

CHAPTER **12**

# Procedures for Complete Body Massages

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

1. What is the purpose of explaining your general procedures to clients on their first visit?

a. *(to inform them of what they can expect)*

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b. *(to dispel any fears or anxieties that they might have)*

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2. Ideally, which clothing should a client wear when getting a massage?

*(The client should be unclothed.)*

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3. How can the practitioner dispel anxiety that the client might have about nudity?

*(explain the draping procedure and allow the client to wear as much*

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*clothing as he feels comfortable with)*

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4. Why should the practitioner assist the client on and off of the table?

*(to ensure the client's safety)*

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5. How can the practitioner ensure that the client assumes the correct position on the table?

*(with clear instruction and hands-on physical guidance)*

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6. What is the most suitable position for a woman who is seven months pregnant to receive a massage?

*(a side-lying or semi-reclining position)*

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7. What can be done if a client cannot lie down for a massage?

*(Give a partial massage in a supported, seated position.)*

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

1. The procedure used to ensure a client's warmth and sense of modesty is called

*(draping)* .

2. The implement used to support a client who cannot comfortably lie flat on the table

is a *(bolster)* .

3. The process of using linens to keep a client covered while performing a massage

is called *(draping)* .

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

1. What are three advantages of draping to clients?

a. *(It keeps them modestly covered during the massage while they are undressed.)*

b. *(It keeps them warm.)*

c. *(It provides them with a sense of security and comfort.)*

2. Which advantage does draping offer the practitioner?

*(Draping gives the practitioner the freedom to massage all parts of the body unencumbered by the client's clothing.)*

3. What is a good temperature for a massage room?

*(between 72° F and 75° F)*



4. For those times when the massage room is slightly cool, name two things the practitioner can use to ensure the client's warmth.
  - a. *(an electric mattress pad)*

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  - b. *(a flannel blanket)*

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5. When using proper draping procedures, which part of the client's body is uncovered?  
*(the head and whichever part is being massaged)*

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6. List two types of draping and the linens required for each.
  - a. *(top cover draping: table covering and a top sheet [at least 32" by 72"])*

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  - b. *(full sheet draping: a double-sized sheet and a wrap that the client can wear to get from the dressing area)*

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

1. To get from the dressing area or hydrotherapy area to the massage table, which covering does the client use to maintain modesty:
  - a. when using top cover draping?  
*(the top sheet or another towel or wrap)*

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  - b. when using full sheet draping?  
*(a towel or wrap provided for that purpose)*

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2. The client uses a wrap or towel to get from the dressing area to the massage table. Which size should it be?  
*(long enough to wrap around the client and wide enough to reach to just below the knee  
[from a man's waist and from above a woman's breasts])*

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3. Where should the opening on the wrap be located?  
*(to the side of the body)*

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4. List three reasons it is important to maintain contact with the client once it is established.
- (It maintains a psychic contact and trust, because the client always knows where the practitioner is.)
  - (When contact is lost and then reestablished, it is somewhat disconcerting and startling to the relaxed client.)
  - (Continual contact allows the client to become mentally in touch with each part of the body as it is being massaged and to move her attention smoothly from one area to the next.)
5. What are two important objectives of a good massage sequence?
- (smooth and logical progression from one stroke to the next and one body part to the next)
  - (When doing massage, performing a stroke, or working on an area, work from general to specific, then back to general, and from superficial to deep and back to superficial.)
6. When a therapist is considering a sequence for a full body massage, what are two primary considerations?
- (work on adjacent body parts in sequence)
  - (work on bilateral body parts in sequence)

**SEQUENCING:** In the following exercises, arrange the body parts into a massage sequence by numbering the body parts, beginning with (1), in the order in which they would be massaged.

1. Arrange the following body parts into a sequence for a full-body massage. Begin with the right hand and successively number the body parts in the order in which they would be massaged.

<u>(14)</u> back	<u>(5)</u> neck (face up)
<u>(6)</u> face	<u>(2)</u> right arm
<u>(4)</u> left arm	<u>(9)</u> right foot
<u>(11)</u> left foot	<u>(1)</u> right hand
<u>(3)</u> left hand	<u>(12)</u> right leg (back)
<u>(13)</u> left leg (back)	<u>(8)</u> right leg (front)
<u>(10)</u> left leg (front)	<u>(7)</u> torso



2. Arrange the following body parts into a sequence for a massage. Begin with the left foot and successively number the body parts in the order in which they would be massaged.

<u>(13)</u> back	<u>(9)</u> right hand
<u>(6)</u> left arm	<u>(8)</u> right arm
<u>(1)</u> left foot	<u>(3)</u> right foot
<u>(7)</u> left hand	<u>(11)</u> right leg (back)
<u>(12)</u> left leg (back)	<u>(4)</u> right leg (front)
<u>(2)</u> left leg (front)	<u>(5)</u> torso
<u>(10)</u> neck (faceup)	

3. Arrange the following body parts into a sequence for a massage of the front of the body. Begin with the face and finish the front of the body by massaging the torso. Successively number the body parts in the order in which they would be massaged.

<u>(1)</u> face	<u>(5)</u> right arm
<u>(3)</u> left arm	<u>(7)</u> right foot
<u>(9)</u> left foot	<u>(6)</u> right hand
<u>(4)</u> left hand	<u>(8)</u> right leg
<u>(10)</u> left leg	<u>(11)</u> torso
<u>(2)</u> neck	

4. Arrange the following body parts into a sequence for a massage of the front of the body. Begin with the right arm and finish the front of the body by massaging the left foot. Number the body parts in the order in which they would be massaged.

<u>(6)</u> face	<u>(1)</u> right arm
<u>(3)</u> left arm	<u>(9)</u> right foot
<u>(11)</u> left foot	<u>(2)</u> right hand
<u>(4)</u> left hand	<u>(8)</u> right leg
<u>(10)</u> left leg	<u>(7)</u> torso
<u>(5)</u> neck	

**KEY CHOICES:** Write the appropriate key word for each of the massage movements according to the correct sequence in the spaces provided.

effleurage

friction movements

petrissage

feather strokes

joint movements

1. apply the oil

6. effleurage

2. (effleurage)7. (joint movements)3. (petrissage)

8. effleurage

4. effleurage

9. (feather strokes)5. (friction movements)

10. redrape

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

1. In Swedish style massage, an oil or lubricant is used. Describe the three-step procedure for applying the lubricant from its container to the client's body.

a. (A small amount of lubricant is placed in the practitioner's cupped palm.)

b. (The practitioner briefly and lightly rubs his hands together to warm and distribute the lubricant on the hands.)

c. (The practitioner applies the lubricant to the entire body part to be massaged with long superficial gliding strokes.)

2. How is contact with the client maintained when preparing to apply a lubricant?

(The back of the practitioner's hand remains in contact with the client while the lubricant is placed in that hand.)

3. Which massage strokes are directed toward the heart?

(gliding strokes and all but the lightest effleurage)

4. Which strokes can be directed away from the heart?

(light effleurage and feather strokes)

5. Why are strokes directed toward the heart?

(to promote venous blood and lymph flow)



6. Which part of the hand is used to apply gliding strokes to larger areas of the body?

*(the palm of the hand)*

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7. Why follow deep friction movements with gliding strokes?

*(to relieve the intensity and flush out venous blood)*

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8. What is the first massage technique used after the oil is applied to a body part?

*(gliding movements or effleurage)*

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9. Which preliminary steps should be taken before a client arrives for a massage?

*(The massage room should be prepared with all the necessary materials for the massage*

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*[linens, oil, information forms, etc.]. The room should be a comfortable temperature.)*

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10. How should the client be greeted?

*(by name, in a friendly, professional manner)*

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11. When should an information form be filled out?

*(at the beginning of the first appointment)*

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

1. Name three areas of the body where lubricant is usually not needed.

*(the face, scalp, and feet)*

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2. Why are gliding strokes repeated between other massage strokes?

*(to promote venous circulation and relaxation)*

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3. How many gliding strokes are usually applied between other strokes in a general massage?

*(between three and five)*

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4. When applying gliding strokes to the arm, in which direction is pressure applied?

*(from the wrist to the shoulder, toward the heart)*

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5. When applying long gliding strokes to the leg with both hands, which hand leads?

*(the hand on the lateral side of the leg)*

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6. What does the acronym ASIS stand for?

*(anterior superior iliac spine)*

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7. When extending the leg during joint movements, why is it important to keep one hand behind the knee?

*(to prevent hyperextension of the knee)*

8. What is the massage technique most likely to increase muscle length and increase range of motion?

*(joint movements)*

9. Which special consideration must be given when massaging a woman's torso?

*(breast draping)*

10. When working on the abdomen, what is the general direction of the massage movements?

*(in the direction following the large intestines: clockwise)*

11. What is the "caring stroke"?

*(a complete gliding stroke for the torso or back)*

12. What are the lightest gliding strokes using only the fingertips?

*(feather strokes)*

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

1. Why is a client encouraged to drink plenty of water following massage?

*(to flush out metabolic wastes stirred up by the massage)*

2. How much water do experts suggest that people drink per day?

*(an average of about two quarts a day [according to the National Academy of Sciences, adequate intake of water for men is 3.7 quarts and for women 2.7 quarts per day])*

3. Clients sometimes experience adverse effects following massage. What are four possible adverse effects?

a. *(headache)*

b. *(nausea)*

c. *(fatigue)*

d. *(cold symptoms)*

4. What is thought to be the cause of these adverse effects?

*(metabolic wastes released by the massage that are overtaxing the body's eliminative organs)*





10. When the massage is finished and it is time for the client to get up and off the table, the practitioner should \_\_\_\_\_ (d)
- a) leave the room and give the client privacy  
 b) turn his back to prevent the client's embarrassment  
 c) instruct the client to be careful when getting up  
 d) assist the client into a sitting position and support the table, maintaining contact as the client stands up
11. If a client does not feel comfortable taking off all of his clothes to receive a massage, what should the therapist tell him? \_\_\_\_\_ (d)
- a) It would be best for the client to remove his clothes.  
 b) Draping will be used to keep him modestly covered at all times.  
 c) He should wear whatever he feels comfortable with.  
 d) All of the above
12. If a client is unable to lie on her back with her legs straight out or head flat on the table, the therapist should \_\_\_\_\_. \_\_\_\_\_ (c)
- a) only massage them in the sitting position  
 b) refer them to a doctor  
 c) support the client's head and knees with bolsters and pillows  
 d) give the massage with the client in a side-lying position
13. A reason for placing a support under the chest would be to \_\_\_\_\_. \_\_\_\_\_ (d)
- a) take the strain off of the cervical spine  
 b) make breathing easier  
 c) take the pressure off of the lower back  
 d) all of the above
14. The reason for using draping when giving a massage is \_\_\_\_\_. \_\_\_\_\_ (d)
- a) to provide warmth for the client  
 b) to keep the client modestly covered when giving a massage  
 c) to allow the practitioner easy access to all areas of the client's body  
 d) all of the above
15. To ensure that the client assumes the correct position when he gets on the table, the practitioner should \_\_\_\_\_. \_\_\_\_\_ (d)
- a) guide the client as he lies down  
 b) maintain contact with the client as he sits on the table  
 c) give the client clear instructions before he gets on table  
 d) all of the above
16. Low back discomfort when a client is lying on her stomach can often be relieved by \_\_\_\_\_. \_\_\_\_\_ (c)
- a) elevating the head  
 b) elevating the chest  
 c) elevating the abdomen and pelvis  
 d) elevating the knees



**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.

bolsters

*(Bolsters consist of a variety of cushions, pillows, and pads used as body supports to provide comfort for the client lying on the massage table.)*

draping

*(Draping is the process of using linens to keep a client covered while he is receiving a massage.)*

massage routine

*(Massage routine is the selection and sequence of massage techniques given from the beginning through the end of a session.)*

prone position

*(Prone position means lying face down on the massage table.)*

sequence

*(Sequence refers to the pattern or design of a massage.)*

shingles

*(A short, repeating gliding stroke using alternating hands.)*

side-lying position

*(Side-lying position means lying on one's side on the massage table.)*

supine position

*(Supine position means lying face up on the massage table.)*