body postures in relation to safe and efficient body movement is called (body mechanics).
4. To increase strength and power and at the same time reduce the chance of fatigue and injury, the practitioner must use (good body mechanics).
5. The risk of injury to the body is directly proportional to the amount of stress and the amount of (biomechanical deviation).
6. The Chinese term for the body's geographic center is the (tan tein).
7. The state of self-assurance, balance, and emotional stability is often referred to as being (centered).



8. The concept that the practitioner functions as a conduit or conductor, allowing negative energies to pass out of the client and positive energies to flow in, is known as (grounding) .
9. The most common stances for the practitioner while performing a massage are called (the horse and the archer) .
10. The stance in which both feet are placed in line with the edge of the table is called the (horse stance) .
11. The most commonly used stance is (the archer stance) .
12. An exercise that helps the practitioner to reach the full length of a client's body part while shifting weight on the feet and maintaining good posture and balance is called (grinding corn) .
13. An exercise in which one imagines turning a large wheel is called (the wheel) .
14. An exercise that involves a powerful forward movement followed by a controlled withdrawal is called (advance and retreat) .
15. The exercise that emphasizes the importance of posture, concentration, centering, grounding, and correct breathing is called (the tree) .

SHORT ANSWER: In the spaces provided, write short answers to the following questions.

1. When practicing most massage techniques, where should the practitioner's hands be?
(They should be relatively close to the center of the practitioner's body.)
2. In which way does the practitioner apply deeper pressure or more force to a movement?
(This is achieved by keeping the feet apart and the knees flexed, and by leaning into the client.)
3. Why is it important to the practitioner not to raise and tighten the shoulders when giving a massage?
(It restricts breathing and the nerve and blood supply to the hands and arms.)



4. List seven advantages of using good body mechanics and proper stances when giving massages.
 - a. *(It conserves strength and prevents backache or other injuries from improper body mechanics.)*
 - b. *(It allows the delivery of firmer, more powerful, and more direct massage strokes.)*
 - c. *(It enables the practitioner to move around the table more freely while maintaining the flow of movement and energy.)*
 - d. *(The therapist can perform long, rhythmic strokes without sacrificing good posture.)*
 - e. *(It provides mobility, which allows the therapist's hands to remain close to the body, where he retains more control and strength.)*
 - f. *(It uses the muscles of the legs to provide much of the movement, energy, and strength for many of the manipulations.)*
 - g. *(It gives the practitioner more body power when leaning into movements.)*

SHORT ANSWER: In the spaces provided, write short answers to the following questions.

1. When should the practitioner wash his hands?

(Wash before and after every massage treatment.)

2. List four ways to avoid chilling the client.

a. *(Have the massage room adequately warm.)*

b. *(Use proper draping.)*

c. *(Be sure that the practitioner's hands are warm before touching the client.)*

d. *(Use extra measures, such as blankets or an electric mattress pad, to ensure the client's warmth.)*

3. In which direction should gliding movements be given?

(Give them in the direction of the venous blood flow, centripetally, toward the heart.)

4. Why should extremely heavy or jarring movements be avoided?

(They cause distrust, fear, or possibly injury to the client.)



centering

(Centering is based on the concept that you have a geographic center in your body about two inches below the navel.)

grounding

(Grounding is based on the concept that you have a connection with the client and that you function as a grounding apparatus in helping her to release tension.)

horse stance

(The horse stance is a posture used when giving massage with the feet side by side, about shoulder width or farther apart.)

tan tein

(Tan tein is the energetic and physical center of the body located about two inches below the navel.)