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

1. The massage practitioner can sharpen his skills and stay current with new developments in the massage field through *(continuing education)*.

2. Massage given to a pregnant woman is commonly called *(prenatal massage)*.

3. The main goal of prenatal massage is *(relaxation)*.

4. During pregnancy, a woman's body experiences both *(physical)* and *(hormonal)* changes.

5. Massage directly on the abdomen during pregnancy is *(contraindicated)*.

6. During pregnancy, emotional mood swings and softening of connective tissues are caused by *(hormones)*.

7. Excessive weight gain; high blood pressure; swelling in the hands, legs, and face; and protein in the urine during pregnancy are signs of *(preeclampsia or toxemia)*.
1. What are two considerations when positioning a pregnant woman for massage?
   a. **(the mother’s comfort)**
   b. **(the baby’s safety)**

2. Why is the supine position not recommended during the later stages of pregnancy?
   
   *Pressure by the fetus on major blood vessels could restrict blood flow to the placenta.*

3. List the major contraindications for prenatal massage.
   a. **(morning sickness or nausea)**
   b. **(diarrhea)**
   c. **(vaginal discharge or bleeding)**
   d. **(high blood pressure)**
   e. **(excessive swelling or edema in the arms and/or legs)**
   f. **(abdominal pain)**
   g. **(decrease in fetal movement)**
   
   Alternative: **(preeclampsia or toxemia)**

4. List eight risk factors that increase the possibility of miscarriage during the first trimester of pregnancy.
   a. **(Mother’s age under 20 and over 35 [some sources specify under 17 and over 40])**
   b. **(Complications in previous pregnancies)**
   c. **(Previous spontaneous abortions [miscarriages])**
   d. **(Multiple gestation [twins or triplets])**
   e. **(Maternal illnesses: diabetes mellitus; chronic hypertension; cardiac, renal, connective tissue, or liver disorders)**
   f. **(Rh-negative mother, or genetic problems, including DES [diethylstilbesterol] exposure, and other uterine abnormalities)**
   g. **(Fetal genetic disorders)**
   h. **(Drug or other hazardous materials exposure)**
MATCHING: Match the term with the best description. Write the letter or letters of the best description in the space provided.

A. first trimester  
B. second trimester  
C. third trimester  
D. fourth trimester

1. Bonding is encouraged with infant massage.  
   - (D)

2. Avoid all abdominal massage.  
   - (A)

3. The baby doubles in length to about 20 inches.  
   - (C)

4. The abdomen begins to protrude.  
   - (B)

5. Massage helps to firm slack muscles and regain normal weight.  
   - (D)

6. Weeks 14 to 26 of the pregnancy  
   - (B)

7. Supine and prone positions are suitable as long as the client is comfortable.  
   - (A)

8. The baby’s head drops into the pelvis.  
   - (C)

9. Use the semi-reclining or side-lying position for comfort and safety.  
   - (B,C)

10. Provide massage only after the mother-to-be has received permission from her midwife or physician.  
    - (A)

11. The mother will begin to feel the baby move.  
    - (B)

12. Supine and prone positions are suitable as long as the client is comfortable.  
    - (A)

13. The mother’s body starts to produce the hormone relaxin.  
    - (B)

14. Apply only light abdominal massage.  
    - (C)

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


2. (Diana Moore) was the first official director of the International Infant Massage Instructors Association and helped incorporate the International Loving Touch Foundation.

3. The person best suited to administer infant massage is the (parent or primary care giver).

4. Three benefits of infant massage for the infant are  (bonding), (relaxation), and (stimulation to circulation, digestion and the immune system).
5. A full-body well baby infant massage usually lasts about ________ minutes or ________ (as long as the baby is willing to be massaged).

6. The length of a massage for a young child depends on ________ (the child’s attention span).

7. A spinal cord injury in the cervical spine usually results in a condition called ________ (quadriplegia).

8. A spinal cord injury to the thoracic or lumbar spine usually results in a condition called ________ (paraplegia).

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

1. What are three strokes that can be used on a gassy or colicky baby?
   a. (petrissage paddling on the abdomen)
   b. (knee-to-abdomen passive joint movements)
   c. (clockwise petrissage [I love you stroke])

2. When massage for children under the age of eighteen is to be done, name two things that the parent or guardian should do.
   a. (sign an informed consent form)
   b. (be present in the room during the massage)

3. List three benefits for massaging elderly clients.
   a. (improves mobility)
   b. (improves the ability to perform daily activities)
   c. (increases independence)

4. What are four considerations for providing massage for someone with auditory impairment?
   a. (have paper and a writing utensil to communicate)
   b. (use gestures to indicate where to put clothing and how to get onto the table)
   c. (to get the client’s attention when he is on the table, tap the client’s arm or shoulder)
   d. (if the client uses hearing aids, avoid putting your hand too close to the units)
   Alternate (maintain contact throughout the message)
5. When providing massage to someone with paralysis, which considerations are made when massaging the paralyzed areas?

a. *(if there is a loss of sensation, avoid deep techniques and excessive joint movements that could cause or injury.)*

b. *(use gentle strokes to enhance lymph and venous circulation)*

c. *(gentle range of motion helps to maintain flexibility)*

6. When is an HIV infected person considered to have AIDS?

*(When the person has a T-cell count less than 200 and/or is diagnosed with an opportunistic infection.)*

7. How is HIV transmitted from one person to another?

*(HIV is transmitted only through the exchange of bodily fluid that contains the virus.)*

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

1. *(Metastasis)*, or proliferation of cancer cells, is the manner in which cancer spreads.

2. Cancers that are most lethal are those that *(metastasize through the bloodstream)*.

3. The four ways that cancer spreads are *(direct invasion of nearby structures)*, *(within body cavities)*, *(through the bloodstream)*, and *(through the lymph system)*.

4. The kind of tissue that cancer originally develops in determines the *(type)* of cancer.

5. Cancer that has spread into regional lymph nodes and/or other tissues in the local area of the primary tumor is classified as stage *(III)* cancer.

6. Three common medical treatments for cancer are *(surgery)*, *(chemotherapy)*, and *(radiation)*.

7. Leg massage on a postsurgical patient is a contraindication because of an increased chance of *(thrombosis)*.

8. Surgical removal of regional lymph nodes can result in swelling, a condition called *(lymphedema)*.
9. The use of orally or intravenously administered drugs or chemicals to treat cancer is termed \textit{(chemotherapy)}. 

10. For a person receiving the previously named treatment, the best time to receive massage is either \textit{before} the treatment or after the adverse side effects have subsided.

\textbf{MULTIPLE CHOICE:} Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. When a woman is pregnant, ligaments and other connective tissue tend to soften because of _______.  
   \begin{itemize}
   \item a) estrogen
   \item b) relaxin
   \item c) progesterone
   \item d) stress
   \end{itemize}  

2. During the second and third trimester, the preferred position for a pregnant woman to receive a massage is the _______ position. 
   \begin{itemize}
   \item a) prone
   \item b) supine
   \item c) seated
   \item d) side-lying
   \end{itemize}  

3. If an expectant mother is experiencing headaches, edema, and high blood pressure, she should _______. 
   \begin{itemize}
   \item a) see her doctor without delay
   \item b) go to bed and rest
   \item c) get a massage
   \item d) drink more water and exercise
   \end{itemize}  

4. Signs of a DVT are _______. 
   \begin{itemize}
   \item a) pain around the area
   \item b) redness and tenderness
   \item c) swelling distal to the area
   \item d) all of the above
   \end{itemize}  

5. During which portion of a pregnancy is the expectant mother more likely to experience nausea and sensitivity to some smells and tastes? 
   \begin{itemize}
   \item a) the first trimester
   \item b) the second trimester
   \item c) the third trimester
   \item d) the entire pregnancy
   \end{itemize}  

6. What is the main focus of prenatal massage in the third trimester? 
   \begin{itemize}
   \item a) pain relief
   \item b) relaxation
   \item c) preparation for delivery
   \item d) stimulate uterine activity
   \end{itemize}  

7. The first official director of the International Infant Massage Instructor Association was _______. 
   \begin{itemize}
   \item a) Vimila Schneider McClure
   \item b) Fredrick Leboyer
   \item c) Diana Moore
   \item d) Tiffany Fields
   \end{itemize}
8. The person best suited to perform infant massage on a baby is _______.
   a) the primary care giver  c) the infant massage instructor
   b) a licensed massage therapist  d) the baby's physician

9. What is the preferable location to perform infant massage?
   a) In a warm bathtub  c) On a massage table
   b) At the doctor's office  d) On a blanket on the floor

10. The length of a typical infant massage is about _______ minutes.
    a) 5  c) 30
    b) 20  d) 60

11. An important consideration when providing massage to children or adolescents is _______.
    a) their attention span  c) their body image
    b) having an adult in the massage room  d) all the above

12. When a client has a disability, how can the therapist determine which special needs the client has?
    a) Ask the client  c) Ask the client's physician
    b) Ask the client's caregiver  d) Consult the Internet

13. A complete spinal cord injury to the upper thoracic spine results in _______.
    a) paraplegia  c) tetraplegia
    b) quadriplegia  d) hemiplegia

14. Which of the following techniques is not appropriate when providing massage for someone who is critically ill?
    a) superficial effleurage  c) Reiki
    b) MET  d) light touch

15. The purpose of massage for the critically ill client is to bring _______.
    a) pleasure  c) comfort
    b) relaxation  d) all of the above

16. Massage for the critically ill client is a specialty massage _______.
    a) in which contraindications do not exist  c) done only in hospitals and nursing homes
    b) in which, depending on conditions, special precautions are taken  d) designed to enable a person to regain his health
17. The causative factor for the acquired immune deficiency syndrome is _______.
   a) an unhealthy lifestyle  c) insufficient immunizations
   b) unprotected sex        d) the human immunodeficiency virus

18. Which of the following is not a route of transmission the AIDS causing virus?
   a) transfusion of tainted blood  c) airborne particles from a sneeze or cough
   b) unprotected intercourse       d) transmission across the placenta to a fetus

19. The manner in which cancer spreads is _______.
   a) through airborne particles  c) by human contact
   b) metastasis                d) all the above

20. Cancer that is well developed and has spread to several organs in the body is termed _______.
   a) recurrent                  c) stage III cancer
   b) stage I cancer             d) stage IV cancer

21. Cancer can spread within a person’s body _______.
   a) through the bloodstream    c) through the lymph system
   b) by directly invading neighboring tissues     d) all of the above

22. Cancer is a disease that is often spread through the _______.
   a) genes                      c) air
   b) lymphatic system           d) digestive system

**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.

**AIDS**

*(AIDS is the acronym for the acquired immune deficiency syndrome, a disease that weakens the immune system.)*

**bonding**

*(Bonding is a unique relationship between two people, such as a mother and child, that endures through time.)*
carcinoma

(Carcinoma is cancer that originates in the epithelial tissue that lines organs and vessels.)

coagulability

(Coagulability is a measure of the blood’s ability to coagulate.)

contralateral

(Contralateral refers to the same body area or part on the opposite side of the body.)

HIV

(HIV is an acronym for human immunodeficiency virus, the causative agent for AIDS.)

hemiplegia

(Hemiplegia is paralysis on one side on the body.)

leukemia

(Leukemia is a cancer that originates in tissues that form blood cells.)

lymphoma

(Lymphoma is cancer that originates in lymphatic tissue.)

metastasis

(Metastasis is the spread of cancer from one site to another location in the body.)
myeloma

(Myeloma is cancer that originates in bone marrow.)

opportunistic infection

(An opportunistic infection is caused by organisms commonly found in the environment and our bodies, which become deadly when the body's immune system is weakened.)

preeclampsia

(Preeclampsia is a condition of pregnancy related to increased blood pressure in the mother that affects the placenta; it can also affect the mother's kidney, liver, and brain.)

prenatal massage

(Prenatal massage is massage performed on a pregnant woman.)

primary caregiver

(The primary caregiver is a person or persons whose responsibility it is to care for a child or dependent adult.)

quadriplegia

(Quadriplegia refers to paralysis that affects all four limbs [arms and legs].)

sarcoma

(Sarcoma is cancer that originates in the supportive and connective tissues, such as muscles, cartilage, and bone.)

toxemia

(Toxemia is a dangerous condition sometimes associated with pregnancy that is characterized by high blood pressure, edema, excessive weight gain, and sodium retention.)