

CHAPTER 20

Massage in Medicine

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

1. The early physicians, Avicenna and Rhazes, lived in (Persia) .
2. Medical gymnastics were created in Sweden in the early 1800s by (Per Henrik Ling) .
3. The Swedish Movement Cure was introduced to New York in the 1880s by the brothers (Charles Fayette Taylor) and (George Henry Taylor) .
4. *Manual Therapies: A Treatise on Massage* by (Douglas Graham) was published in Boston in 1902.
5. While serving as the Director of Physiotherapy at the Harvard Medical School from 1921 to 1925, (Mary McMillan) wrote the definitive text *Massage and Therapeutic Exercise*.
6. The use of massage in the medical field in the United States became nearly nonexistent after (1950) .
7. In the 1960s and 1970s, massage began to reemerge as a part of the (human potential movement) .
8. Health-enhancing practices that were outside of conventional allopathic medical practices became known as (alternative) medicine.

9. (CAM) is an acronym that stands for (complementary and alternative medicine) and encompasses many healing practices, philosophies, and therapies that conventional Western medicine does not include.
10. Therapies are termed as (complementary) when used in addition to conventional treatments and as (alternative) when used instead of conventional treatment.
11. (Integrative medicine) combines CAM with allopathic medicine.
12. The most popular and requested CAM modality at most integrative medicine clinics is (massage).
13. Medically prescribed massage performed with the intention of improving pathologies diagnosed by a physician is termed (medical massage).
14. A document that is signed by the client and that is required to share confidential information with insurance companies, physicians, or attorneys is a (medical information release form).
15. A standard form recognized by most insurance companies used to submit claims is the (1500 Health Insurance Claim Form) form.
16. (Current procedural terminology) or (CPT codes) were developed by the American Medical Association to categorize and quantify medical services accurately.

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

1. Between 1950 and 1970, where were most Swedish massage therapists employed?

(health clubs or spas, sanitariums, YMCAs, resorts, and private practice)

2. When did the term *massage* first appear in medical literature?

(the end of the eighteenth century)

3. What is contained in massage documentation in an integrative setting?

a. (patient identification)

b. (the assessment findings)

c. (description of the massage services given)

d. (effects of the treatment)

e. (any physical observations and follow-up recommendations)



4. What are some benefits of providing massage services to hospital staff?

a. *(decreased staff turnover)*

b. *(increased productivity)*

c. *(improved morale)*

d. *(decreased sick time)*

e. *(decreased workers' compensation claims)*

f. *(improved quality of patient care)*

5. What are some benefits of providing massage to hospital patients?

a. *(improved sleep)*

b. *(reduced need for pain medication)*

c. *(reduced anxiety and stress)*

d. *(discharged after shorter period)*

e. *(satisfaction regarding patient care)*

6. What are the warning signs associated with cancer?

a. *(Any sore that has not healed normally)*

b. *(A mole, skin tag, or wart that is changing in color or size)*

c. *(Lumps underneath the arms or in the breasts)*

d. *(Persistent hoarseness, coughing, or sore throat)*

e. *(Abnormal functioning of any internal organ, such as changes in the bladder or bowels)*

f. *(Discharge or bleeding from any part of the body)*

g. *(Persistent indigestion or difficulty in swallowing)*

7. Who can determine medical necessity?

(a doctor, chiropractor, or physical therapist)

8. Which elements should be contained in a prescription for massage?

- a. (a diagnosis)
- b. (an order for massage therapy services to be performed)
- c. (the frequency of treatments)
- d. (how long the treatments should continue until the patient is reevaluated by the doctor)

9. Which types of insurance coverage are more likely to pay for massage?

(personal injury and workers' compensation)

10. Which information is needed from the client to contact the insurance company for verification?

- a. (A prescription and/or a doctor's referral that contains the physician's name and license number, diagnosis [ICD-9 code], and prescribed treatment [CPT codes])
- b. (Name of the insured person)
- c. (Name of the insurance company)
- d. (Adjuster's name and telephone number)
- e. (Name of policyholder if different from name of insured)
- f. (Policy number)
- g. (Claim number)
- h. (Date of injury)

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. The term *massage* first appeared in medical writings _____. (d)
 - a) during the times of the ancient Greeks
 - b) during the Roman empire
 - c) in the 1700s
 - d) near the end of the 19th century

2. *Manual Therapies: A Treatise on Massage* was published in 1902 by _____. (c)
 - a) Per Henrik Ling
 - b) Charles Taylor
 - c) Douglas Graham
 - d) James Mennell



alternative medicine

(Alternative medicine is a term that implies using services other than those usually accepted from allopathic physicians.)

assignment of benefits form

(An assignment of benefits form is a document sent to an insurance company instructing them to forward payment for services to the service provider.)

CAM

(CAM is the acronym for complementary and alternative medicine.)

complementary medicine

(Complementary medicine is a term that implies that the alternative practices can work with more conventional medicine for the benefit of clients.)

CPT codes

(CPT codes, or current procedural terminology codes, were developed by the American Medical Association to categorize and quantify medical services accurately to provide a common language and base for communication among physicians, therapists, patients, and insurance companies.)

1500 Health Insurance Claim form

(The 1500 Health Insurance Claim form is a standardized form created by the Health Care Financing Administration to be used by service providers when billing insurance for medical expenses.)

hospital-based massage

(Hospital-based massage is massage performed in a hospital setting as part of a patient's care plan.)

ICD-9 codes

(ICD-9 codes are a system of decimal numbers that correspond to medical conditions diagnosed by doctors. ICD-9 is an acronym for International Classification of Disease, 9th Revision, and is published annually by the U.S. Health Services and Health Care Financing Administration.)



integrative medicine

(Integrative medicine combines complementary and alternative medicine with allopathic medicine.)

medical information release form

(A medical information release form is a document signed by the client that authorizes the health care provider to share information about the client with others, including health care providers and insurance companies.)

medical massage

(Medical massage is a massage performed with the intention of improving a medical condition that has been diagnosed by a physician.)

mind-body medicine

(Mind-body medicine considers the power of the mind or thought process on the physical body and includes such practices as guided imagery, hypnosis, meditation, relaxation exercises, and positive thinking.)

NCCAM

(NCCAM is the acronym for the National Center for Complementary and Alternative Medicine, which is part of the National Institutes of Health.)

NIH

(NIH is the acronym for the National Institutes of Health.)

verification for services

(Verification for services is a commitment by an insurance carrier of which services of a particular provider are covered for a particular case.)
