



Part 3

Massage Practice

Effects, Benefits, Indications, and Contraindications of Massage

CHAPTER 6

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

1. A massage should not be given when (contraindications) are present.
2. Direct physical effects of the massage techniques on the tissues are considered to be (mechanical) effects.
3. Indirect responses to touch that affect body functions and tissues through the nervous or energy systems are termed (reflex) effects.
4. Effects of massage on the structures of the body are considered (physiologic) effects.
5. Mental and emotional effects of massage are (physiological) effects.
6. Any physical, emotional, or mental condition that might cause a particular massage treatment to be unsafe or detrimental to the client's well-being is a (contraindication).

TRUE OR FALSE: If the following statements are true, write *true* in the space provided. If they are false, replace the italicized word with one that makes the statement true.

- (circulation) 1. Kneading and compression help to increase *strength* in muscles.
- (true) 2. *Active joint movements* increase strength, flexibility, and circulation.



*(regional
or partial)*

3. A *conditional* contraindication prohibits administering massage to only a local part of the body, such as local contagious conditions, open wounds, or arthritis, but massaging other areas is fine.

MATCHING: Match the massage techniques listed below with the best description. Write the letter(s) of the appropriate massage technique in the space provided.

- | | | |
|---------------------------|-------------------|---------------------------|
| A. active joint movements | D. friction | G. passive joint movement |
| B. compression | E. kneading | H. percussion |
| C. deep stroking | F. light stroking | I. vibration |

- (D) 1. prevents and reduces excessive scarring following trauma
- (G) 2. rotation of joints through their range of motion with no resistance or assistance by muscular activity on the part of the client
- (G) 3. relaxes and lengthens the muscles
- (D) 4. prevents and reduces the development of adhesions
- (A) 5. contraction of voluntary muscles by the client that are either resisted or assisted by the therapist
- (A) 6. helps to firm and strengthen muscles
- (F) 7. produces calming sedative effects
- (C, F) 8. directed toward the heart in the direction of venous blood flow
- (D) 9. increases the permeability of the capillary beds and produces an increased flow of interstitial fluid
- (B) 10. produces hyperemia in the muscle tissue

MATCHING: Match the hypothetical situations with the best treatment choice(s). Write the letter(s) of the appropriate choice(s) in the space provided.

- A. Avoid the affected area.
- B. Consult with the client's physician before proceeding.
- C. Do not perform the massage at this time.
- D. Massage specifically on the affected area.
- E. Proceed with a light noninvasive, soothing massage.
- F. Proceed with the massage as usual.
- G. Refer the client to a doctor.

- (C, G) 1. Miss Harris is 26 years old and has been in to see you on a monthly basis. When she comes in for her regular appointment, she complains of a general achiness, she is slightly flushed, and she has a temperature of 101.5 degrees.
- (C) 2. Mrs. Clements asks for you to come to her home to give her a massage. She says she would come to your office except that she has the flu.
- (A) 3. Mr. James's wrist is red, swollen, and warm to the touch. He has come in for a general massage and asks you to pay particular attention to his wrist.
- (A, G) 4. Mrs. Annet has come in for a massage. As she is getting on the table, you notice a red, flaky area on the inside of her elbow and another one on the back of her shoulder. When you ask, she says that they are "just some itchy patches she has had for a couple of weeks."
- (A) 5. When Mr. Inkles lies face down on the table, you notice a number of inflamed bumps and pimples between his shoulder blades and on his shoulders.
- (E) 6. Mr. Johnson, 40 years old, indicates that he is under a doctor's care for a condition that has caused a severe decalcification of the bones.
- (B, E) 7. An 83-year-old woman with noticeably stooped shoulders and somewhat deformed hands wants to start getting massages to help recover from a fractured hip she suffered 3 months earlier.
- (A) 8. A 35-year-old mother of three comes in for relief of sore feet and an achy lower back. When giving her a massage, you notice several bulging bluish masses on her legs.
- (A) 9. A 28-year-old man comes into the clinic for a massage. He says that he was thrown from a horse 2 days earlier and has a lot of discomfort in his hip and thigh. When he gets on the table, you note a large black and blue area around his hip. He says that he has gone to the doctor and X-rays have determined there were no broken bones.
- (E) 10. A 35-year-old woman comes in for a massage. One week earlier she was in a car accident. No bones were broken, but she was shaken up pretty badly. She has large bruises on her upper arm and thigh that are still somewhat discolored.



12. Conditions that require the practitioner to adjust the massage when there are health concerns for which certain massage techniques might cause discomfort or have adverse effects are (a)
- a) conditional contraindications
 - b) regional contraindications
 - c) absolute contraindications
 - d) to be referred to a doctor
13. Reduced anxiety, an enhanced sense of relaxation, and renewed energy are (d)
- a) indications for massage
 - b) contraindications for massage
 - c) physiologic benefits of massage
 - d) psychological benefits of massage
14. Indirect responses to massage techniques that affect body functions or tissues are (d)
- a) mechanical effects of massage
 - b) to be avoided
 - c) psychological effects
 - d) reflex effects
15. The method in which the client's arm is moved through its range of motion by the therapist while the client remains relaxed is (a)
- a) passive joint movement
 - b) active joint movement
 - c) assisted joint movement
 - d) contraindicated in muscle injuries
16. Massage strokes that affect the venous blood flow should (b)
- a) be light and continuous
 - b) be directed toward the heart
 - c) be directed toward the extremities
 - d) continue from one end of the body part to the other
17. Hyperemia is (c)
- a) a contraindication for massage
 - b) a condition in which the body produces too much blood
 - c) an increase in the amount of blood stored in muscle tissue
 - d) an undesirable side effect of improper or excessive massage
18. Massage that increases lymph flow should not be done on persons with (c)
- a) high blood pressure
 - b) arthritis
 - c) lymphoma
 - d) diabetes



19. If a client has bulging bluish veins on their lower legs, the practitioner should _____ *(a)*
- | | |
|---|--|
| a) avoid all but the most superficial strokes on those areas
b) not massage the legs or feet | c) consult the client's doctor before the massage
d) proceed with a normal massage and refer the client to a specialist |
|---|--|
20. A man in his late twenties comes for a massage. When he is face down you notice red bumps and pimples on his upper back and shoulders. You proceed by _____ *(b)*
- | | |
|---|---|
| a) asking him to shower and especially clean the affected area
b) continuing with the massage but avoid the area | c) continuing the massage but using no oil on the affected area
d) discontinuing the massage |
|---|---|
21. A woman well into the second trimester comes for a massage. She complains of fatigue and swelling in her legs and arms. You should _____ *(c)*
- | | |
|--|---|
| a) position her comfortably with plenty of pillows and perform a gentle full-body massage
b) give a prenatal massage and send her to a doctor | c) recommend that she see her doctor before the massage
d) position her on her side with plenty of support and massage only her back |
|--|---|
22. The first and foremost rule of massage is _____ *(a)*
- | | |
|---|--|
| a) do no harm
b) refer to a doctor when in doubt | c) perform a consultation before the massage
d) get the client's permission before proceeding |
|---|--|

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.

active joint movement

(Active joint movements are movements in which the client actively participates by contracting the muscles involved in the movement.)

aneurosa

(Aneurosa, or aneurysm, is a local distension of an artery because of a weakening in the arterial wall.)



aneurysm

(An aneurysm is a local distension or ballooning of an artery from a weakening wall.)

cancer

(Cancer is the uncontrolled growth and spread of abnormal cells in the body.)

central nervous system

(The central nervous system consists of the brain and spinal cord.)

contraindication

(Contraindications are any physical, mental, or emotional condition that a client might have that could cause a particular intervention or treatment to be unsafe.)

contusion

(A contusion, or bruise, is a common type of hematoma that is generally not too serious.)

dopamine

(Dopamine is a neurotransmitter that controls fine movement, emotional response, and the ability to experience pleasure and pain.)

edema

(Edema is a condition of excess fluid in the interstitial spaces.)

elasticity

(Elasticity refers to the tissue's ability to return to normal resting length when a stress that has been placed on it is removed.)



embolus

(An embolus is a piece of a clot that loosens and floats in the blood.)

endangerment site

(An endangerment site is a certain area of the body that warrants special consideration owing to underlying anatomic structures that might be injured by certain massage manipulations.)

epinephrine

(Epinephrine is secreted by the adrenal glands and is considered to be the “fight” or “flight” hormone that prepares the body to respond to emergencies.)

gate control theory

(The gate control theory postulates that the positive effects of relaxing massage interrupts the transmission of pain sensations of affected nociceptors from entering the central nervous system by stimulating other cutaneous receptors.)

hematoma

(Hematoma is a mass of blood trapped in some tissue or cavity of the body and is the result of internal bleeding.)

homeostasis

(Homeostasis refers to the internal balance of the body.)

inflammation

(Inflammation is a protective tissue response characterized by swelling, redness, heat, and pain.)

lymphedema

(Lymphedema is an accumulation of interstitial fluid, or swelling, in the soft tissues from inflammation, blockage, or removal of the lymph channels.)



mechanical effects

(Mechanical effects are direct physical effects of massage techniques on the tissues that they contact.)

osteoporosis

(Osteoporosis is a condition in which increased reabsorption of calcium into the blood causes a thinning of bone tissue, leaving it prone to fracture.)

parasympathetic nervous system

(The parasympathetic nervous system functions to conserve energy and reverse the action of the sympathetic nervous system.)

passive joint movement

(Passive joint movements stretch the fibrous tissue and move the joint through its range of motion by the practitioner with no effort of the client.)

peripheral nervous system

(The peripheral nervous system consists of all the nerves that connect the central nervous system to the rest of the body.)

phlebitis

(Phlebitis is an inflammation of a vein accompanied by pain and swelling.)

pitting edema

(Pitting edema is a condition of excess fluid in the tissues such that when a finger is pressed into the tissues and then removed, a noticeable indentation remains.)

reflex effects

(Reflex effects are indirect responses to touch and massage techniques that affect body functions through the nervous or energy systems of the body.)



serotonin

(Serotonin is a neurotransmitter that helps to regulate nerve impulses and influences mood, behavior, appetite, blood pressure, temperature regulation, memory, and learning ability.)

sympathetic nervous system

(The sympathetic nervous system supplies the glands, involuntary muscles of internal organs, and walls of blood vessels with nerves.)

thrombophlebitis

(Thrombophlebitis is the inflammation of veins because of blood clots.)

varicose veins

(Varicose veins are protruding, bulbous, distended superficial veins, particularly in the lower legs.)
