

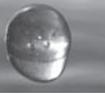


CHAPTER **19**

Massage for Special Populations

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

- (D) 1. Bonding is encouraged with infant massage.
- (A) 2. Avoid all abdominal massage.
- (C) 3. The baby doubles in length to about 20 inches.
- (B) 4. The abdomen begins to protrude.
- (D) 5. Massage helps to firm slack muscles and regain normal weight.
- (B) 6. Weeks 14 to 26 of the pregnancy
- (A) 7. Supine and prone positions are suitable as long as the client is comfortable.
- (C) 8. The baby's head drops into the pelvis.
- (B,C) 9. Use the semi-reclining or side-lying position for comfort and safety.
- (A) 10. Provide massage only after the mother-to-be has received permission from her midwife or physician.
- (B) 11. The mother will begin to feel the baby move.
- (A) 12. Supine and prone positions are suitable as long as the client is comfortable.
- (B) 13. The mother's body starts to produce the hormone relaxin.
- (C) 14. Apply only light abdominal massage.

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

1. An early proponent of infant massage in the United States and the author of *Infant Massage: A Handbook for Loving Parents* is (Vimala Schneider McClure).
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 (20) 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).

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.)
