Massage Therapy

Instruction Pack 1

Lesson 1—The Past, Present, and Future of Massage Therapy
Lesson 2—Popular Bodywork Approaches—An Overview
Lesson 3—Ethics in the Therapeutic Setting
Lesson 4—Anatomical Terms and Locations
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Table of Contents

Lesson 1—The Past, Present and Future of Massage Therapy
Step 1 Learning Objectives ................................................................. 1
Step 2 Lesson Preview ................................................................. 1
Step 3 Massage Basics ................................................................. 2
So You Didn’t Ace High School Biology .............................................. 2
Massage Has Become Mainstream ............................................... 3
Manipulation Is Good ................................................................. 3
Step 4 Massage—One of the Oldest Forms of Medical Treatment .......... 4
Step 5 Beyond Pampering and Easing Back Pain ............................... 5
Step 6 Practice Exercise 1-1 .......................................................... 7
Step 7 Review Practice Exercise 1-1 ................................................ 8
Step 8 Where Can You Practice .................................................... 8
Money Isn’t the Only Consideration ............................................. 9
Being Your Own Boss .............................................................. 10
Step 9 The Demand for Massage Therapy Is Strong and Growing .......... 10
Specializations Emerge as Massage Grows .................................... 11
Massage Is Broadening Its Scope ............................................ 11
Step 10 The Qualities of a Healer .................................................. 12
Step 11 Practice Exercise 1-2 ....................................................... 13
Step 12 Review Practice Exercise 1-2 ............................................ 14
Step 13 Lesson Summary .............................................................. 14
Step 14 Mail-in Quiz 1 ................................................................. 15
Mail-in Quiz 1 .................................................................. 15

Lesson 2—Popular Bodywork Approaches—An Overview
Step 1 Learning Objectives ............................................................. 1
Step 2 Lesson Preview ................................................................. 1
Step 3 The Variety of Bodywork Approaches ................................... 2
Step 4 Swedish Massage—The Road To Relaxation ........................ 3
Step 5 Oriental Approaches—A Holistic Perspective ..................... 4
Traditional Chinese Medicine ..................................................... 5
Acupressure and Acupuncture .................................................... 6
Shiatsu .......................................................................... 6
Lesson 3—Ethics in the Therapeutic Setting

Step 1 Learning Objectives ................................................................. 1
Step 2 Lesson Preview ........................................................................ 1
Step 3 Laws, Morals and Ethics ............................................................. 2
Laws ................................................................................................. 2
Morals ............................................................................................. 3
Ethics ............................................................................................... 3
Step 4 Your Code of Ethics ................................................................. 4
Step 5 Informed Consent ..................................................................... 5
Communicate, Communicate, Communicate ................................. 6
The Listening Half of the Equation ..................................................... 7
<table>
<thead>
<tr>
<th>Step</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Practice Exercise 3-1</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>Review Practice Exercise 3-1</td>
<td>8</td>
</tr>
<tr>
<td>8</td>
<td>Professional Boundaries</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Dual Relationships</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Boundaries</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Legal Boundaries</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Professional Boundaries</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Personal Boundaries</td>
<td>11</td>
</tr>
<tr>
<td>9</td>
<td>Confidentiality</td>
<td>13</td>
</tr>
<tr>
<td>10</td>
<td>Resolving Ethical Dilemmas</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Betsy and Bill: A Sample Situation</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Identify the Problem</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Clarify or Further Describe the Problem</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Decide What Actions Could Be Taken</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Decide What Actions You Can Take</td>
<td>18</td>
</tr>
<tr>
<td>11</td>
<td>Practice Exercise 3-2</td>
<td>19</td>
</tr>
<tr>
<td>12</td>
<td>Review Practice Exercise 3-2</td>
<td>20</td>
</tr>
<tr>
<td>13</td>
<td>Lesson Summary</td>
<td>21</td>
</tr>
<tr>
<td>14</td>
<td>Mail-in Quiz 3</td>
<td>21</td>
</tr>
</tbody>
</table>

**Lesson 4—The Past, Present and Future of Massage Therapy**

<table>
<thead>
<tr>
<th>Step</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Learning Objectives</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Lesson Preview</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>What Is Human Biology?</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Anatomy</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Gross Anatomy</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Microscopic Anatomy</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Physiology</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>Pathology</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>Practice Exercise 4-1</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>Review Practice Exercise 4-1</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>The Anatomical Position</td>
<td>6</td>
</tr>
<tr>
<td>8</td>
<td>Planes and Sections of the Human Body</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Transverse Sections and the Transverse Plane</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Sagittal Sections and the Sagittal Plane</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Coronal Sections and the Coronal Plane</td>
<td>9</td>
</tr>
</tbody>
</table>
Step 9  Practice Exercise 4-2................................................................. 10
Step 10 Review Practice Exercise 4-2....................................................... 11
Step 11 Anatomical Parts and Locations ............................................... 11
Step 12 Practice Exercise 4-3................................................................. 15
Step 13 Review Practice Exercise 4-3....................................................... 15
Step 14 Joints and Connective Tissues ..................................................... 15
   Synovial Joint Classifications ............................................................ 17
   Connective Tissues .......................................................................... 18
Step 15 Movements of the Body............................................................... 20
   Range of Motion (ROM) .................................................................. 20
   Classifications of Movements ......................................................... 21
Step 16 Practice Exercise 4-4................................................................. 26
Step 17 Review Practice Exercise 4-4....................................................... 27
Step 18 Lesson Summary....................................................................... 27
Step 19 Mail-in Quiz 4 .......................................................................... 28
   Mail-in Quiz 4 ............................................................................. 29

Answer Key

Lesson 1 ........................................................................................................... 1
   Practice Exercise 1-1 .......................................................................... 1
   Practice Exercise 1-2 .......................................................................... 2
Lesson 2 ........................................................................................................... 2
   Practice Exercise 2-1 .......................................................................... 2
   Practice Exercise 2-2 .......................................................................... 3
Lesson 3 ........................................................................................................... 3
   Practice Exercise 3-1 .......................................................................... 3
   Practice Exercise 3-2 .......................................................................... 4
Lesson 4 ........................................................................................................... 5
   Practice Exercise 4-1 .......................................................................... 5
   Practice Exercise 4-2 .......................................................................... 5
   Practice Exercise 4-3 .......................................................................... 6
   Practice Exercise 4-4 .......................................................................... 6
Massage Therapy Course Objective

Students who earn their diploma for the Massage Therapy Course will competently integrate massage theory and human anatomy and physiology knowledge with on-site, hands-on training with a credentialed massage instructor. Students will effectively apply ethical standards, determine contraindication situations, assess clients’ needs, prepare therapeutic treatment plans and apply appropriate massage techniques. In addition, students will gain insight into business and marketing strategies and employ effective communication skills.
Lesson 1
The Past, Present and Future of Massage Therapy

☐ Step 1 Learning Objectives

☐ After completing this lesson, you’ll be trained to do the following:
  ☐ Explain what massage therapy is.
  ☐ Understand the history of massage therapy and explain why this knowledge is important to the massage therapist.
  ☐ Identify the psychological and physiological benefits of massage.
  ☐ Discuss the demand for massage therapists.
  ☐ Identify employment and business opportunities for the massage therapist.
  ☐ Identify the qualities of a healer.

☐ Step 2 Lesson Preview

☐ Massage therapists are almost universally adored. They escort their clients to good health, easing the pain of common ailments and boosting energy. They usher in relaxation, lessening the impact of stress and promoting serenity. They provide opportunities for their clients to experience kindness, luxury and healing, all bundled up in a package of soothing music, scented oils and supportive cushions. By choosing U.S. Career Institute as your path of education to your exciting new career, you will gain the essential skills you’ll need to become an effective and successful massage therapist.

As you begin your massage therapy career, know that you are embarking on a journey that will earn you the title of healer. All of the dimensions of the medical profession blend with those of the therapist to treat both physical and emotional troubles.
When a new client steps through your doorway, you will assess her needs through a case history, discuss her problems and perhaps dispense advice on relaxation or stretching techniques, all before her head hits the cushion on your massage table. Once she is settled on your table, you will knead her muscles using your extensive knowledge of anatomy and the musculoskeletal system. Your role in cultivating her good health is paramount.

Your journey begins with an overview of massage therapy, including its history and its benefits, the business aspects of the field and the qualities that most massage therapists bring to their profession. As you go through this program, you can feel confident that you are learning from the experts.

U.S. Career Institute has been providing quality home study education for two decades. We pride ourselves on our students’ accomplishments! People just like you are working in exciting jobs today because of the investment they made in their U.S. Career Institute education. We are here when you need us. If you have a question, just pick up the phone and call. It’s that easy. Now let’s take those first steps on the path to your new career. Welcome to this remarkable healing profession!

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**Step 3  Massage Basics**

- Let’s start you on the road to your new career by discussing what massage therapy is and the keys to your success—your desire and your commitment to change your life and the lives of your future clients.

**So You Didn’t Ace High School Biology**

*Anatomy* and *musculoskeletal system* are scary terms to people who spent their high school biology class hoping they would be teamed up with the class brain. Although some people enter the profession with nursing or other medical backgrounds, most people begin with no scientific knowledge of the human body (well, except for the basic “an apple a day...” and “the shin bone’s connected to the thigh bone, and the thigh bone’s connected to ...”).

As a massage therapist, you will need to know anatomy and details about the musculoskeletal system, but that’s what this course is designed to teach you—one step at a time. Don’t worry if you are entering the field armed only with enthusiasm and a desire to help others. Those are the most vital tools. It’s like building a house. Your desire and your commitment are the foundation. This course is the plumbing, electrical and drywall—the elements that complete the structure.
Massage Has Become Mainstream

Twenty years ago, if you said “massage therapist,” most people would have conjured up an image of a heavy Swedish woman who worked in a health club and pounded on athletes with karate chops.

Now, the term evokes images of professional therapists who work in private practices or visit corporate offices with massage chairs. Others work in spas or other health care organizations.

The benefits of massage are documented with research, and many insurance companies cover massage therapy in cases of injury. It’s common to hear your neighbors, your colleagues and your friends mention their visit to a massage therapist. People make appointments to relieve stress, treat a medical condition or cultivate wellness.

Massage therapy tends to be included under the umbrella term of “alternative therapies,” and as a result it is often confused with other techniques. Practices such as acupuncture, herbology and holistic medicine are separate fields, and they require training that is beyond the scope of this course.

Therapeutic massage is synonymous with bodywork. It includes various specific approaches, such as the following:

- Swedish or traditional massage, which tends to emphasize relaxation
- Neuromuscular therapy, which involves assessment and soft tissue manipulation
- Pressure point therapy, a treatment for injury
- Sports massage, which focuses on methods for helping athletes enhance their performance
- Hydrotherapy, which involves applying water to the body for therapeutic purposes

You’ll learn more about these types of bodywork later in your course.

Manipulation Is Good

Usually when you hear the term “manipulation,” you associate it with codependence and relationships you could do without. Massage brings new meaning to the word “manipulation.” Technically speaking, therapeutic massage can be defined as the manipulation of soft tissue to reduce pain and promote health. Its effects reach the whole body: circulatory, lymphatic, muscular, skeletal and nervous systems. Through the use of skillfully applied pressure as well as holding and moving the body’s soft tissues, massage heals. Manual soft tissue manipulation translates into relaxation, recovery from injury and heightened wellness.
Step 4  Massage—One of the Oldest Forms of Medical Treatment

Picture Julius Caesar being “pinched” by his servants daily. Then go back in time even further and resurrect the athletes from the 776 B.C. Olympic games, who received massage prior to their competition. Visit the Chinese physician in 2,700 B.C. who counsels his feverish patient to use “breathing exercises, massage of skin and flesh and exercises of hands and feet.”

Massage is ancient. It can be traced back to the Egyptian tombs that depict massage on the walls in paintings. For thousands of years, it has been revered in Chinese medicine, and writings from as far back as 3,000 B.C. sing its praises. Greeks and Romans recognized its merit. Even Hippocrates, the author of the famed physician’s oath, used it to treat sprains and dislocations.

Evidence of massage can be found as far back as the time of Egyptian tombs.

Word of massage’s benefits traveled through Europe in the 16th and 17th centuries. The trendsetters in Prussia and France tapped into its wisdom in the late 1600s. In the 19th century, Per Henrik Ling developed Swedish massage, curing himself of rheumatism in his arm. Ling, a Swedish doctor, poet and educator, drew on gymnastics, physiology and ancient Chinese, Egyptian, Greek and Roman techniques.

Dr. Johann Mezger ushered massage into the scientific realm, introducing the terms effleurage, petrissage and tapotement to Holland’s medical community at the dawn of the 20th century. (Don’t worry; you’ll learn all about these terms later in the course.)

Soldiers in World War I received massage to treat nerve damage and shell shock. And in keeping with other major hospitals of the 1920s and 1930s, St. Thomas’s Hospital in London had a department of massage. As electrical instruments were developed to stimulate tissues, however, massage fell out of favor.

Massage appeared in our country in the second half of the 19th century. Charles Fayette Taylor is credited with introducing it to the United States.
It’s a long way from the Egyptian tombs to the 21st century, but throughout the journey, massage has remained a favored means of treatment for pain and other ailments as well as a means to achieve relaxation and wellness.

With a history that spans as much as 5,000 years, massage has deep roots and an impressive track record. When you paint the broad strokes of massage’s history, your clients will have a clear picture of its endurance and its effectiveness. When you offer testimonials from the likes of Hippocrates, Caesar and even Sigmund Freud (who used it to treat hysteria), you lend credence to the strength of massage. History has merit, and you will feel the lessons of ancient Chinese physicians in your fingertips if you carry this knowledge with you into your practice.

### Step 5  Beyond Pampering and Easing Back Pain

- Did you know that massage is strongly recommended for hospice patients to enhance relaxation and comfort? Research attests to its ability to lower blood pressure and boost the immune system. Burn patients experience a reduction in itching due to massage. And premature babies gain more weight if they are massaged. Your clients can pitch the painkillers as it is likely that their headaches will disappear following a treatment. (Regular massage can reduce the incidence of headaches, too.) And hopefully, Brian Griese had a massage therapist on hand after every game because sports massage has been proven to reduce muscle soreness. Many Olympians employ massage therapists, too, because massage techniques can enhance athletic performance.

Among its many research-proven, positive effects on health, massage helps premature babies to gain weight.

Massage therapy has far-reaching effects. Physiologically, its strongest influence is on the nervous system. Massage stimulates the circulatory system, producing circulatory effects such as increased blood flow. As blood flow increases, the body’s fundamental traffic system improves, transporting nutrients to cells more quickly and disposing of toxins more rapidly.
Massage Therapy

Massage also aids the performance of other major body systems, including the:

- **Musculoskeletal system:** Tight muscles are loosened so the effects of a brutal workout (including strains) are minimized, and weak muscles are stimulated. Plus connective tissues have improved elasticity. (Yoga, anyone?)

- **Nervous system:** Massage restores the nervous system’s balance, either through stimulation (to help with depression) or soothing (to increase relaxation), depending on the need. It also promotes rejuvenation of the nervous system.

- **Lymphatic system:** Many of the toxins floating around in the body are ushered to the exit door through massage.

Some of the ailments that massage helps to treat include:

- Chronic and temporary pain
- Digestive disorders such as constipation, spastic colon and diarrhea
- Arthritis
- Asthma
- Carpal tunnel syndrome
- Headaches
- Allergies
- TMJ (temporomandibular joint dysfunction)
- Insomnia
- Thoracic outlet syndrome
- Injury
- Multiple sclerosis
- Fibromyalgia
- Lupus erythematosus

Mental health is also strongly affected by massage. Touch meets a primal need in everyone. It communicates caring at a fundamental level. And an increased peace of mind or a lowered stress level has far-reaching effects. It is estimated that 80% of disease is stress-related, so massage, which greatly reduces stress, has an amazing impact on disease, both physical and mental. In tandem with other therapies, massage can be a viable treatment for anxiety disorders and depression. It also fuels creativity, alertness and well-being.
It’s important to know when NOT to offer a massage. Conditions to watch for include some circulatory problems (such as phlebitis), infectious diseases, particular forms of cancer, a few skin conditions and problems resulting in inflamed or infected tissues. Clients with these ailments should be referred to their physician to collect ideas for treatment that don’t include massage. In a later lesson, you’ll learn more about contraindications and cautions to massage. But in the meantime, as you begin to learn massage techniques, it’s important that you only practice on healthy individuals.

Now take a few moments to see how much you’ve learned about your new profession!

**Step 6 Practice Exercise 1-1**

☐ This is not a test, but it is a way for you to get used to the style of U.S. Career Institute’s lessons and to review the material. Fill in the blank with the correct term(s) to correctly complete each sentence. All quizzes are open book. We encourage you to look back in the lesson and check for correct answers.

1. Three common reasons that people make massage therapy appointments include ______________________, ___________________ and ____________________.

2. The definition of therapeutic massage is the ______________________ of soft tissue to reduce pain and promote health.

3. The author of the famous physician’s oath, ______________________, used massage to treat his patients.

4. A doctor, ______________________, developed Swedish massage in the 19th century.

5. ______________________ is credited with bringing massage to the United States in the latter half of the 19th century.

6. ______________________ or traditional massage tends to emphasize relaxation.

7. Research has proven that burn patients experience a reduction in __________ due to massage.

8. Massage has been proven to aid in the recovery from digestive disorders such as ______________________, ___________________ and ______________________.
9. As much as _____ of disease is believed to be stress-related, so the effect of massage on both mental and physical health is far-reaching.

10. Massage is very helpful in treating mental health, including ____________________ and ____________________.

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**Step 7  Review Practice Exercise 1-1**

- Compare your answers to Practice Exercise 1-1 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

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**Step 8  Where Can You Practice**

- Your career as a massage therapist offers you a wide variety of settings in which to work. Does sports massage fascinate you? Head to a health club for your first job. Do you enjoy the pampering end of massage? A salon or spa might be the place for you. Do you have flexibility in where you can live? A resort or even a cruise ship could be your next home.

Do you have a calling to help people recover from pain and illness? The hospital, nursing home, or chiropractor’s office could house your practice. Do you transition easily from one client to another? Chair massage in a corporate setting might have appeal. Chair massages are also becoming popular in other locations such as airports, malls, fitness fairs and craft shows.

Are you independent, with a yen for starting your own business? You might consider setting up your own private practice. You can work out of your home, open an office, or make house calls. Having massage abilities can allow you the freedom to select a practice situation that works for you.

Keep in mind that this course will provide you with the basic massage skills, such as Swedish and sports massage and hydrotherapy techniques. These basic skills will enable you to begin your career in a wide choice of settings. However, someday you may opt to further your training by learning a specialty such as neuromuscular therapy or deep tissue therapy.
Money Isn’t the Only Consideration

One of your first questions may be about the money you can make if you’re not in your own private practice. The answer is a little frustrating: it varies.

If you work in a health club, you may receive a percentage of the proceeds from the massages you give. You’ll gain lots of experience with a steady flow of clients and few logistics for you to juggle. Plus, there are tips to supplement your salary.

Another common place you’re likely to find a massage therapist is in a chiropractor’s office. If you set up a practice in a chiropractor’s office, you can count on many referrals from the chiropractor. In addition, you’ll have the advantage of the chiropractor’s staff on hand to help with scheduling, billing and account collection. Your wages will vary widely, depending on many factors. Some therapists keep all of the income generated from massages and only pay the chiropractor rent for the massage room (plus income taxes, of course). Another scenario is an income split, say an 80/20 split (in your favor) or a 50/50 split, between you and the chiropractor.

If you love to travel and meet new people, you might entertain the idea of working on a cruise ship. You’d get to live on the ship (and eat all that wonderful food!) for periods of time, and you could easily have a full schedule of 6 to 9 massages a day! Typical payment scenarios might include an hourly wage of $18 to $23 per hour or 15% to 20% of the cost of the massage. Both of these payment possibilities have the added perks of tips and free room and board.

Hospitals and nursing homes are two popular places for massage therapists to work. Both of these health care settings have the advantages of regularly scheduled hours and a staff who handles all of the scheduling, billing, collection and laundry. This leaves you to focus on helping the sick or injured improve the quality of their lives. A typical hourly wage might range from $15 to $25 per hour in a hospital or nursing home position.
There are massage therapy positions in a variety of work environments. You might enjoy working in a plush spa, resort, or salon. Or you might find work with a sports team or corporate or other business setting. Or if you’re the entrepreneurial type, you might choose to work out of your home or make house calls.

**Being Your Own Boss**

Running your own business is a multifaceted endeavor, but it can pay off in the long run. The many facets of being your own boss include answering the phone, maintaining your appointment book, washing your linens and marketing your business.

When you work out of your home, you set the tone. Make sure that the dog doesn’t bark, and work out an arrangement so that your kids won’t interrupt you. But then go wild with the massage room. Paint it a soothing sage, go shopping for Laura Ashley sheets, and add the flowing fern that you’ve been cultivating since it was a mere sprout. Pick your hours, and say goodbye to a commute! And deposit the full amount that your client pays you into your business account (minus taxes, of course).

Or you may consider making house calls. This option eliminates the need for an office, you can charge higher fees, and you get to see the inside of lots of houses.

**Step 9  The Demand for Massage Therapy Is Strong and Growing**

Sit down before you read further. Some of these figures are pretty amazing.

Estimates put the number of annual visits to massage therapists at 114 million, and consumers write checks totaling between $4 and $6 billion (yep, that’s billion with a “b”) on these visits.

Before you start getting dollar signs in your eyes, though, consider that several variables determine the fee for a massage, including:

- Type and length of treatment
- Massage therapist’s experience
- Geographic location
Generally, you can figure that an hour-long massage will run between $25 and $80, with a bit more added in if it’s a home visit or in a snazzy resort area like Aspen, Colorado. Most massage therapists limit the number of massages they schedule. Many cap their week at 10 to 15 massages.

Alternative therapies are popular right now as consumers look to massage and other healing arts when mainstream medicine falls short. In fact, 80% of consumers indicated they would get a massage when they listed their choice of alternative therapies. And, interest in massage therapy is still growing. According to the American Massage Therapy Association, twice as many Americans (16%) received a massage in 1998 as did in 1997 (only 8%).

**Specializations Emerge as Massage Grows**

Massage therapy is evolving as it grows in popularity. Many massage therapists specialize, sometimes marketing a particular emphasis like one of the following:

- Relaxation or stress reduction
- Wellness or health promotion
- Pain management or injury recovery
- Treatment for a particular disease such as arthritis

You might also market yourself as specializing with a particular population such as:

- Athletes
- Elderly people
- Office workers (using chair massage)
- Performers (dancers, for example)
- Mothers-to-be and newborns

**Massage Is Broadening Its Scope**

Many physicians recognize the benefits of massage and refer their patients, particularly those with chronic pain and stress, to massage therapists.

Massage isn’t just a luxury. It’s often likened to a tune-up for a car. Over 50% of family practice and primary care physicians say they recommend massage. American Airlines, Motorola and Goldman Sachs are joining other major corporations in inviting massage therapists on site as a company perk.
They’ve noticed that their workers have increased productivity and morale, sharpened alertness, lower absenteeism and lower incidence of repetitive strain injury when massage is offered at the office. Athletes and dancers note its effect on improved performance, and the fitness craze of the last few decades has also brought massage into the lives of many former couch potatoes.

Many physicians recognize the benefits of massage and refer their patients to massage therapists.

Step 10  The Qualities of a Healer

- You are entering a helping profession. You will touch people in ways far beyond the physical manipulation of their soft tissues. You will be a trusted confidante, consoler, cheerleader and helper. Your clients will look forward to seeing you, to receiving healing treatments. When they leave your office, they’ll feel refreshed, revitalized and renewed. In short, you will be a healer.

At their core, massage therapists are healers. They are accepting, gentle and kind. They are skilled at putting people at ease, and they have a fundamental desire to help others.

If your friends would describe you as accepting, caring, trustworthy, positive and easy-going, massage is a good career for you. Although you’re by no means a psychotherapist (and you’ll sometimes need to make that distinction to your clients), you do need excellent communication skills. As clients describe their reasons for seeking treatment, you’ll discern how to approach their massage, where to start, areas to avoid, which parts of the body need extra focus and how frequently they should schedule regular appointments. You also need to invite feedback from your clients, even on simple things like how comfortable the temperature is in the room, so your open, casual manner will serve you well here.
Be sure to check out the supplement “Communication Skills—The Key to Success” that you’ll receive later in your course. The information in it will help you build on your own natural talents.

Being friendly and a bit outgoing helps, too. Putting people at ease, particularly during the first meeting, is essential, and a friendly nature is an asset. It’s usually easy to be positive with clients, particularly since your clients are generally delighted to see you.

One other important feature is your own health and stamina. Massage therapy can be physically demanding, requiring long stretches on your feet, and a need for strong muscles, which can be developed as you perform massages. Once you’re working, you may be able to map out your hours in some work settings, particularly if you establish a private practice. When you are in control of your own schedule, you can be sure to include as many breaks as you need.

As you embark on your path to a new career, keep in mind that you already have one of the most important tools you need: your desire to help others. This desire will shine through as you meet new clients, take their personal history, and begin their first massage. It will radiate as you usher them to relaxation, relief from their ailments and wellness.

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### Step 11 Practice Exercise 1-2

- Select the single best answer to complete the sentence. Check your answers by looking them up in the lesson.

1. A massage therapist’s fee is determined by the _____.
   a. type and length of treatment
   b. massage therapist’s experience
   c. geographic location
   d. all of the above

2. Since massage therapy _____, a massage therapist must have good health and physical endurance.
   a. is an ancient healing art
   b. can be physically demanding
   c. requires specialized training
   d. is a sedentary profession

3. An hour-long massage will typically command fees in the _____. range.
   a. $10-$20
   b. $100-$200
   c. $5-$10
   d. $25-$80
4. Businesses that provide on-site massage therapy may note ____ among their employees.
   a. lower incidence of repetitive strain injury
   b. increased productivity and morale
   c. sharpened alertness
   d. all of the above

5. As a massage therapist, you may find working in ____ to provide the most flexibility in scheduling.
   a. a chiropractor’s office
   b. a nursing home
   c. a hospital
   d. your own home

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**Step 12 Review Practice Exercise 1-2**

- Compare your answers to Practice Exercise 1-2 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

**Step 13 Lesson Summary**

- Massage therapy can help reduce stress, relieve pain and promote health.

  With a history spanning 5,000 years, massage therapy has proven to be effective in helping to treat many types of disorders. Massage therapists help their clients reduce stress, recover from disease and enhance wellness. Massage has become part of the mainstream in recent years, as research proves its positive effects.

  This exciting field provides the opportunity to work in a variety of settings and even offers practitioners a chance to specialize in the massage emphasis which appeals to them.

  You are joining a dynamic field.
Step 14  Mail-in Quiz 1

Follow the steps to complete the quiz.

a. Be sure you’ve mastered the instruction and the Practice Exercises that this quiz covers.

b. Mark your answers on your quiz. Remember to check your answers with the lesson content.

c. When you’ve finished, transfer your answers to the Scanner Answer Sheet included. Use only blue or black ink on your Scanner Answer Sheet.

d. Important! Please fill in all information requested on your Scanner Answer Sheet or when submitting your quiz online.

e. Submit your answers to the school via mail, e-mail, fax or, to receive your grade immediately, submit your answers online at www.uscareerinstitute.edu.

Mail-in Quiz 1

Select the single best answer to complete each sentence.

1. People generally make appointments for a massage to _____.
   a. receive reimbursement from their insurance company
   b. use alternative therapies
   c. treat mental illness
   d. relieve stress, treat a medical condition, or cultivate wellness

2. Therapeutic massage can be defined as _____.
   a. the manipulation of soft tissue to reduce pain and promote health
   b. effleurage, petrissage and tapotement
   c. sports, luxury and medical treatment
   d. relaxation techniques that anyone can perform

3. Some well-known historical figures who promoted massage include _____.
   a. Hippocrates, Julius Caesar and Sigmund Freud
   b. Per Henrik Ling, Charles Fayette Taylor and Carl Jung
   c. Joan of Arc, Cleopatra and Hippocrates
   d. Carl Jung, Sigmund Freud and Gestalt
4. **Swedish massage was developed in the 19th century by _____.**
   a. Per Henrik Ling
   b. Sigmund Freud
   c. Johann Mezger
   d. Charles Fayette Taylor

5. **The United States can thank ____ for being the first person to bring massage to this country in the latter half of the 19th century.**
   a. Per Henrik Ling
   b. Sigmund Freud
   c. Johann Mezger
   d. Charles Fayette Taylor

6. **A treatment for injury is _____.**
   a. Swedish massage
   b. pressure point therapy
   c. traditional massage
   d. neuromuscular therapy

7. **_____ massage focuses on helping to enhance physical performance.**
   a. Traditional
   b. Swedish
   c. Sports
   d. Pressure point

8. **Research has proven that massage can be effective in _____.**
   a. relieving the pain and discomfort of hospice patients, reducing the need for episiotomy in pregnant women and helping premature babies gain weight
   b. relieving cancer patients’ pain, easing labor and helping premature babies learn to nurse
   c. relieving inflammation due to AIDS complications, improving fertility and helping premature babies fight off infection
   d. relieving the pain of surgery, reducing the need for c-sections and helping premature babies reduce the time they spend in the special care nursery

9. **The body system that is most affected by massage is the _____.**
   a. digestive
   b. nervous
   c. musculoskeletal
   d. endocrine
10. Ailments that massage can help treat include _____.
   a. allergies
   b. digestive disorders such as constipation
   c. headaches
   d. all of the above

11. Massage can have far-reaching effects on disease since it is so powerful in reducing stress, and as much as ____ of disease is believed to be stress-related.
   a. 20%
   b. 40%
   c. 60%
   d. 80%

12. Some mental health conditions that are improved through massage include _____.
   a. phobias
   b. anxiety and depression
   c. schizophrenia and bipolar disorders
   d. paranoia

13. One disease for which massage is contraindicated is _____.
   a. insomnia
   b. TMJ
   c. phlebitis
   d. constipation

14. Some of the advantages to working in a chiropractor’s office might include _____.
   a. referrals from the chiropractor and help from the staff with scheduling and billing
   b. no paperwork to complete
   c. a high hourly wage
   d. help with linens and marketing

15. As you practice your massage techniques, it’s important that you work on _____.
   a. your instructor
   b. a certified massage therapist
   c. healthy individuals
   d. other massage students
16. If you work on a cruise ship, you can expect to give _____.
   a. 4-8 massages a day
   b. 10-12 massages a week
   c. 6-9 massages a day
   d. 15-20 massages a week

17. Factors that determine the fee for a massage might include _____.
   a. the type and length of treatment
   b. the massage therapist’s experience
   c. the geographic location
   d. all of the above

18. In addition to having an accepting, caring and trustworthy nature, massage therapists must have or develop _____.
   a. effective communication skills
   b. an athletic and slender body
   c. accounting skills
   d. marketing skills

19. One of the benefits of on-site massage that corporations are beginning to notice is _____.
   a. lower insurance costs
   b. lower absenteeism
   c. reduced tardiness
   d. more productive meetings

20. One of the most important skills that massage therapists can develop is _____.
   a. neuromuscular knowledge
   b. an understanding of the nervous system
   c. excellent communication skills
   d. effleurage, petrissage and tapotement
Congratulations

You have completed Lesson 1,
The Past, Present and Future of Massage Therapy

Do not wait to receive the results of your quiz before you move on.
Lesson 2
Popular Bodywork Approaches—An Overview

Step 1  Learning Objectives

☐ After completing this lesson, you’ll be trained to do the following:

- Explain how the variety of bodywork approaches developed and continues to develop.

- Discuss the basic history philosophies, and effects of the following approaches:
  a. Swedish massage
  b. Oriental
  c. Energetic
  d. Hydrotherapy
  e. Sports massage
  f. Neuromuscular
  g. Cranial-sacral
  h. Structural and postural integration
  i. Lymphatic massage
  j. Applied kinesiology
  k. Integrated massage

Step 2  Lesson Preview

☐ You may have heard it said that everything we need to know, we learn in kindergarten. This doesn’t just hold for what we learn in kindergarten, but also how we learn. Open and curious, a kindergarten child learns in a multidimensional way—physically, mentally and through experience. She assimilates new ideas and discovers new ways to express herself. During your massage therapy studies, you may allow yourself to learn like a child once again. Not only will you encounter new ideas and practice techniques as you learn them, but you’ll also develop your own way to apply them.
As you know, massage therapy is a growing field, with consumers now spending up to six billion dollars a year on this healing art. One factor contributing to the development of the profession is the increased awareness of physical fitness. This awareness and the high cost of traditional medicine have opened the door for alternative approaches. Massage is also seen as a means of preventing and controlling stress, and finally, many recognize that massage provides relief from pain and psychological difficulties.

In light of the various benefits that massage therapy can provide, a variety of massage approaches have evolved. Each approach stems from a particular view of physiology and health or from needs that exist in a particular population. For example, special approaches may be used specifically for athletes. In this lesson, you will become familiar with these different approaches and how they are used today. As you gain an awareness of their origins, philosophies and effects, you may find that you want to explore specializing in one or more of these unique approaches.

**Step 3 The Variety of Bodywork Approaches**

- Entering the field of massage therapy today is like embarking on a journey to another continent where the history, thought and culture vary from country to country. It involves an exciting process of discovering and studying different perceptions of health, physiology and technique. Many massage therapists study new approaches even after finishing their basic training, responding to client needs or their own interests.

With the growing demand for massage comes the accompanying need for a variety of approaches. In this course, you will learn to help clients relax, release tension and experience greater circulation and range of motion with Swedish massage. You will also learn Shiatsu techniques and how to apply the principles of Chinese medicine to help a client achieve greater balance in energy flow. If you have an interest in working with athletes, then you’ll know the basics of sports massage.

As you read this lesson and familiarize yourself with types of bodywork approaches, keep in mind that many of these approaches overlap into other categories. For instance, you’ll read about deep tissue therapy in the section on structural and postural integration approaches; however, deep tissue is also considered a form of neuromuscular therapy.

As you explore this ancient healing art, you will learn a great deal about enhancing health, alleviating pain and creating a greater sense of well-being. You will have opportunities to continue learning for as long as you like, and you can create a satisfying work life while providing a healing service.
Step 4  Swedish Massage—The Road To Relaxation

When most Americans think of massage, they think of the Swedish approach.

As the most common approach used in the United States, Swedish massage incorporates a system of long strokes, kneading and friction techniques performed on the more superficial layers of the muscles. When the term Swedish massage comes to mind, you should think soothing, calming and relaxing as well. It is relaxation massage at its best. And fortunately for your friends and family, you will soon be practicing your Swedish techniques on them!

Swedish massage is the road to relaxation.

When performing Swedish massage, the therapist uses a combination of five basic strokes:

- **Effleurage**—The massage therapist gradually applies increasing pressure using slow, rhythmic, gliding strokes, usually in the direction of blood flow toward the heart, for example, from the elbow to the shoulder. Generally, the therapist uses his whole hand (palm and fingers), but there are variations that include the use of the fingertips, the heel of the hand or the knuckles.

- **Petrissage**—The therapist alternately tightens and loosens his grasp on a muscle using a combination of kneading, pressing and rolling techniques.

- **Friction**—Often used in areas around joints, the therapist applies steady pressure or tight circular movements across muscle fibers without moving across the skin.

- **Percussion (Tapotement)**—The therapist performs drumming hand movements on broad areas of the body, particularly the back. Techniques include using the side of loosely clenched fists to lightly drum against the back; cupping or striking with the fingertips and heel of the hand; rapid chopping motions with the edge of the hand; and clapping, using the flattened hand to clap rapidly over fleshy areas.
Vibration and jostling—Vibration entails rapid movements by the therapist to transmit an oscillating action to the client. Sometimes the therapist will use a mechanical vibrator for this purpose. Jostling requires rapid shaking of a muscle back and forth, usually for a brief period.

Rocking—Rocking is a soothing technique where the therapist places his palms on an area of the client’s body and gently rocks the client back and forth.

Swedish massage also incorporates joint movements to help the recipient maintain flexibility and improve strength. Passive joint movements of the extremities stretch the muscles and relieve joint stiffness. The massage therapist performs these movements on his clients. Active joint movements can help prevent atrophy in the muscles of bedridden patients. These movements are performed by the client.

As you might guess, Swedish massage originated in Sweden, specifically Smaaland, Sweden. And as you learned earlier, Per Henrik Ling (1776-1839), a physiologist and fencing master, developed and systemized movements he found helpful in improving his own physical condition. Ling’s “medical gymnastics” focused on gymnastics applied to the treatment of disease and consisted of active and passive movements.

English and American physicians later introduced the Swedish Movement Cure to their own countries. Douglas O. Graham, considered by some to be the father of Swedish massage in the United States, practiced massage and wrote extensively about the Swedish approach from 1874 to 1925. This massage technique has become popular throughout Germany, Denmark, Norway, Sweden and the United States.

So are you yearning for a relaxing massage yet? Read on to learn more about the bodywork approaches you will learn in this course.

Step 5 Oriental Approaches—A Holistic Perspective

Oriental approaches to massage date back 5,000 years. These approaches reflect religious philosophies (such as Taoism) that aim to understand the whole body by understanding how its parts work together. This philosophy considers the relationship between the internal organs and a person’s environment and emotional health and how all combine to affect health.

This philosophy contrasts with that of Western medicine, which focuses on only one organ or system and attempts to find a single cause of illness in order to eliminate it.
Traditional Chinese Medicine

The basis of traditional Chinese medicine is yin and yang theory, which demonstrates that everything is in a constant state of change. Yin and yang are seen as a unified whole that is created by opposites that exist only in relation to each other. When yin and yang are in balance, the mind and body are in harmony.

The yin-yang symbol represents a constant state of change.

In the constant interplay between yin and yang, the subtle vibratory substance of energy called chi is created. Chi is energy, the vital force of growth and change. Chi circulates in a network of channels (often called meridians) that run through organs and along body extremities. It manifests as these five elements of nature: fire, earth, metal, water and wood.

Five-element theory is central to Chinese medical approaches. Later in this course, you’ll learn the philosophy of Chinese medicine and how you can incorporate this perspective of health and healing into your own massage practice.
Acupressure and Acupuncture

While acupressure and acupuncture are two very different bodywork approaches, they do share the same acupoint philosophy.

The Chinese acupuncturists believe that chi, or energy, circulates in a network of channels called meridians. The **meridians**, which together make a network connecting various organs, neurological structures, tissues and senses of the body. Using acupuncture and acupressure, a practitioner can affect all levels of physiological function by tapping into the correct meridian. Meridians contain strategic points, called **acupoints**. Each acupoint treats a specific symptom or affects particular tissues and organs. For example, treating the acupoints in the leg can improve functioning of the stomach. The acupoint in the large intestine can be treated to alleviate elbow pain and is also effective for decreasing a body fever.

Now that you have a general understanding of the acupoint philosophy, which will be discussed a bit more in a later lesson, let’s look at the difference between acupressure and acupuncture.

**Acupressure** includes techniques such as touching, pressing or rubbing one or more of the 300-plus acupoints, depending on the needs of the client. It is often used to facilitate better circulation of blood and chi in addition to easing pain in an affected area. Combined with diet, exercise and meditation, acupressure can promote the goal of balancing the physical and psychological aspects of a person’s being.

**Acupuncture** has the same goal as acupressure, but instead of using touch, an acupuncturist inserts thin needles into acupoints to encourage the flow of the body’s own energy.

Keep in mind, though, that while you will learn more about the Chinese bodywork philosophy, practitioners of acupressure and acupuncture require specialized training.

Shiatsu

**Shiatsu** is a Japanese word that means pressure of the fingers. Shiatsu practitioners believe that every individual is responsible for his or her own health and well-being. In fact, this type of bodywork requires the recipient’s participation by coordinating his or her breathing with the manipulations.

Shiatsu recognizes strategic points or energy pathways situated on meridians. Instead of needles, the Shiatsu expert uses the ball of the thumb to apply pressure. Applying gentle pressure to the points can generate the natural recuperative powers of the body, disperse toxins, relax muscles and improve circulation of blood and lymph. This balances and releases energy so that the entire body is revitalized.
Shiatsu is a quiet, thoughtful form of massage and has profound results. As it increases circulation, restores energy and soothes the nervous system, Shiatsu can also relieve headache, fatigue, insomnia, nervous tension, sore and stiff muscles and disorders such as constipation and high blood pressure.

This course will teach you the basics of Shiatsu techniques so that you may incorporate them into your own massage practice.

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**Step 6** Energetic Approaches—Balancing the Flow of Energy

- When the characters of Star Trek beam from one location to another, their body energies are temporarily disrupted and rearranged. After you learn about energetic massage techniques, this idea may not seem so far-fetched to you! **Energetic bodywork approaches** are based on ancient concepts of body energy patterns and have been formalized in recent years by Randolph Stone, Dolores Krieger, Fritz Smith and others. The subtle energy accessed in these approaches is currently being studied in the West by many researchers, and many massage therapists incorporate energy techniques into their practice.

Some of the more common energy techniques include:

- Polarity
- Therapeutic Touch
- Reiki
- The Rosen Method
- Jin Shin
- Ju Jitsu
- Touch for Health
- Zero Balancing

Most energy therapists work on balancing chi. Therapists will have various ways of recognizing and treating imbalances, frequently using light touch to initiate reflexive responses. Regardless of the energy method used, recipients of these therapies will experience an increase in circulation and energy. The techniques soothe the nervous system and provide relief from a variety of stress and illness-related symptoms.

Let’s take a closer look at a few of these energetic approaches.
Polarity

Polarity therapy involves energy-based bodywork, diet, exercise and self-awareness. It works with electro-magnetic patterns that are expressed in physical, mental and emotional experience. In this approach, health is viewed as a reflection of the condition of the energy field, and therapeutic methods are designed to balance the body physically and energetically.

Randolph Stone, an osteopath and chiropractor, (1890-1981), developed polarity therapy during a long investigation of energy in the healing arts. He found that the energy field surrounding our bodies is affected by touch, diet, movement, sound, attitudes, relationships, life experience, trauma and environmental factors.

According to the polarity model, health is experienced when energy systems function in their natural state. When energy is unbalanced, blocked, or fixed as a result of stress or other factors, pain and disease arise.

In a polarity therapy session, the practitioner uses palpation, observation and interview methods to assess energetic attributes. Sessions take 60-90 minutes and consist of touch and verbal interaction. The practitioner supports the client in increasing self-awareness of subtle energetic sensations. Results of therapy may include profound relaxation and new insight into energetic patterns.

Rosen Method

A Rosen Method practitioner uses gentle, direct touch and focuses on alleviating chronic muscle tension. She “listens” with her hands and notices subtle changes in muscle tension and shifts in the breath. These changes indicate that the client is relaxing and becoming more aware of his body and internal experience. The practitioner uses touch and words to help the client begin to recognize unconscious muscle tension.

Practitioners of the Rosen Method may guide clients in easy, unhurried movements set to music. These movements are designed to improve alignment and flexibility, and they increase range of motion, ease of breathing and body awareness.

Marion Rosen developed this method from her experience as a physical therapist and health educator. She designed it to prevent physical difficulties before they arise and to help her clients feel better and age well. The movements can be adapted to those who experience pain or physical limitations.
Following a Rosen Method therapy session, clients may feel a new vitality, joy and ease in their bodies. Some experience a new sense of clarity about their life direction and goals. The Rosen Method can relax muscular tension and increase flexibility. It compliments other therapeutic modes such as psychotherapy.

Reiki

Energy should flow freely through the body for optimal physical and emotional health. Factors such as poor diet, stress, anxiety, or illness can block an individual’s flow of energy. Reiki, which means universal life force energy in Japanese, is an approach based on the belief that energy enters through the head then flows out through the hands.

The Reiki practitioner places her hands either on, or not quite touching, the affected parts of the fully-clothed body, allowing the universal life force energy to release blockages.

Just as with all energy techniques, practitioners participate in specialized training to become proficient in this healing art.

Step 7  Hydrotherapy—Healing with Water

- Have you ever soaked your tired feet after a long hike? And that time you sprained your ankle—did you apply an ice pack to relieve the pain and reduce the swelling? If you’ve used either of these common treatments, you are already familiar with the healing powers of water. However, you may be pleasantly surprised when you learn just how beneficial hydrotherapy can be for many ailments.

One of the oldest, simplest and most effective natural therapies, hydrotherapy is the use of alternating hot and cold water to stimulate the body’s own healing force—circulation. Because proper circulation is integral to the proper functioning of tissues and organs and the healing of damaged or infected tissue, hydrotherapy is a common and effective treatment for the following:

- Stimulating blood and lymph circulation
- Relieving congestion
- Toning and healing body tissue
- Easing pain
- Improving recovery of
  - sprains
  - strains
  - ischemia (deprived blood supply)

- Improving overall health

While there are many variations from the basic hydrotherapy treatment, which you’ll learn more about in a later lesson, the basic premise is to first warm the body using warm, wet towels or blankets. Once the skin is warmed, a cold towel replaces the warm one.

This temperature change increases blood flow to the skin and the internal organs. The increased circulation allows the body to heal itself more quickly and has lasting beneficial effects on the immune system.

Oh, the healing powers of good ole H₂O! Pretty amazing—and all without advance technology.

Step 8  Sports Massage—For the Physically Active

Wouldn’t you love to have someone massage the muscles in your legs before you head out for your morning walk or jog? Many professional and collegiate athletes have that luxury. While they may not get massages before every exercise session, most have access to professional massages before, during and after the big game and during practices.

Sports massage focuses on muscle systems relevant to a particular sport. While a sports massage therapist incorporates many massage techniques, she directs them toward the physically active body. Sports massage is unique in several ways:

- Some techniques are performed with the recipient remaining clothed.
- It is designed for athletes and physically active people.
- It can be used before or after physical activity or as part of a maintenance program.
Sports massage practitioners may perform massages before, during and after events to supplement a warm-up or reduce muscle spasms and metabolic waste product buildup. They often perform maintenance massage, helping athletes reach optimal performance through injury-free training and by keeping muscles supple and at peak efficiency. Some practitioners complete specialized training in rehabilitation massage techniques, which help manage acute and chronic injuries.

### Step 9 Practice Exercise 2-1

Take a few minutes to check your progress. Match each of the following words or phrases with the definition or term that best describes it.

1. ____ Swedish Massage  
   a. Therapeutic Touch, Jin Shin, Zero Balancing
2. ____ yin and yang  
   b. designed for physically active people and performed on fully-clothed recipients
3. ____ Shiatsu  
   c. alternately tightening and loosening grasp on a muscle using a combination of kneading, pressing and rolling techniques
4. ____ effleurage  
   d. when in balance, the mind and body are in harmony
5. ____ acupuncture  
   e. applying increasing pressure using slow, rhythmic, gliding strokes in the direction of blood flow to the heart
6. ____ energetic bodywork approaches  
   f. incorporates a system of long strokes, kneading and friction techniques to promote relaxation
7. ____ hydrotherapy  
   g. pressure of the fingers
8. ____ polarity therapy  
   h. a treatment system involving energy-based bodywork, diet, exercise and self-awareness
9. ____ sports massage  
   i. the practitioner inserts thin needles into acupoints to encourage the flow of the body’s own energy
10. ____ petrissage  
   j. stimulates the body’s circulation by alternating hot and cold water treatments
Step 10  Review Practice Exercise 2-1

- Compare your answers to Practice Exercise 2-1 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

Step 11  Neuromuscular Approaches—Relieving Pain

- If you’ve ever had a nagging ache in your shoulder or pain in your back, you may have found relief with neuromuscular massage. This approach believes that stresses from trauma, improper body mechanics or poor posture affect the body. Psychological or emotional issues may also have an effect. The body attempts to compensate for these painful or hypersensitive areas and tissue restriction by producing neuromuscular changes that become apparent in the soft tissues of the musculoskeletal system.

When one area of the body becomes restricted because of pain, other areas of the body compensate. Other physiological problems may develop. Soft-tissue abnormalities can result in reduced mobility, pain, fatigue and depression.

Neuromuscular therapy is a nervous or reflexive approach in which therapists use anatomical knowledge and touch to assess the tissue condition and treat neuromuscular problems. The therapist may detect postural and biomechanical problems, congestion in the tissues, contracted tissue or taut and fibrous bands, nodules or lumps, restrictions between the skin and underlying tissues, variations in temperature, swelling or edema (excess accumulation of fluids), or general tenderness. After identifying soft-tissue abnormalities, the therapist manipulates the tissue in an effort to normalize it. Neuromuscular therapy breaks the self-perpetuating cycle, reverses pathologic activity and improves overall muscle and body function.

Neuromuscular therapy was developed in the 1930s in England by chiropractor and naturopath Stanley Leif. He and his cousin Boris Chaitow developed the massage technique at Leif’s healing resort. In the United States, Paul St. John popularized and advanced a method of neuromuscular therapy that has become a popular treatment. Since then, researchers have developed many variations of neuromuscular therapy. Let’s take a look at a few of the most common ones.

**Trigger-point Therapy**

Trigger-point therapy has the potential to provide immediate relief to that headache, stiff neck, frozen shoulder or sciatica you may have struggled with. **Trigger points** are hyperirritable spots that are painful when compressed. They are accumulations of waste products around a nerve receptor, and they often feel like nodules or taut bands of fibers within the soft tissues. These points are associated with self-perpetuating neurological phenomena that affect the muscle where the trigger point is located.
Lesson 2—Popular Bodywork Approaches—An Overview

Trigger points form in muscles that have been overused or injured in an accident or surgery. But the muscle is not the only body part affected in some cases; side effects of trigger point problems may also include increased muscle tension and pain, as well as symptoms such as nausea, earache, equilibrium disturbance or blurred vision. (Just think ¾ of all of these ailments from an accumulation of waste products around a nerve receptor!) Trigger points can also present themselves as patterns of sensation, such as a dull ache, a sharp pain, a tingling or “pins and needles” sensation, and sometimes hot or cold sensations.

**Trigger-point therapy** flushes toxins and calms nerves using a variety of techniques. It deactivates trigger points, decreasing dysfunction and referred pain (pain that originates in another part of the body). The act of releasing these points also releases endorphins and energizes the recipient.

**Muscle Energy Techniques**

A stiff knee or shoulder may prevent you from playing the tennis you love or from going on that weekend hike in the mountains. Many people experience painful joints that become less effective when the surrounding muscle shortens or spasms. **Muscle energy technique (MET)** uses active muscle contraction followed by relaxation and passive stretching to increase joint mobility.

It involves the contraction of muscles against the resistance provided by the therapist and uses neurophysiological muscle reflexes.

MET can address soft tissue conditions involving tense or shortened muscles. It quiets muscle spasms and tones lengthened or weak muscles.

**Reflexology**

You may have enjoyed a good foot massage before, but you may not have known that your foot massage may have been beneficial to your internal organs, too.

**Reflexology** is based on the idea that stimulation of particular points on the surface of the body affects other areas or organs. A form of compression massage, reflexology can stimulate the body’s healing forces and create other beneficial changes. For example, massaging the big toe can relieve headache and tension. Activating those links to specific glands, organs and muscles is said to relieve tension, improve blood supply to certain body regions and help normalize body functions.
This approach originated in China and is categorized as both an Oriental and a Western approach. William Fitzgerald, an American ear, nose and throat surgeon, introduced this therapy to the West in 1913. He found that placing pressure on specific parts of the body could have an anesthetizing effect on related areas. Fitzgerald divided the body into ten zones ending in the fingers and toes. He determined that pressure on one part of a zone could affect everything else within it. Eunice Ingham refined the zone therapy and systemized the technique that focuses on the hands and feet.

Take a look at just a few of the many reflexology links in our feet.

 selon reflexology philosophy, stimulating particular regions of the feet can benefit other areas of the body.

**Step 12 Cranial-Sacral Approaches**

- A cranial-sacral therapist will work on a person’s head and spine, perhaps to relieve a headache or inner ear disorder. Cranial-sacral therapy focuses on mechanical and reflexive connective tissue functions, finding and correcting cerebral and spinal imbalances or blockages. More specifically, it reduces stress and tension in the meningeal membranes (membranes enveloping the brain and spinal cord) and its fascial connections (fascia is connective tissue that binds body structures together). Additionally, it enhances the functioning of the cranial-sacral system, a fluid circulatory system that surrounds and protects the brain and spinal cord. Cranial-sacral therapy can also balance energy fields.

Cranial-sacral therapists subtly manipulate the bones of the face, head and vertebral column, and the membranes beneath the skull. This technique is commonly used to treat headaches, temporomandibular (TMJ)-related jaw pain, inner ear disorders, strokes and other ailments. It can also alleviate sensory, motor or intellectual dysfunction.
W. G. Sutherland first formalized the concept of minute movement of the cranium in the 1930s. John Upledger, D. O. and John Barnes, P. T., have expanded and formalized his work. James Cyriax’s cross-fiber friction methods are also a form of cranial-sacral therapy.

**Myofascial Release**

Maybe you or someone you know has carpal tunnel syndrome from too much typing. When the muscle fibers in the wrist are injured, fascia around them may have become tight, further complicating the problem. **Myofascial release**, sometimes categorized as a cranial-sacral approach, is a specialized stretching technique used to treat patients with soft tissue problems. When muscle fibers are injured, the fibers and fascia surrounding them become short and tight. This uneven stress can be transferred through the fascia to other parts of the body, causing symptoms such as chronic back or cervical (neck) pain, carpal tunnel syndrome, fibromyalgia, dizziness and headache.

Myofascial release loosens uneven tightness in injured fascia with long, stretching strokes. It equalizes the tension and frees compressed nerves and muscles that cause pain. With treatment, patients may experience a decrease in pain and an improvement in posture.

**Step 13  Structural and Postural Integration Approaches**

- **Structural and postural integration** approaches can restore alignment that may have been compromised by slouching or other malaligned body positions. These approaches focus on manipulating connective tissue structure to influence posture and biomechanics. This type of bodywork involves manipulating the fascia of the muscles to bring the physical structure of the body into alignment around a central axis.

Structural and postural integration approaches stem from the idea that physical and emotional traumas or poor posture throughout life can cause a reduction of movement that result in a shortening or binding together of the connective tissue surrounding muscles. Restriction can affect fibers, bundles and whole muscles. Structural integration sessions may bring clients physical and psychological balance.

Structural and postural integration approaches are systematic. They are grounded in the fundamentals of physiology and biomechanics, and practitioners have extensive education. Examples of structural and postural integration include Rolfing, deep tissue therapy and Bowen Therapy.
Rolfing

Ida Rolf was a pioneer in the field of bodywork whose name and technique are now widespread. Her system of soft tissue manipulation and movement education focuses on manipulating the fascia and musculature in order to reshape the body’s physical posture and to realign the muscular and connective tissue.

Rolf discovered that in a normal, healthy body, the spine and body segments are correctly aligned and in harmony with gravity, allowing the organs to function properly. During childhood and in the early adult years, poor posture habits may be formed that throw the body off center or out of normal alignment. This causes structural problems and tension in muscles and connective tissues that may interfere with normal functioning of internal organs.

Rolfing involves applying heavy pressure with the fingers, knuckles, forearms, or elbows. Therapists also guide clients through particular movements that stretch and reposition fascia. In addition to promoting proper structural alignment, Rolfing increases the suppleness of muscles, improves appearance, and creates a sense of well-being.

Rolf traveled widely in the 1950s and 1960s presenting her work to the chiropractic and medical communities throughout North America. Rolfing is now usually done in a series of ten treatments of one-hour duration each, resulting in long-lasting changes.

Deep Tissue Therapy

Another type of massage that is sometimes used to treat structural and postural conditions is directed toward the deeper tissue structures of the muscle and fascia. Deep tissue techniques focus on the physiological and emotional release of tension or bonds in tissues. Most deep tissue techniques aim to affect the various layers of fascia that support muscle tissues and loosen bonds between the layers of connective tissues.

Although there are now various deep tissue methodologies, the original deep tissue bodywork was pioneered by Ida Rolf in the 1960s.

Bowen Therapy

Bowen therapy is a body balancing system that stimulates energy flow and releases tension, strains and blockages so that the body can re-balance and heal itself. It consists of gentle moves done on soft tissue and a series of key points on the body. It can be done through light clothing, and sessions last 30-45 minutes.

Bowen therapy helps the body return to a natural, balanced, healthy state. It can be effective in alleviating headaches, asthma, infertility, back problems, TMJ, constipation, nausea, frozen shoulders, sinus and other problems.
Lesson 2—Popular Bodywork Approaches—An Overview

Tom Bowen developed this therapy and practiced it in Australia in the mid-1950s. He taught it to six people before he died, and the approach has spread throughout the world.

### Step 14 Lymphatic Massage

- Just as squeezing or twisting a washcloth can release water, massage of the body can help eliminate toxins from the body. A gentle, rhythmical massage along the lymphatic pathways can accelerate the functioning of the lymphatic system. (Don’t worry; you’ll learn about the lymphatic system in a later lesson.) A **lymphatic approach** also employs alternate pressure and release movements to promote reflexive responses that help move lymph through various channels.

Massage stimulates lymphatic and venous circulation, stimulates the lymph centers, increases the production of lymphocytes and improves body metabolism. Correctly applied lymph massage can help rid the body of toxins and waste materials. It promotes balance of the body’s internal chemistry, purifies and regenerates tissues, helps to normalize the functions of organs and enhances immune system function.

Lymphatic massage technique is a descendent of Swedish massage and was developed by Emil Vodder, Ph.D., of Copenhagen, Denmark. Vodder discovered the benefits of the lymphatic approach and developed the technique of light, rhythmical massage.

### Step 15 Applied Kinesiology—Integrated Health Care

- A technique that developed within the chiropractic community, **applied kinesiology** is an integrative approach to health care that primarily uses muscle testing to determine why a person’s body is not functioning properly. The process usually begins with questioning the patient in detail and doing a general exam to assess health. Practitioners may check skin sensitivity, knee reflex and balancing. The practitioner will then establish a treatment program and apply the most appropriate therapies.
Applied kinesiology borrows techniques from many disciplines. Joint manipulation, various myofascial therapies or cranial therapies, nutrition management, chiropractic treatment, or nervous system coordination procedures are only a few treatments that the applied kinesiologist may integrate into a patient’s treatment. Corrective measures may also include use of Asian meridian therapy and acupressure.

Because applied kinesiology requires knowledge of many treatment options, extensive training is required. Typically, applied kinesiology training is only available to health care practitioners who are licensed to diagnose.

Chiropractor George Goodheart first observed in 1964 that postural disorders like head tilt or high hip are usually associated with muscles that test weak. He found that by applying the appropriate therapy, the muscle would strengthen and alleviate the postural disorder.

John Thie, a student of Goodheart, modified the applied kinesiology techniques for use by the massage community and general public. Touch for Health procedures are reflex stimulation methods based on Goodheart’s early work.

**Step 16 Integrated Massage Approaches—Finding a Niche**

- When you begin practicing massage, you may find that many of your clients turn out to be pregnant women or elderly people. You might decide to take a variety of workshops and learn several techniques helpful to these populations, thereby establishing an integrated massage approach. An integrated massage approach consists of combinations of bodywork methods designed to treat a specific population. Let’s go over a few of the more popular types of integrated massage approaches.

  **Prenatal massage** is applied in healthy pregnancies (*only* during the second and third trimesters) like any regular massage except that some changes in positioning and stroke have to be made. Massage during pregnancy has proven to be beneficial to both mother and unborn child. Not only does it feel wonderful to the mother-to-be but it also aids relaxation, benefits circulation and soothes nerves.

  Prenatal massage has become quite common. In fact, many massage therapists develop into labor coaches and assist at the birth and postnatally as well.
Infant massage promotes health and growth in the infant, and it is of particular benefit to babies born addicted to crack-cocaine or nicotine, who are generally of low birth weight. Massage helps babies gain weight faster and helps to balance their endocrine systems. Therapists must learn special techniques, and sessions are shorter and gentler.

![Infant massage helps to balance a baby's endocrine system.](image)

Chair massage (often called on-site seated massage) is performed in airports, shopping malls, convention centers, supermarkets, the workplace and other venues on fully-clothed clients. It is adapted to deal with a high-volume of clients, clothing and hygiene concerns.

Performed on the elderly, geriatric massage is similar to infant massage because it is shorter and gentler than other techniques. Therapists must take a thorough health history and be aware of contraindications or problems that require special attention.

Massage after plastic surgery, which requires specialized training, greatly enhances the probability of the surgery’s success without scarring or adhesions.

Massage for injury is performed as part of a treatment plan coordinated by chiropractors and medical doctors.
**Step 17  Practice Exercise 2-2**

- Take a few minutes to check your progress. Match each of the following words or phrases with the definition or term that best describes it.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1.</td>
<td>____ trigger points</td>
<td>a. a system of assessing health with a general exam and muscle testing to determine why a person’s body is not functioning properly</td>
</tr>
<tr>
<td>2.</td>
<td>____ reflexology</td>
<td>b. focuses on the physiological and emotional release of tension in tissues</td>
</tr>
<tr>
<td>3.</td>
<td>____ fascia</td>
<td>c. connective tissue that binds body structures together</td>
</tr>
<tr>
<td>4.</td>
<td>____ myofascial release</td>
<td>d. manipulating connective tissue structure to restore bodily alignment</td>
</tr>
<tr>
<td>5.</td>
<td>____ Rolfing</td>
<td>e. developed by Emil Vodder</td>
</tr>
<tr>
<td>6.</td>
<td>____ applied kinesiology</td>
<td>f. accumulations of waste products around a nerve receptor</td>
</tr>
<tr>
<td>7.</td>
<td>____ structural and postural integration</td>
<td>g. stimulating specific points on the surface of the body affects other areas or organs</td>
</tr>
<tr>
<td>8.</td>
<td>____ integrated massage</td>
<td>h. combinations of bodywork approaches designed to treat a specific population</td>
</tr>
<tr>
<td>9.</td>
<td>____ deep tissue</td>
<td>i. stretching technique used to treat patients with soft tissue problems</td>
</tr>
<tr>
<td>10.</td>
<td>____ lymphatic massage</td>
<td>j. applying heavy pressure with the fingers, knuckles, forearms or elbows</td>
</tr>
</tbody>
</table>

**Step 18  Review Practice Exercise 2-2**

- Compare your answers to Practice Exercise 2-2 with the Answer Key at the end of this pack. Correct any mistakes you may have made.
As the demand for massage therapy grows, the list of various bodywork approaches grows as well. Massage therapists constantly adapt and develop bodywork approaches to fit the needs of their clients. It’s likely that you’ll hear of new therapies as you practice massage. You may even find that you want to specialize in them!

As you embark on your studies, your familiarity with some of the types of bodywork approaches will help you in your learning and in your communications with other health care practitioners. In this course, you will learn Swedish, energy, hydrotherapy and sports massage techniques that will enable you to begin practicing massage in a variety of venues.

As you master those approaches, you may find a niche that you want to focus on, like treating pregnant women, infants or elderly people.

Every bodywork approach is particularly effective for certain conditions: healing injuries, correcting posture problems, balancing energy flow and helping with the complications of soft tissue abnormalities. In general, massage reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, enhances immune function, improves digestion and increases endorphins, the body’s natural painkillers. Massage can also enhance medical treatment and help people to relax.

As massage approaches continue to evolve and adapt to needs of special populations or to new ideas about health, you will be an integral part of making people’s lives healthier and happier. Enjoy your studies!
Step 20  Mail-in Quiz 2

- Follow the steps to complete the quiz.
  a. Be sure you’ve mastered the instruction and the Practice Exercises that this quiz covers.
  b. Mark your answers on your quiz. Remember to check your answers with the lesson content.
  c. When you’ve finished, transfer your answers to the Scanner Answer Sheet included. Use only blue or black ink on your Scanner Answer Sheet.
  d. Important! Please fill in all information requested on your Scanner Answer Sheet or when submitting your quiz online.
  e. Submit your answers to the school via mail, e-mail, fax or, to receive your grade immediately, submit your answers online at www.uscareerinstitute.edu.

Mail-in Quiz 2

Select the single best answer to complete each sentence.

1. _____ movements were an early precursor to and influence on today’s Swedish massage.
   a. Dance
   b. Neuromuscular
   c. Deep tissue
   d. Gymnastics

2. When _____ are in balance, the mind and body are in harmony.
   a. yin and yang
   b. trigger points
   c. meridians
   d. acupoints

3. According to Chinese thought, energy circulates mainly through _____ in the body.
   a. muscles
   b. meridians
   c. blood
   d. nerves
4. There are more than 300 ____ where a massage therapist can apply direct pressure to facilitate better circulation of blood and chi.
   a. meridians
   b. trigger points
   c. acupoints
   d. lymph nodes

5. ____ includes manipulating one or more strategic points on the body to improve circulation of blood and chi and to ease pain.
   a. Shiatsu
   b. Reflexology
   c. Myofascial release
   d. Acupressure

6. Using the ball of the thumb to apply pressure in order to access energy pathways and restore balance is the technique used in the ____ approach to massage.
   a. Shiatsu
   b. Swedish
   c. Rolfing
   d. Rosen

7. ____ works with electro-magnetic patterns to create a health system involving energy-based bodywork, diet, exercise and self-awareness.
   a. Rolfing
   b. Polarity therapy
   c. Yin-yang therapy
   d. Cranial-sacral therapy

8. The ____ practitioner uses gentle, direct touch to focus on easing chronic muscle tension.
   a. deep tissue
   b. neuromuscular
   c. Rosen
   d. energetic

9. ____ meaning universal life force energy in Japanese, is a subtle form of energy work.
   a. Chi
   b. Trigger-point therapy
   c. Chakras
   d. Reiki
10. Hydrotherapy is the use of alternating hot and cold water to stimulate _____.
   a. acupoints
   b. meridans
   c. trigger points
   d. circulation

11. The idea that stresses from trauma, improper body mechanics, poor posture, or psychological issues produce changes in the muscle is strongly emphasized in ____ approaches.
   a. neuromuscular
   b. energetic
   c. cranial-sacral
   d. Swedish

12. ____ are hyperirritable spots that are painful when compressed.
   a. Acupoints
   b. Meridians
   c. Trigger points
   d. Reflexes

13. ____ techniques use active muscle contraction followed by relaxation and passive stretching to increase joint mobility.
   a. Reflexology
   b. Shiatsu
   c. Swedish
   d. Muscle energy

14. ____ is the practice of stimulating particular points on the body that link to specific glands, organs and muscles to benefit body functions.
   a. Deep tissue therapy
   b. Reflexology
   c. Myofascial release
   d. Sports massage

15. A form of compression massage, ____ enhances the body’s healing forces by stimulating particular points on the surface of the hands and feet.
   a. muscle energy technique
   b. myofascial release
   c. reflexology
   d. Rolfing
16. _____ therapists subtly manipulate the bones of the face, head, vertebral column and membranes beneath the skull.
   a. Deep tissue
   b. Cranial-sacral
   c. Shiatsu
   d. Bowen

17. **Myofascial release practitioners _____**.
   a. manipulate the muscles of the face
   b. employ a stretching technique that loosens uneven tightness in tissue
   c. focus specifically on trigger points
   d. focus solely on energy work

18. _____ approaches focus on physiological and emotional release of tension in tissues.
   a. Neuromuscular
   b. Deep tissue
   c. Chinese
   d. Energetic

19. _____ practitioners receive extensive education to manipulate connective tissue structure to improve the client’s posture and biomechanics.
   a. Swedish
   b. Shiatsu
   c. Reflexology
   d. Structural and postural integration

20. **Ida Rolf was a biochemist who developed a system of soft tissue manipulation and movement education that realigns the _____.**
   a. spine
   b. meridians
   c. muscular and connective tissue
   d. cranial-sacral system

21. **According to Rolfing philosophy, structural problems and muscle tension can interfere with the functioning of _____.**
   a. chi
   b. the spine
   c. joints
   d. organs
22. Bowen therapy _____.
   a. employs gentle manipulation of soft tissue and key points on the body to release tension, unblock energy and stimulate energy flow
   b. can be done through light clothing
   c. sessions last between 30 and 45 minutes
   d. all of the above

23. A method particularly effective in helping rid the body of toxins and wastes is _____.
   a. reflexology
   b. Rolfing
   c. lymphatic massage
   d. Rosen therapy

24. Applied kinesiology was developed in the ____ community.
   a. chiropractic
   b. nursing
   c. sports
   d. gymnastics

25. As you establish your career as a massage therapist, you may combine several techniques to create a(n) ____ massage approach.
   a. eclectic
   b. integrated
   c. lymphatic
   d. acupressure
Congratulations

You have completed Lesson 2, Popular Bodywork Approaches—An Overview

Do not wait to receive the results of your quiz before you move on.
Lesson 3
Ethics In The Therapeutic Setting

Step 1 Learning Objectives

After completing this lesson, you’ll be trained to do the following:

- Differentiate among ethics, laws and morals and explain the importance of each in the field of massage therapy.

- Understand the importance of developing and adhering to a code of ethics.

- Identify the information needed to obtain informed consent.

- Identify boundaries in the therapeutic relationship.

- Explain the importance of confidentiality in the therapeutic relationship.

- Understand how to resolve ethical dilemmas.

Step 2 Lesson Preview

Imagine you’re getting a massage, and the massage therapist is working to release tension from “that spot”—you know, the iron ropes in your neck or those hot saucers in your lower back. Wherever you carry the stress from your day, the massage therapist can tell, and she helps you release that tension and enjoy more freedom of movement. As she’s working, you mention a specific problem you’re having at home and notice you feel more relaxed about it. When you leave, you feel lighter, both physically and emotionally.

Now imagine that the next day you’re at the mall and see a neighbor who says, “I had a massage this morning—I heard your neck is incredibly tense. No wonder, with all those problems you’re having at home.”

Now how do you feel? Angry? Betrayed? Embarrassed? Whatever benefits the massage therapist provided you in your session, she just erased them completely. And you’re not likely to get another massage from someone who is so unethical.

To become an effective massage therapist, you must maintain a strong code of ethics and respect your client’s right to privacy.
When you are the one giving a massage, you’ll learn a great deal about your clients, and it’s important for you to know how to protect that information—and to protect your own boundaries. Massage is a great way to help people. But helping someone comes with responsibility. As you go through this lesson, you’ll learn your ethical responsibilities as a massage therapist. Following a professional code of ethics will help you be more effective as a massage therapist—and effective massage therapists are also more likely to be successful ones.

**Step 3  Laws, Morals and Ethics**

- Ethics, laws and morals are generally defined differently. Let’s say you want to be a massage therapist, but instead of actually learning anything, you take some shortcuts. You put a sheet on your kitchen table, declare yourself a certified or licensed massage therapist, and start charging people money to do karate-style chops up and down their backs, like you saw in a movie somewhere.

Obviously, you wouldn’t do this, or you wouldn’t be taking this course. You intuitively understand that the scene above is “wrong,” but why? Is it a legal problem, a moral one or an ethical one?

It could be all three. First, your state probably requires professional massage therapists to be licensed or certified (this designation varies from state to state); in that case, you’d be breaking the law by claiming to be something you are not—a licensed or certified massage therapist. Second, calling yourself a licensed or certified massage therapist when you don’t really know how to perform massage would be a lie, and that’s a moral problem. And third, performing bodywork without receiving adequate training would violate the ethical standards of the profession you claim to be a member of. To help make the distinctions more clear, let’s look at laws, morals and ethics individually.

**Laws**

It’s often relatively easy to tell when you’ve broken a law—for example, the flashing lights in your rear-view mirror are a clear indication that you’ve been caught speeding.

Simply put, laws are rules of conduct. The requirements of laws are spelled out exactly, and breaking a law has defined consequences. Laws may be based on ethical or moral principles, but they are written down and enforced by political entities—city or state government, for example.
Laws generally represent the minimum standard of behavior that a society requires of its members. You may have heard people make the distinction between “the letter of the law” and “the spirit of the law.” At that point, they are pinpointing the difference between the law and the moral value it is based on.

**Morals**

Morals are values—standards of right and wrong—that relate to a person’s character. People who are honest and fair are generally thought to have “good” or “high” morals. On the other hand, people who cheat and lie may be said to have “low” morals.

People usually develop their moral sense of right and wrong from cultural or religious beliefs. If you belong to a church, synagogue, or other religious organization, the other members of that organization may share your beliefs. However, those beliefs may not be the law of your country. For example, your religion may dictate covering your head in public—but going bareheaded in public is not against the law in the United States.

**Ethics**

Ethics combine aspects of both laws and morals. Ethics are rules for conduct and behavior that you may use to guide and evaluate what you do. Ethical systems, like some laws, are based on moral values.

Ethical standards may or may not be written down. Many organizations—professional organizations such as the American Massage Therapy Association, or even private companies—have adopted a specific, written set of ethical standards. To be a member of that organization, you must agree to abide by its ethical standards.

A few ethical values that are generally recognized in the massage community include performing high-quality massage work, committing yourself to ongoing professional development, and representing yourself and your training accurately to clients.

Maintaining high ethical standards is very important to a massage therapist. Your clients will trust you—you will see and touch their bodies and know their physical and emotional vulnerabilities. Through your high ethical standards, you will demonstrate that you are worthy of that trust. Keeping the trust of your clients is necessary to give your clients the best possible massage experience.
Step 4  Your Code of Ethics

- A code of ethics is a document that spells out ethical principles. It outlines the duties, rights and responsibilities inherent in your interactions with your clients. Hospitals, doctors’ offices and professional organizations have ethical guidelines that their employees follow. The code of ethics is often posted where clients, customers, members and patients can read it.

![CODE OF ETHICS]

When your clients can read your code of ethics, they are reassured of your professionalism.

The American Massage Therapy Association has a code of ethics that summarizes the standards its members will use to conduct their practices.

**Massage Therapists Shall:**

1. Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.
2. Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.
3. Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.
4. Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy.
5. Conduct all business and professional activities within their scope of practice, the law of the land, and project a professional image.
6. Refrain from engaging in any sexual conduct or sexual activities involving their clients.
7. Accept responsibility to do no harm to the physical, mental, and emotional well-being of self, clients, and associates.

You can view the American Massage Therapy Association's Code of Ethics at [http://www.amtamassage.org/about/codeofethics.htm](http://www.amtamassage.org/about/codeofethics.htm).
From the above example, you can see that a code of ethics can address many different circumstances. A basic code should always spell out the behaviors associated with the business at hand—in this case, massage therapy. However, you can expand this code to include other situations where it’s helpful to have standards spelled out. For example, you might want to state that you will ensure that your clients are physically safe, comfortable and clean.

It’s a good idea for your clients to know you have a code of ethics and for them to be able to read it. You might give them a copy on their first visit to you; it is also helpful to post a copy in your room or waiting area. A posted code of ethics can help your clients relax—your clients will know they are in a credible, responsible office. They know they can count on being treated as promised.

**Step 5   Informed Consent**

- A woman walks into a beauty salon she’s never been in before. She meets the hair stylist for the first time, sits down in the chair, and says, “Surprise me.” A couple of hours later, her hair is one inch long, green, and sticking up in spikes all over her head. She really wanted a chin-length bob with blonde highlights—so she is definitely surprised!

Obviously, this woman and her stylist have a communication problem. Although the client said, “Surprise me,” the stylist did not ask for, and the woman did not give, her informed consent.

**Informed consent** means that a client understands the treatment you’re offering, that his or her participation is voluntary, and that he or she can terminate the session at any time. Clients need enough information, and the right information, to decide that yes, they are comfortable with your services and want you to work on them.
Communicate, Communicate, Communicate

The first time you meet with a client is the ideal time to exchange information so that you avoid the communication problems that the green-haired woman experienced. The kind of information you provide is important.

Sharing information with the client and listening carefully to the client are the two important steps of obtaining informed consent.

To ensure your client is providing informed consent, you should provide information about the following:

- Your credentials, training and experience
- The massage procedures you use
- The results you anticipate—your goals for the client for this session
- Treatment options you can provide in the scope of a single session (e.g., “We can focus on your shoulder, but that will leave less time for your legs.”)
- Any possible consequences or risks, such as muscle soreness, of receiving a massage
- The length of time this session will take, and how many sessions you recommend
- The cost of your sessions

With this kind of information, your clients will be able to decide whether they want the treatment you’re offering.
The Listening Half of the Equation

The other half of the communication equation involves your ability to listen. You must be sure you understand the clients’ medical conditions and their expectations of the session. In that way, you can determine whether you can even provide appropriate treatment.

For example, a client sees a TV special and comes in asking for a specific kind of bodywork—reflexology, say—that you aren’t qualified to offer. Because your code of ethics prevents you from claiming expertise you don’t have or performing work you don’t have training in, you would then need to tell the client that you can’t do the work and refer her to a qualified reflexology practitioner.

It’s also important to remember that the client has the right to refuse the services you offer, or even to consent to a session and then decide to stop it partway through. This right is sometimes called the **right of refusal**. As part of the process of obtaining informed consent, you should talk with the client about her right of refusal.

**Step 6 Practice Exercise 3-1**

Select the single best answer to complete the sentence. Check your answers by looking them up in the lesson.

1. **At their most basic, laws are _____**.
   a. guidelines for good behavior
   b. values, such as honesty
   c. written rules of conduct enforced by political entities
   d. rules for maintaining professional status

2. **Values that come from religious or cultural beliefs and relate to a person’s character are called _____**.
   a. laws
   b. ethics
   c. character
   d. morals

3. **Ethics are rules of conduct and behavior that _____**.
   a. are required by law
   b. help you guide and evaluate your actions
   c. define the informed consent practice at your office
   d. all of the above
4. To obtain a client’s informed consent, you must _____.
   a. ask the client to fill out an extensive questionnaire
   b. ensure that the client understands the treatment you’re offering, that participating in the treatment is entirely voluntary, and that he or she can terminate the session at any time
   c. reassure the client that whatever kind of bodywork he or she wants, you’re the best person to provide it
   d. make sure that you dominate the conversation in your initial interview with the client to show him or her your authority

5. The right of refusal means that the client _____.
   a. can stop a session in the middle, even after giving informed consent
   b. can refuse to honor your business policies
   c. refuses to sue you if he or she feels you’re negligent
   d. must refuse to share information about your session with other clients

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**Step 7  Review Practice Exercise 3-1**

- Compare your answers to Practice Exercise 3-1 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

**Step 8  Professional Boundaries**

- Like an auto body shop, your job as a massage therapist is to work on your client’s body.

  Just as you’re pulling into a parking spot, your child spills a cup of soda in your lap, and you get distracted. You accidentally bump into the parking meter and dent your car’s front fender.

  When you take it to the body shop to fix the dent, that’s exactly what you expect the shop to fix—the dent. You don’t expect them to improve your concentration or warn you against drinking soda in the car. Their job is to fix your car, and only your car.

  As a professional massage therapist, you will be in a slightly different position because you will work on and with people, not objects. When your massage clients come to you, a lot of what you are addressing in their bodies may be caused by events in their lives. For example, your client may feel frustrated because his child spilled soda in his lap, and he dented the front fender of his car. As you work with his tense jaw and forearms, he may tell you he’s angry at his child’s carelessness.
Your responsibility as a massage therapist is to work on his body. If he asks for help relieving the pain in his jaw, it is your job to use massage techniques to help eliminate that pain. And although it is perfectly acceptable for you to share basic relaxation tips (for instance, stretching and breathing exercises), it is not within your scope of practice to advise your client on how to deal with his anger (unless you’re a licensed psychologist or psychotherapist). He has come to you seeking a specific kind of help—massage therapy.

Let’s take this situation one step further by acknowledging that this client is also your next-door neighbor. When you get home from your session that day, you discover that his child has told your son, “Dad hits me when he gets angry.” Now the situation is more complicated. What are your responsibilities as a massage therapist? What are your responsibilities as a neighbor, both to your client and to his son? To resolve these issues, it’s crucial to understand the nature and pitfalls of dual relationships and where your boundaries—professional, legal and personal—lie.

**Dual Relationships**

As you build your massage therapy practice, it makes sense to look to your friends, family, neighbors and others you know for clients. After all, you already know these people and you have established a basic level of trust with them.

However, working on people you already know can be problematic. At some point you might find it difficult to juggle the dual roles—as in the example above—of massage therapist and neighbor.

A relationship that extends beyond the limits of the therapeutic interaction is called a **dual relationship**. Your massage client may be someone you go to basketball games with or someone your wife owns a company with. Your client might be the mother of your son’s girlfriend. These are all examples of dual relationships.

Some professionals say it’s important to avoid dual relationships with clients. However, unless you live in a huge metropolitan area and can build your client base by massaging people you otherwise never see, you are likely to have some dual relationships with your clients. So it’s probably more realistic to learn how to manage them. To manage dual relationships, it’s important to understand your boundaries.

**Boundaries**

In its most simple form, a boundary is any kind of limit. Geographical boundaries include property lines, city limits and state lines.
In a massage setting, boundaries are the limits on a professional relationship that make it possible for you and your clients to connect safely, based on your clients’ needs. Boundary violations are shifts in these limits so that the relationship becomes ambiguous or so that it is not based on your client’s needs.

It’s important to communicate with your clients about their boundaries. While some clients may communicate their boundaries through body language, it’s best to find out their comfort zone before they have to resort to body language to communicate to you the areas of their bodies they want left alone. The easiest way to establish boundaries is through conversation in your initial consultation—but not everyone can express themselves easily. You may consider asking your clients to complete a confidential client information sheet. You can then ask them direct questions such as to list body areas where they are ticklish, sensitive, or where they would not be comfortable being touched. More than likely, your clients will be glad to share this information with you—but they’ll also be relieved to know that you are sensitive to their comfort level.

Additionally, to respect your client’s physical boundaries, you will cover their bodies with sheets except for the area you’re working on. Before you begin, you can assure your clients that they will be draped. Still, if your client is brand-new and is having trouble relaxing, you might offer to add a comforter over the sheet as a way of giving a little more security and physical privacy.

As a massage therapist, you will deal primarily with three different kinds of boundaries: legal, professional and personal.

**Legal Boundaries**

Legal boundaries are relatively easy to determine—they are limits that are specified by your municipality, county, state or some other political entity. Zoning laws and certification requirements are two examples of legal boundaries. Many states also mandate draping.

Your legal limits as a massage therapist may include issues such as whether you can make a diagnosis or sell health-related products as part of your massage practice.

**Professional Boundaries**

Your first client of the day is 15 minutes late—again. This is the third time in her last five visits she’s been late. What do you do? Do you run fifteen minutes late all day, or do you give your client a 45-minute massage instead of the hour she booked?

This client is violating one of your professional boundaries. Your professional boundaries are the limits you set for your practice—for example, your policies when clients cancel appointments, what you do when you have to cancel appointments and even the kinds of bodywork you offer.
Your professional boundaries also protect your clients. For example, if you see a client in a restaurant, do you ignore her, wave hello from afar, or go over to speak to her? Although you may think, “There’s nothing wrong with being friendly,” your client may have a different opinion. She may be at a business lunch, where her boss just spent ten minutes disparaging massage therapy.

Or, for reasons of her own, your client simply may not want her casual acquaintances to know she gets massages.

At your first session with a client, share your professional boundaries—for example, your policy about lateness. Communicating before the fact is the best way to prevent unpleasant problems. Later in this lesson, we will look at a specific procedure for resolving ethical dilemmas; however, keep in mind that being discreet is never a mistake.

**Personal Boundaries**

Your *personal boundaries* are the limits of your physical and emotional “safety zone.” Violations of your personal boundaries sometimes are relatively nonthreatening and easy to prevent. For instance, you may tell clients who want to reschedule an appointment to leave a message on your work phone number instead of calling you at home.

Separating your professional life from your personal life can help nip these problems in the bud. The psychological terms “transference” and “countertransference” describe the blurred lines between your personal and professional lives.

**Transference** occurs when a client transfers feelings and attitudes he has toward other people in his life to his massage therapist. Also, because massage therapists provide a warm, relaxing refuge for their clients, it’s easy for some clients to begin thinking of their therapist as wonderful in every way—they may look to their therapist to provide solace for loneliness, dissatisfaction, or other feelings. Additionally, because many people associate pleasurable touch with sexuality, clients sometimes confuse the two. When deciding how to handle these situations, it helps to have professional policies in place to refer to: “I have a policy not to see clients outside the office,” or “My policy is not to discuss my personal matters with clients.”
**Countertransference** is an emotional reaction that is a reflection of the massage therapist’s own inner needs and conflicts. Because of her own history, she may desire to take away her client’s emotional pain, when her role is more appropriately to help the client grow and heal his own pain. She may think about the client too much when she is not actually working on him. If her client isn’t making progress, she may feel inadequate even though she knows she’s a competent professional.

No matter how a personal boundary becomes blurred, most massage therapists will have occasion to clarify the boundary at least a few times in their careers. The most important preparation you can do as a massage therapist is establish clear ways to assert professional boundaries. “Blurred” boundaries are much easier to deal with calmly if you are prepared for them and have practiced possible responses.

Personal boundaries can be particularly troublesome to maintain when you have a dual relationship with a client. If juggling your roles becomes too problematic, you might need to terminate one of the relationships. And since it’s easier to quit doing bodywork on your sister than to quit having a sister, stopping the bodywork is the most usual course of action.

Think back to the first example in this step—your client is your angry neighbor whose child has told your son, “My Dad hits me when he gets angry.” As a professional massage therapist, your responsibility is to do the bodywork you and he have agreed to. Now that you know what you know, you may choose to terminate your massage therapist-client relationship. Instead of working on him the following week, you refer him to another massage therapist. At that point, you can choose your course of action based on your relationship as neighbors.
Many of the people who are drawn to practice massage therapy are naturally more prone to caretaking. You most likely possess that quality as well. It’s important to go into this profession realizing that everyone has problems, and if you were to get involved in the emotional lives of all of your clients, you would become completely overwhelmed. It’s best to establish personal and professional boundaries upfront—then stick to them!

**Step 9  Confidentiality**

- Touch is powerful! In your massage therapy practice, you will find that clients sometimes share secrets that they’ve never revealed to anyone else. When a client confides in you, she trusts you. That trust is sacred and must be treated with sensitivity and confidentiality. Anything a client tells you (oral communications) and anything you keep on paper (written communication or documentation) or enter into a computer, such as a spreadsheet (electronic communications), are also confidential, kept private and secure.

  Additionally, as a massage therapist, you will probably keep records about your client interactions. (If you are treating a client for injury-related problems or for anything covered by insurance, you must keep careful treatment records.) At the very least, you will have billing information, whether your client writes a check or you handle insurance reimbursements. In the healing professions, there are specific laws about releasing this information and who has access to this information.

  Your clients’ treatment records are confidential or private—you are allowed to release information only to the client and to insurance carriers or others with specific, written authorization. In special circumstances, you may be required by law to release treatment records—for example, in an insurance fraud case.

  In summary, you must keep confidential any information you receive about your client’s health or treatment.

  Why is it so important to regulate who can see treatment records? Think for a moment about your most embarrassing experience. Now imagine that everybody in the world knows and is laughing at your embarrassment. It’s not a great feeling, is it? This example may be extreme, but you see your clients in a very vulnerable situation. It’s important that you respect the confidentiality of their health information.

  Also, maintaining confidentiality isn’t simply a matter of behaving in a professional way. It’s a matter of law. There are federal penalties—both civil and criminal—for breaching client confidentiality; your state may also have separate penalties.
You already know not to share information about a client with a third person; that’s certainly a start in maintaining confidentiality. However, some confidentiality problems are more subtle. For example, the last time you walked past a fax machine, how many documents were stacked up in the “received” basket? If any of those documents contained treatment information, a client’s confidentiality may have been breached because unauthorized people may have seen that information.

Breaching the confidentiality of a client’s treatment information can result in federal legal penalties.

In another common scenario, your client Mary refers her friend Steve to you. The next time Mary comes in, she may say, “Did you see Steve yet?” Actually answering her question breaches Steve’s confidentiality. You could say something like, “As you know, I don’t discuss what happens in a session with anyone else. But I’m sure Steve will tell you what you need to know.”

Step 10 Resolving Ethical Dilemmas

- There’s an old saying, “An ounce of prevention is worth a pound of cure.” That saying holds a lot of truth, particularly when you're dealing with people. Developing a code of ethics and sharing it with your clients—especially clients with whom you have dual relationships—will go a long way toward helping you prevent ethical problems.

However, problematic situations may still come up. Sometimes simply reminding clients of your “don’t share” policy will be enough. But sometimes it won’t.

In those cases, it’s helpful to keep in mind the following four-step procedure for resolving ethical situations.

**Four Steps to Resolving Ethical Dilemmas**

1. Identify the problem.
2. Clarify or further describe the problem.
3. Decide what actions could be taken.
4. Determine what actions you can take.
Like many procedures, these four steps sound simple enough, but actually applying them to a particular problem may be more difficult. It may help you to write out the steps and your answers on a piece of paper (which you should destroy or file carefully, to avoid confidentiality problems). If you don’t find writing helpful, you might try sketching—even putting stick figures down on paper could help you see things differently. Or you can always talk through the problem with an uninvolved party (by speaking in hypothetical terms and not revealing identities) or even with yourself in the mirror.

Although ethical problems can feel complex, working through this four-step process can help you clarify your responsibilities.

Betsy and Bill: A Sample Situation

In your thriving massage practice, you do regular bodywork on both members of a couple in a committed relationship—Betsy and Bill. Although you’re not close friends with either of them, you do meet Betsy for coffee occasionally, and you’re in a reading group with Bill. In recent sessions, each of them has expressed feelings of “being stuck.” You know from having coffee with Betsy that the couple is exploring the idea of marrying and that Betsy is holding back.

The day before yesterday, you had your regular session with Betsy—and this session was anything but routine. In the session, you helped her release some tension from her lower back, and a wave of grief poured out. She shared some experiences from her past that she’d been hiding, things she’d also been keeping from Bill.

After the session, she was calm but subdued—worn out from expressing her long-hidden pain. She thanked you very much for creating such a safe place for her to share such difficult problems. Since you have networked with health care professionals that you trust, you refer Betsy to a psychological professional to help her work through these issues.

Today was your appointment with Bill. When he comes in, he mentions that Betsy seemed really tired and distressed after her last session. “What did you do?” Bill asks. “I found her crying in the laundry room last night.”
You say lightly, “Bill, you know I don’t share information from sessions” and move into his bodywork. As you’re working on him, he mentions feeling helpless in the face of Betsy’s problems, and he fears that these feelings will keep them from moving closer to marriage. As he’s leaving, Bill mentions again how concerned he is about Betsy, but you again gently refuse to break her confidence. He seems irritated and doesn’t make another appointment before leaving.

At this point, you have a whole lot of information about both people—complex information that you need to sort out. So what do you do?

**Identify the Problem**

In this part of the problem resolution process, you are trying to determine whether the problem is actually an ethical problem. A good guideline is to determine how you feel about the situation—if you’re uncomfortable, chances are good that the situation is an ethical conflict.

Our sample situation clearly is an ethical problem—it’s full of issues of confidentiality, your professional future, and dual relationships. At this point, you can write down what you see as the problem: “I’m worried about Betsy, about losing Bill as a client, and about their relationship.”

Because you have so many conflicting roles, it will be helpful to determine what parts of the problem are your issues to deal with, and what issues belong to Bill and Betsy. To do that, you may need to gather more information. At the very least, you need to look more closely at all the information you already have.

**Clarify or Further Describe the Problem**

As you untangle the complex issues in a problem, you might need to talk to different people. You may need to talk to Betsy and Bill. You can ask massage colleagues or a trusted counselor for their input—while maintaining the confidentiality of the situation, of course.

One of the questions to ask is what kind of ethical problem you’re facing—is it personal, legal, professional?

In this situation, you are dealing mostly with personal and professional issues. For example, Betsy isn’t asking that you avoid billing her insurance company for a particular session; that would be a legal issue (as well as a professional one).

Here are some of the issues you are facing in this situation:

- You must maintain Betsy’s confidentiality. This is a professional issue.
- You share some of Bill’s concern about Betsy’s well-being and hope she does pursue professional psychological counseling. This is a professional issue—clients often share personal information in bodywork sessions, and you have learned how to handle them—but it’s also personal, because you see Betsy socially on occasion.
You know that if the couple would simply share their information—if Bill knew of Betsy’s grief and pain, and if Betsy knew how frustrated Bill is at being shut out, how concerned he is for her welfare and how much he wants to move toward marriage—they would have a good chance of being able to work through these issues. This is primarily a personal issue, and although you care, you know to hold your opinion because it’s not your issue to deal with.

You suspect that Bill is angry with you for not sharing Betsy’s information and that you may lose Bill as a massage client as a result. This is primarily a professional issue; though of course you may feel hurt if Bill terminates your relationship.

As you describe the situation, you should also consider these kinds of questions: What are the consequences if someone doesn’t intervene? Are the individuals involved in any danger? For example, do you think that Betsy’s pain puts her in danger of suicide?

If this situation seems unnecessarily complex, keep in mind that it could be even more tangled. You could be Betsy’s mother. Or, you could be secretly in love with Bill and hope he and Betsy break up—in which case, you were already enmeshed in an ethical problem that you need to remedy immediately!

Decide What Actions Could Be Taken

The next two steps are related, but different. Thinking about what actions could be taken in an ethical situation is the fun part. At this point in the problem resolution process, you get to imagine an ideal world in which everybody acts as you think they should!

In this ideal world, here are some possible actions that could be taken to resolve the ethical situation:

- Betsy would go home from her painful session with you and share her feelings with Bill immediately.
- Bill would be supportive.
- Betsy would seek psychological counseling.
- Together, Betsy and Bill would resolve their lingering relationship issues.
- Bill would come in for his appointment and tell you you’re the best massage therapist ever.

It may feel silly to do, but imagining this ideal world can also be helpful. In the above situation, look at how many of the “ideal” actions involve you: except at the beginning and the end, when you give Betsy her massage and hear from Bill that you’re wonderful, you’re not even in the room! So in the real world, how many of these issues can you realistically resolve? Not too many.
Decide What Actions You Can Take

In the ideal world you imagined for the section above, Betsy probably would never have had to go through the painful experiences she released in her session, and she wouldn’t have had to repress them, either. However, we obviously don’t live in that world.

In our world, you have to decide what actions you can take—what actions you’re responsible for taking, though they may be difficult—and what actions you should not take—even not taking action may be difficult.

A more realistic list of actions that you can take includes:

- Following up with Betsy at her next session (or calling her, if her next session isn’t for several weeks), to offer a specific referral as she recovers from her intense experience.

- Reiterating to Bill (and possibly Betsy) not only what your confidentiality policy is but also the reasons why it’s vital for you to protect the confidentiality of all your clients.

- Taking some positive action for yourself to relieve your own personal feelings surrounding the situation. You need to let go of the outcome of Betsy’s session; you also need to accept that Bill may seek bodywork elsewhere.

- Seeking support, while maintaining the confidentiality of the involved parties, from a professional colleague.

You may be able to think of other actions you could take in this situation—actions that maintain your ethical integrity. However, ethically, you cannot break the confidentiality of either Bill or Betsy. This means not encouraging Betsy to confide in Bill “because he’s really worried about you”—a statement that shares Bill’s confidential information. It also means not mentioning to Betsy that Bill seems angry with you for maintaining her confidentiality—she bears no responsibility for your professional policies.

It’s tempting to want to lock Bill and Betsy in a room and force them to “talk it out.” However, that’s not your role as a massage therapist; even if you were close friends with Bill and Betsy, they might consider this kind of involvement to be interfering rather than helpful.

For people in the helping professions, including massage, NOT taking action may be more difficult than taking action—even having difficult conversations with clients can look appealing next to figuratively sitting on your hands!

Your intentions may be good, but sometimes taking action is *not* ethical behavior.
Step 11 Practice Exercise 3-2

Select the single best answer to complete the sentence. Check your answers by looking them up in the lesson.

1. In your massage therapy practice, you do bodywork on some people you know from other settings. These kinds of relationships are called _____ relationships.
   a. boundary
   b. dual
   c. familial
   d. ethically challenged

2. Professional boundaries are _____.
   a. limits you set for your practice
   b. specified by a political entity
   c. the limits of your physical “safety zone”
   d. applicable only to therapists

3. A shift in the parameters of a therapist-client relationship that causes the relationship to become ambiguous and not based on the client’s needs is a _____.
   a. boundary violation
   b. dual relationship
   c. legal boundary
   d. professional boundary

4. Legal boundaries are set by _____.
   a. political entities, such as a city or municipality
   b. professional organizations, such as the American Medical Association
   c. religious organizations
   d. you and others in your massage therapy office

5. When transference occurs, ____ become blurred.
   a. legal documents
   b. confidentiality issues
   c. personal and professional boundaries
   d. religious boundaries
6. Countertransference occurs when a ____.
   a. massage therapist bills an insurance company for a client’s session
   b. massage therapist cannot separate her feelings about a client from
      the work she performs on the client
   c. client wants to date her massage therapist
   d. client transfers responsibility for her health to her massage therapist

7. To which of the following can you release client information while
   still maintaining client confidentiality? ____
   a. the client’s spouse or significant other
   b. your own massage therapist
   c. anyone with written authorization
   d. someone checking your client’s references for a job

8. Which of the following pieces of information is exempt from
   confidentiality? ____
   a. anything a client tells you
   b. anything you keep in your computer but don’t have paper files of
   c. any medical records the client gives you
   d. none of the above

9. The first step in solving an ethical dilemma is to ____.
   a. identify the problem
   b. decide what actions should be taken
   c. determine what actions you can take
   d. clarify or further describe the problem

10. Personal boundaries are ____.
    a. the limits you set for your practice
    b. applicable only between spouses and within familial relationships
    c. specified by a political entity
    d. limits of your physical and emotional “safety zone”

Step 12 Review Practice Exercise 3-2

☐ Compare your answers to Practice Exercise 3-2 with the Answer Key at the end of this pack. Correct any mistakes you may have made.
Lesson 3—Ethics In The Therapeutic Setting

Step 13 Lesson Summary

- Ethics and massage therapy go hand in hand. Developing and sharing a personal code of ethics, staying aware of issues in dual relationships, obtaining your clients’ informed consent and respecting their right of refusal, and maintaining the confidentiality of all of your clients’ health care information are important to establishing a thriving massage practice. Because your clients are so vulnerable to you—physically and emotionally—protecting their boundaries, and yours, is a skill that is equally as important as a particular Swedish massage technique.

Massage therapists are in a unique position to help and support their clients in their personal growth. As long as you remember that your role is to help that process, not to force your clients through it, you can avoid or easily resolve the kinds of ethical issues that come up when you work with people.

Step 14 Mail-in Quiz 3

- Follow the steps to complete the quiz.
  
a. Be sure you’ve mastered the instruction and the Practice Exercises that this quiz covers.

b. Mark your answers on your quiz. Remember to check your answers with the lesson content.

c. When you’ve finished, transfer your answers to the Scanner Answer Sheet included. Use only blue or black ink on your Scanner Answer Sheet.

d. Important! Please fill in all information requested on your Scanner Answer Sheet or when submitting your quiz online.

e. Submit your answers to the school via mail, e-mail, fax or, to receive your grade immediately, submit your answers online at www.uscareerinstitute.edu.

Mail-in Quiz 3

Select the single best answer to complete each sentence.

1. ____ are values that relate to a person’s standards of right and wrong.
   
a. Boundaries
   
b. Morals
   
c. Laws
   
d. A code of ethics
2. _____ combine aspects of both laws and morals.
   a. Values
   b. Vulnerabilities
   c. An action plan
   d. Ethics

3. **Giving your clients a copy of your code of ethics _____.**
   a. is a good idea but isn't required by law
   b. is required by law
   c. should be avoided so you maintain their confidentiality
   d. is a violation of your personal boundaries

4. **When a client gives informed consent, the client understands _____.**
   a. the treatment you're offering
   b. that his participation is voluntary
   c. that he can stop his session at any time
   d. all of the above

5. **Your ability to ____ are important aspects of the communication equation.**
   a. perform Swedish and neuromuscular techniques
   b. speak slowly and print legibly
   c. communicate and listen
   d. create an original code of ethics and avoid breaches of confidentiality

6. **A dual relationship _____.**
   a. can be realistically avoided no matter what
   b. is a relationship that extends beyond the limits of the therapeutic interaction
   c. is a term that applies only to your friends, not your relatives
   d. is a relationship to hide from your clients

7. **Dual relationships may be problematic because _____.**
   a. juggling the demands of the different roles you play in each relationship can create conflicts
   b. clients with whom you have dual relationships may not pay you
   c. your ethical standards are confidential
   d. they bring you into conflict with other massage therapists
8. In your massage practice, the kinds of boundaries you will deal with most often are _____.
   a. city, state and local
   b. legal, professional and personal
   c. laws, ethics and morals
   d. visible and invisible

9. Zoning laws, state certification requirements and your ability to sell health products are all examples of ____ boundaries.
   a. legal
   b. personal
   c. professional
   d. dual

10. Your policies on client tardiness, your billing fees and your commitment to offering certain types of bodywork are all examples of ____ boundaries.
    a. legal
    b. personal
    c. professional
    d. moral

11. Your request that clients not contact you at home and your resistance to pursuing relationships with clients outside the massage practice are examples of ____ boundaries.
    a. legal
    b. personal
    c. professional
    d. moral

12. A client asks you questions about your love life and then asks you for a date. This is an example of ____.
    a. a legal boundary
    b. a confidentiality issue
    c. transference
    d. countertransference

13. A boundary violation is a(n) _____.
    a. shift in the limits of a client-massage therapist relationship
    b. inevitable consequence of an intense massage session
    c. way for your competitors to learn your trade secrets
    d. action punishable by law
14. You leave your office after a difficult session and feel disheartened because your last client (who reminds you of your needy younger sister) isn’t making any progress. You find yourself obsessing about this client between sessions. This is an example of _____.
   a. a legal boundary
   b. a confidentiality issue
   c. transference
   d. countertransference

15. At Sunday dinner at your mother’s house, you and your sister have yet another yelling match. You are scheduled to give her a massage on Wednesday, but you do not feel comfortable doing so since you are so angry with her. To handle this dual relationship in an ethical manner, you may _____.
   a. ask your mother to talk some sense into your sister
   b. lock your office door just before her appointment and pretend not to be there
   c. prepare for her massage by selecting music and aromatherapy oils that you know she hates
   d. call her before her session and resolve the conflict—or recommend that she see someone else for massage

16. You and your husband separate painfully after you discover he’s had an affair. That week, a client acknowledges to you that she’s contemplating an affair. Ethical behavior for a massage therapist in this situation includes _____.
   a. telling her how your husband’s affair has devastated you
   b. considering terminating your massage therapist-client relationship while you are so vulnerable
   c. warning her that she’s about to make a terrible mistake
   d. calling her husband to let him know

17. Keeping information about your clients’ confidential _____.
   a. is a good idea but isn’t required by law
   b. is required by law
   c. involves a lot of unreasonable record-keeping
   d. risks the quality of your clients’ massage experience
18. **Examples of the kind of information you’re required to keep confidential include _____.**
   a. anything the client tells you in a session
   b. anything you enter into a computer, such as entering billing information into a spreadsheet
   c. any documented health information about a client
   d. all of the above

19. **The best way to resolve ethical dilemmas is to _____.**
   a. do your best to avoid them by maintaining high ethical standards and firm boundaries
   b. ask all the parties involved to set aside their differences for your sake
   c. bring another massage therapist into your next session with the “problem client” and ask for her advice
   d. encourage all your clients to share their issues with their spouses

20. **When you’re in a situation that you suspect might be an ethical problem, the best strategy for determining whether it is, is to _____.**
   a. use your feelings of discomfort as a signal
   b. write down what you are worried about, while preserving your client’s confidentiality
   c. ask an uninvolved colleague for advice, while preserving your client’s confidentiality
   d. all of the above

21. **When a client directly or indirectly asks you to violate another client’s confidentiality, an ethical way to resolve the issue is to _____.**
   a. tell what you know—he means well, and it will work out better if he knows
   b. gently remind him of your confidentiality policies
   c. conduct the rest of his session in silence to indicate your “closed-mouth” approach to confidentiality
   d. blow up at him to make your point

22. **As you try to clarify an ethical situation, it’s helpful to label the issues involved. Such issues can be _____.**
   a. personal
   b. professional
   c. legal or business
   d. all of the above
23. Once you understand the complexity of an ethical issue, the next helpful step might be to _____.
   a. move your massage practice to avoid the “problem” clients
   b. ask everyone involved in the issue to dinner to discuss solutions
   c. imagine an ideal world and list all the actions everybody should take in this world
   d. call your client’s spouse or significant other for advice

24. As part of the final step in resolving an ethical issue, you separate _____.
   a. actions of others from actions that ethically are your responsibility
   b. actions to take today from actions to take tomorrow
   c. client issues from legal issues
   d. personal boundaries from dual relationships

25. As a member of the healing profession, you are dedicated to your client’s emotional and physical well-being. ____ may be the most difficult part of resolving an ethical situation.
   a. Keeping your legal boundaries from being violated
   b. Developing and distributing a new code of ethics
   c. Not acting when it’s not your responsibility, even though you believe that your actions could resolve an issue
   d. Adding to your network of other health care providers
Congratulations

You have completed Lesson 3,
Ethics In The Therapeutic Setting

Do not wait to receive the results of your quiz before you move on.
Step 1  Learning Objectives

- After completing this lesson, you’ll be trained to do the following:
  - Explain the basic components of human biology.
  - Identify and describe the different planes and sections of the human body.
  - Define the terms used to describe movements of the body.

Step 2  Lesson Preview

- In the previous three lessons you’ve learned about the history, the different styles, and the ethics of massage therapy, and you’ve developed a strong foundation upon which to build your education. Are you ready to begin?

  Massage therapists are healers. As you learned from all the different approaches to massage, massage therapists work on the entire body, from the top of the head with cranial-sacral therapy to the bottom of the feet with reflexology, and everywhere in between. Massage therapists know the human body like the back of their hands—no pun intended! A detailed knowledge of the human body will help you provide accurate assessment and effective treatment to your clients. A massage therapist can “see” the muscles, tissues, organs and bones beneath a client’s skin.
For the next several lessons, you’ll learn about the study of human anatomy as it relates to massage therapy. Because you’re human, you’ll be learning a lot about yourself! You’ll grow in your understanding of the human body and the specialized terms that health professionals use to talk about the body.

In this lesson, you’ll learn about anatomy in the context of your daily life and about how you will use this knowledge in your massage therapy practice. First, you’ll learn about how massage therapists and other healthcare practitioners describe the different parts of the body. There’s less chance for confusion if everyone’s using the same vocabulary. Then, you’ll learn about different joints and how the body moves.

Being clear and exact is very important in the healthcare field, so there is a lot of terminology to absorb. Don’t let the new words scare you. One of the best aspects of learning with U.S. Career Institute is that you can study at your own pace and in your own style. Do you like to read through everything once, then go back and tackle the details? Or do you prefer to work through your lessons line-by-line? Do you make flashcards, take notes or highlight important parts? Experiment and discover which approach works best for you. Most importantly, have fun! Anatomy is the study of you!

**Step 3 What Is Human Biology?**

- **Human biology** is the study of how the body is put together and how it works in health and disease. While you don’t need to become an expert in biology, an understanding of biology basics and anatomy and physiology will provide you a solid foundation for the more in-depth anatomy that you’ll learn later in your course.

Human biology in the healthy state includes two basic concepts: anatomy and physiology. Human biology in disease deals with pathology. Look at the following illustration to see how these concepts are related:

![Diagram of Biology, Health, Disease, Pathology, Anatomy, Physiology]

*Biography deals with health and disease.*

We’ll discuss each of these topics in more detail. Remember, your goal is not to become an expert in biology, but to understand the basic terms and concepts that will be useful in your career as a massage therapist.
Anatomy

Anatomy is the science of the structure of the body—the structure and relationships of body parts. The two kinds of anatomy are gross anatomy and microscopic anatomy.

- **Gross anatomy** (also called macroscopic anatomy) includes parts of the body that can be studied without a microscope.

- **Microscopic anatomy**, or cell anatomy, includes parts of the body that have been revealed by a microscope.

The two kinds of anatomy are gross anatomy and microscopic anatomy.

Gross Anatomy

In gross (macroscopic) anatomy, we are concerned with the presence and structure of a body part.

The study of the form of body parts is called morphology. The form of a body part includes its size, shape, color, contour and texture. For example, when a kidney is normal in size, shape, color, contour and texture, we say it has normal morphology.

A basketball player and a jockey both have the same anatomical structure.
A basketball player and a jockey both have the same anatomic structure. For example, they both have five fingers on each hand. However, there is a morphologic difference between them. For example, the hand of the basketball player is larger than the hand of the jockey.

**Facts About Gross Anatomy**

The terms used to describe gross anatomy include:

- The names of the body parts
- The location of body parts
- The relationship between the locations of body parts

Gross anatomy also deals with the location and position of the organs and body parts. For example, not only should the heart be in the chest, but it should be in the left side of the chest.

**Microscopic Anatomy**

**Microscopic (cell) anatomy** is the science of the body’s individual cells and tissues. We use a microscope to study this kind of anatomy. As a massage therapist, the only type of microscopic anatomy that you will study is about neurons—cells in the nervous system.

**Physiology**

**Physiology** is the study of how the body works; it describes the function of the body and its organs, tissues and cells. Each organ, cell, or tissue has its own special physiologic function. For example, kidneys filter blood, but they cannot think. The brain thinks, but it cannot filter blood.

We can also divide physiology into macroscopic physiology and microscopic physiology.

- **Macroscopic physiology** is usually called gross physiology.
- **Microscopic physiology** is usually called cell physiology.
### Step 4  Pathology

- **Pathology** is the study of human biology when anatomy and/or physiology have become abnormal. Some diseases and pathologic conditions are **contraindications** to massage—meaning that massage should not be performed on the person or on particular regions of the body, depending on the condition. You’ll learn the contraindications to massage a bit later in the course. At that point, you’ll be able to discern when or how to treat certain conditions, when not to treat a client, when to refer the client to another practitioner, and how to keep from causing harm to a client with a particular condition.

### Step 5  Practice Exercise 4-1

- Using words from the following list, fill in the blanks in the sentences below. Not all terms will be used.

<table>
<thead>
<tr>
<th>morphology</th>
<th>anatomy</th>
<th>pathologic</th>
</tr>
</thead>
<tbody>
<tr>
<td>pathology</td>
<td>physiology</td>
<td>biology</td>
</tr>
<tr>
<td>morphologic</td>
<td>gross anatomy</td>
<td>assessment</td>
</tr>
</tbody>
</table>

1. Anatomy, physiology and pathology are included in the study of life called human _________________________.

2. When there are changes in the form of an organ, such as size, shape or color, they’re called ________________________ changes.

3. The science of the structure and relationships of body parts is called _________________________.

4. The study of the function of body parts is called _________________________.

5. The study of disease is called _________________________.

### Step 6  Review Practice Exercise 4-1

- Compare your answers to Practice Exercise 4-1 with the Answer Key at the end of this pack. Correct any mistakes you may have made.
Step 7  The Anatomical Position

Now that you have a basic understanding of what human biology is about, you're ready to move on into the more specific science of anatomy and physiology. As a massage therapist, you'll often refer to various anatomical regions of the body.

Massage therapists and other health care practitioners use a system to describe the location of anatomical parts. This system assures that there is no confusion about the location of any parts, even if the client is hanging by the feet doing yoga.

The location of body parts is always described as if the patient were in the position shown below. This body position is called the anatomic position.

Notice the position of the hands in the figure. The palms are facing forward, and the thumbs are facing outward. No matter what the position of the client, the therapist will describe the location of anatomical parts as if the client were always in this position.

Now, stand up and put your body in the anatomic position. Focus on how this position feels to you and keep a picture of it in your mind as you study the rest of this lesson. All the terms you'll learn in this lesson are based on the relationships of body parts when the body is in this position.

Facts About Terminology

There is no difference between the meanings of the words anatomic and anatomical, morphologic and morphological, physiologic and physiological. Both versions of the words are correct—deciding which form to use is solely a matter of preference.

Step 8  Planes and Sections of the Human Body

The human body has three dimensions: height, width and depth. As we talk about human anatomy and physiology, you’ll find it helpful to be able to refer to different portions and sections of the body. You will need to know and understand these references in your work as a massage therapist.
Facts About Body Portions
To identify portions, you can refer to the body in three different ways:
- Top and bottom portions
- Right and left portions
- Front and back portions
- The location of body parts
- The relationship between the locations of two body parts

Dividing the body like this can help you understand and remember where organs or parts are located. You can divide the body into these portions by making a mental “slice” or “cut.” This slice or cut is called a section. Sections occur along planes: imaginary flat surfaces that divide the body into parts.

Facts About Body Sections
There are three basic body sections:
- A **transverse** section divides the body into top and bottom parts.
- A **sagittal** section divides the body into right and left parts.
- A **coronal** section divides the body into front and back parts.

Transverse Sections and the Transverse Plane
The **transverse plane** or **horizontal plane** divides the body into top (**superior**) and bottom (**inferior**) portions. A section made along the transverse plane is called a **transverse section**. We refer to transverse sections anywhere in the body from the bottom to the top. Look at these examples:
- A transverse section at the neck divides the body into top and bottom portions. The head is above the section. The chest, arms, abdomen and legs lie below the section.
- A transverse section at the waist also divides the body into top and bottom portions. The head, chest and arms are above the section. The pelvis and legs are below the section.
- A transverse section at the level of the knees divides the body into top and bottom portions, too. The thighs, abdomen, chest, arms and head are above the section. The calves and toes are below the section.
**Sagittal Sections and the Sagittal Plane**

A *sagittal section*, also called a *longitudinal section*, divides the body into right and left parts. A sagittal section occurs along a vertical plane, as the drawing shows. If a sagittal section divides the body into equal right and left halves, then we call it a *midsagittal* or *median section*. The midsagittal section is the midline of the body. We can identify a sagittal section made at any point of the body, from the left side to the right. A *parasagittal* section divides the body into unequal left and right sections.

A midsagittal section divides the body into equal left and right halves, while a parasagittal section (shown here as the plane slightly off center) divides the body into unequal left and right portions.
Coronal Sections and the Coronal Plane

A coronal section, also called a frontal section, divides the body into anterior (front) and posterior (back) portions. We can identify coronal sections at any point from the front of the body to the back of the body.

A coronal section at the level of the ears divides the body into front and back halves. The face, abdomen and knees are in front of the section. The back, buttocks and ankles are behind the section.

A coronal section made at the level of the nose divides the body into front and back portions. The nose is anterior to (in front of) the coronal section. Everything else is posterior (behind).

You can divide the body and each organ using any of the sections. For example, a midsagittal section of the liver would divide the liver into two equal left and right halves.
Study the definitions of these sections until you can form a mental image of them. You can remember these concepts more easily if you picture the planes using your own body as a guide.

### Step 9  Practice Exercise 4-2

- Using words from the following list, fill in the blanks in the sentences below. Some terms will be used more than once. Not all terms will be used.

<table>
<thead>
<tr>
<th>horizontal</th>
<th>coronal</th>
<th>longitudinal</th>
</tr>
</thead>
<tbody>
<tr>
<td>midsagittal</td>
<td>transverse</td>
<td>slice or cut</td>
</tr>
<tr>
<td>anatomical position</td>
<td>frontal</td>
<td>median</td>
</tr>
<tr>
<td>parasagittal</td>
<td>sagittal</td>
<td></td>
</tr>
</tbody>
</table>

1. When the arms are at the side, the palms of the hands are facing forward and the thumbs are pointing outward, the body is in the ________________________________.

2. A ___________________________ section is also called a horizontal section.

3. A ______________________________ section divides the body into unequal left and right portions.

4. A frontal section is also called a ______________________________ section.

5. A ______________________________ section divides the body into superior and inferior portions.

6. A longitudinal section is also called a ______________________________ section.

7. A ______________________________ section divides the body into anterior and posterior portions.

8. A ______________________________ section divides the body into equal left and right portions.

9. A midsagittal section is also called a ______________________________ section.

10. A section is a mental ______________________________.
Lesson 4—Anatomical Terms and Locations

Step 10 Review Practice Exercise 4-2

- Compare your answers to Practice Exercise 4-2 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

Step 11 Anatomical Parts and Locations

- When massage therapists describe the location of anatomic parts, they use terms that relate the location of one part to another part. Various terms describe the relative locations of body parts and organs. These terms rely on the anatomical position and the anatomic sections you have just learned.

A Fact About Anatomic Location Terms

Anatomic location terms usually occur in antonym pairs. Each word of an antonym pair means the opposite of the other word; for example, above and below, or left and right.

If you draw a transverse plane through the body or an organ, these words describe anything above or below that plane.

- **Superior** means above.
- **Inferior** means below.
- **Cephalad** means toward the top of the head.
- **Caudal** (or caudal) means toward the tail, or in the opposite direction from the head. So in terms of the human body, caudal means toward the feet.
Keep in mind that you will always use the anatomic position as the reference point for anatomic locations. For instance, the head is *always* superior to the shoulders, even if your client is standing on his head! This is because in the anatomic position, the head is above, or superior, to the shoulders.

If you draw a sagittal (longitudinal) plane through the body or an organ, these words describe anything closer to or farther away from that plane.

- **Medial** means closer to the sagittal plane or midline.
- **Lateral** means farther away from the sagittal plane or midline.

Another example using the anatomical position as the reference point is that the thumb is *always* lateral to the little finger, even though your client can stand with the thumb closer to the midline.

If you draw a coronal (frontal) plane through the middle of the body or an organ, these words describe anything in front of or behind that plane.

- **Anterior** means in front of.
- **Posterior** means in back of.
- **Ventral** means on the belly side.
- **Dorsal** means on the back (spine) side.
Using the anatomical position as a reference point again, the palms are *always* anterior to the back of the hand.

![The palms are always anterior to the back of the hand.](image)

Look at some examples of how to use these words. To help you apply the terms, compare these statements to your own body positions and location of parts. Be sure your body is in the anatomic position when you match the statements with your own body’s structure.

- The right thumb is lateral to the right little finger.
- The right little finger is medial to the right thumb.
- The chest is cephalad to the knee.
- The knee is caudad to the chest.
- The chin is anterior and superior to the heel.
- The heel is posterior and inferior to the chin.
- The navel is medial and anterior to the elbow.
- The elbow is lateral and posterior to the navel.

Sometimes you will need to describe the position of a body part relative to where it is within the body as a whole. The following terms are used in those situations. Examples of how to use these words follow the terms.

- **Proximal** means nearer to the center of the body or organ or nearer the root of a limb. For example, the shoulder is proximal to the hand. The knee is proximal to the foot.

- **Distal** means farther away from the center of the body or organ or root of a limb. For example, the hand is distal to the shoulder. The foot is distal to the knee.
● **Superficial** means on or closer to the skin or surface of an organ. For example, the calf muscle is superficial to the calf bone. The skin is superficial to the muscles.

● **Deep** means under or farther away from the skin or surface of an organ. For example, the heart is deep to the ribs. The muscles are deep to the skin.

● **Central** means within or near the center. For example, the heart is central within the rib cage.

● **Peripheral** means at or near the rim or edge. For example, you can easily see the peripheral veins of the arms and hands.

● **External** means outside or closer to the skin or surface of an organ. For example, the scalp is external to the skull. (Sometimes *external* is used synonymously with *lateral*. For instance, lateral rotation and external rotation refer to the same body movement.)

● **Internal** means inside or farther away from the skin or surface of an organ. For example, the lungs are internal to the ribs. (Sometimes *internal* is used synonymously with *medial*. For example, internal rotation and medial rotation refer to the same body movement.)

Some things in the body, such as blood cells, fluid or nerve messages, can move. The next two terms describe body parts that carry things that move.

● **Afferent** means carrying toward a body part or the center of an organ. For example, an afferent neuron (nerve cell) is a nerve that carries nerve messages to the brain from a muscle.

● **Efferent** means carrying away from a body part or the center of an organ. For example, an efferent neuron is a nerve that carries nerve messages away from the brain to a muscle.

The following terms describe whole body or body part positions. These terms can be used when the body is in any position, not just the anatomic.

● **Prone** means the body or body part is facing down.

● **Supine** means the body or body part is facing up.

The hand can be in a prone or supine position, as can the feet. (Supination of the feet is a term for a combination of inversion and plantar flexion—terms you’ll learn later in this lesson.) Although it’s a bit of a gymnastics exercise to put your feet into the supine position—try it!
Lesson 4—Anatomical Terms and Locations

Step 12  Practice Exercise 4-3

Match the correct meaning to the location terms below.

1. ____ anterior  
2. ____ posterior  
3. ____ distal  
4. ____ external  
5. ____ inferior  
6. ____ proximal  
7. ____ internal  
8. ____ superior  
9. ____ medial  
10. ____ peripheral

Step 13  Review Practice Exercise 4-3

Compare your answers to Practice Exercise 4-3 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

Step 14  Joints and Connective Tissues

Now that you can identify different areas of the body, you’re ready to learn about how those areas move. Joints and connective tissue make body movement possible. Let’s examine each of these. (Lesson Review Idea: Don’t just read about body movements. Turn on the radio, find a song you can dance to and act out each of the body movements you learn. It’s a fun way to study your anatomy, and you might just learn a few dance moves in the process!)
With every move your body makes, your joints—actually your synovial and cartilaginous joints—are working to allow that move to happen. Joints are areas where bones come into close contact with one another. They are formed by two articulating bones, which means that the bones fit into each other, and depending on the way they fit, the joint allows particular actions and doesn’t allow others. For instance, you can easily bend your elbow in an anterior direction but you can’t bend it the other way. And your elbow joint extends, or straightens, easily but it won’t move sideways. (These are qualities of a hinge joint, which we’ll discuss a little later in this section.)

Joints allow the human body to make thousands of combinations of movements. The most easily recognized joints are those that allow movement of different parts of your body such as the joints in your hips, knees and elbows. However, not all joints are designed to allow the same range of movement. The different types of joints in our bodies are generally classified by the type of connective tissue in the joint and how much movement the joint allows:

- **Fibrous joint.** This class includes all joints where the surfaces of the bones are joined by dense, fibrous connective tissue. An example of a fibrous joint is a suture that is found between plates of bone in the skull. These joints in the skull allow for growth but fuse at maturity to provide protection for the brain. Although medical texts classify fibrous joints as immovable, cranio-sacral therapists are trained to sense extremely subtle movements in fibrous joints of the head.

- **Cartilaginous joint.** Bones in this class of joint are joined by fibrocartilage, a tough, rubbery tissue consisting of dense fibers. Cartilaginous joints allow for slight movement. The pubic bones of the pelvis and the intervertebral disks between bodies of vertebrae are connected by cartilaginous joints.

- **Synovial joint.** Synovial joints are also known as freely moveable joints. Most of the joints in the body, including the hip and shoulder, are in this class and are designed to allow a specific range of motion. Synovial joint cavities contain several different types of connective tissues. (We’ll cover this after we discuss types of synovial joints.)
Synovial Joint Classifications

Take a moment to get up and move around. First, with your hand in the supine position (face up), crook your finger as if you’re asking someone to come toward you.

Feel those joints moving? Those are hinge joints; they work like a door hinge that swings in and out.

Now lift your arm and move it around in a circle. The joint in your shoulders that allows this movement is called a ball and socket joint.

Although you’ll learn about specific synovial joints later in the course, let’s take a moment to overview the six types of synovial joints, so you get a better understanding of the mechanisms that allow us to move.

<table>
<thead>
<tr>
<th>Type of Joint</th>
<th>Description</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hinge joint</td>
<td>Allows movement in one plane, changing the angle of the bones at the joint</td>
<td>Elbow and ankle joints</td>
</tr>
<tr>
<td>Plane or gliding joint</td>
<td>Bone surfaces slide over each other</td>
<td>Hand and spinal joints</td>
</tr>
<tr>
<td>Condyloid or ellipsoid joint</td>
<td>Allows movement in two planes</td>
<td>Knuckle and wrist joints</td>
</tr>
<tr>
<td>Ball and socket joint</td>
<td>Allows movement in all planes</td>
<td>Shoulder and hip joints</td>
</tr>
<tr>
<td>Pivot joint</td>
<td>Allows rotation within the joint</td>
<td>Joint between first and second vertebrae</td>
</tr>
<tr>
<td>Saddle joint</td>
<td>Allows movement in two directions (like a ball and socket except with limited rotations) but with deeper articulating surfaces</td>
<td>Thumb joint</td>
</tr>
</tbody>
</table>

Synovial joints are incredible mechanisms; they allow our bodies to move in a variety of ways. But if bones move against other bones, what keeps them from wearing down or squeaking like your car brakes do when you need new brake pads? The answer is connective tissue, which lubricates, stabilizes and protects the joints. Synovial joints are supported by fibrous connective tissue, which we’ll look at in more depth in the next step.
Connective Tissues

Connective tissue is the supporting fabric of the body. There are many types of this supporting fabric in our bodies—from adipose (fatty) tissues that support our eyeballs to cartilage that supports our external ear. Let’s examine these connective tissues:

- **Cartilage**: Even though bones articulate, bone rubbing against bone is not a good thing. Hyaline cartilage is a rubbery, smooth tissue that coats the ends of articulating bones, shaping them for an exact fit and protecting the bony tissue. It also absorbs impact just like a rubber bumper when our bones are jarred. And though we don’t think about it, our bones are jarred all the time. Have you ever had someone step on your foot? Then you know how much force your own foot has to absorb over and over while you walk. The cartilaginous protection of the bones is essential.

  Cartilage is also found in other places in the body besides the ends of bones. For instance, the external part of your ears is composed of elastic cartilage. Also, there are two crescents of fibrocartilage in the knee that provide further shock absorption for the knee joint. In your work as a massage therapist, you’re likely to encounter injured knee joints, so you’ll learn a little more about the shock absorption quality of cartilage later in the course.

- **Joint capsule**: The entire synovial joint is surrounded by a joint capsule of tough tissue that has an extraordinary membrane on its inner side. This membrane makes synovial fluid, a lubricant that squeezes in and out of the cartilage every time we move our joints. As it squeezes, it nourishes the cartilage. And the lubricant is better than anything science can duplicate. Synovial fluid fills the joint space inside the joint and covers the smooth surface of the cartilage, bringing friction inside the joint down to almost nothing.

- **Ligaments**: Since the articulating bones have a joint space between them, and since the joint capsule isn’t quite strong enough to hold the joint together (and you don’t want the capsule to tear and leak that wonderful synovial fluid), something more is needed to connect the bones to each other. Ligaments connect bone to bone at the joints and help restrict range of motion (ROM). Ligaments are very strong—fiber for fiber, as strong as steel. When you try to bend your elbow backwards and it won’t go, it is the ligaments of the elbow joint that are keeping your elbow straight. If those ligaments tear, the elbow can actually bend backwards a little before the shape of the bones make the movement stop. So ligaments protect the stability of joints. If a ligament tears you can actually hear it snap. And a torn ligament is a worse injury than breaking a bone because ligaments have low blood supply and don’t heal very well once they’re injured.
- **Periosteum**: Periosteum is a membrane that covers the outside of the bone (except at the joint). This membrane also delivers nutrients to bones and provides an anchor for ligaments. If you’ve ever banged your shin into the coffee table in the middle of the night, the resulting pain came partially from the many nerve fibers of the periosteum.

- **Bursa**: A bursa is a small capsule filled with synovial fluid that protects tissues that would otherwise get too much friction. When inflamed, you can actually feel the bursa, or bursae (plural).

![Diagram of knee joint with bursa and tendons](image)

- **Tendons**: Tendons are tough, fibrous connective tissues that connect muscles to bones.

- **Fascia**: Fascia is net-like connective tissue that wraps our organs and muscles, supporting them and giving them their shape. Although structured to be tough, fascia is designed to allow free and easy movement.

You’ve probably seen the “marbling” on a steak. This marbling is the combination of fat and fascia that supports the meat and holds it together. If you look closely, you’ll notice that fascia is abundant on the meat. In our bodies, fascia is just as prevalent.

Have you ever noticed how soft and smooth an infant’s muscles feel? While you can feel the subtle shape of an infant’s muscle, the muscle still feels a little like jello. In infants, fascia is *free fascia* because it does not bind in any way.

![Infant](image)
This is why babies can suck their toes with little effort! But as we age (or if we overuse or misuse our muscles), fascia becomes thicker and begins to bind muscle cells, which interferes with the blood supply to those cells. Eventually, the affected muscle cells are replaced with fibrous connective tissue and cannot be rehabilitated. This condition is called fibrosis.

Now that you have a basic understanding of the types of joints and tissues in our bodies, let’s take a look at the actual movements that these wonderful mechanisms allow us to do.

**Step 15  Movements of the Body**

- Picture a professional dancer or other athlete in action. Their movements illustrate powerful, graceful and complex movements that the human body is capable of. All humans, whether athletes or not, perform countless coordinated movements throughout our lifetimes. These movements occur at the synovial joints. And each synovial joint is designed to perform specific movements—or has a specific range of motion (ROM).

**Range of Motion (ROM)**

As a massage therapist, you’ll often work with a client’s range of motion. As you know, each synovial joint performs a particular range of motion. For instance, the elbow joint can only bend and straighten (flex and extend), whereas the shoulder joint can raise, lower, open wide, hold close and roll around (flex, extend, rotate, abduct, adduct and circumduct—all terms you’ll learn in the next section).

Walking up steps is an example of active range of motion.
Lesson 4—Anatomical Terms and Locations

There are two types of ROM. **Active ROM** is a motion you can do yourself just by telling yourself to do it. For instance, you know your favorite book is at the top of the stairs, so you decide to walk up them to get your book. For people with unrestricted ROM, this movement requires only the thought and initiative to move one foot in front of the other.

**Passive ROM**, on the other hand, occurs when a joint is moved by someone or something else. For example, you can bend your wrist backwards (hyperextend) by telling yourself to perform this active ROM. However, if you apply pressure to further hyperextend the wrist, you are performing a passive ROM that cannot be achieved without the added pressure of your other hand.

The interaction between synovial joints and muscles is what allows us to dance, play, work and even bend over to pick up a penny! When ROM is restricted, people’s lives are restricted. Helping to restore a person’s ROM— and therefore improve the quality of his or her life—can be a big part of the satisfaction of being a massage therapist.

**Classifications of Movements**

Just as we learned that joints are broadly classified by the type of connective tissue and amount of movement allowed, movements themselves are also classified into categories based on the type and location of the body movement. As you read about each movement, perform the movement yourself. Can you feel the joint where the movement originates?

**Flexion** is movement that bends a joint so that the angle between two body parts is decreased and the parts come close together. This movement (and its opposite, extension) takes place along the sagittal plane.

**Extension** is the opposite of flexion. Extension causes the parts at the joint to straighten out or open so that the angle between the body parts is increased and the parts move farther apart.
**Adduction** of a joint brings a body part closer to the midline of the body or the midline of the hand or foot in the case of fingers or toes. (To avoid confusion with the term *abduction*, *adduction* is often spoken aloud by saying, “A-D-duction.”)

**Abduction** is the opposite of adduction and moves a body part away from the midline of the body or midline of the hand or foot along the coronal plane (sideways). Abduction of the fingers and toes involves spreading them apart. Remember that *abduct* generally means carry away. Both adduction and abduction pertain only to the appendages. (For instance, the arm or upper limb is an appendage of the torso, and the hand is an appendage of the upper limb.)
**Rotation** is the turning movement of a bone around its own long axis and involves movement in the transverse plane. Turning your head while driving a car is an example of simple rotation.

Rotation of the neck

**Medial rotation** (or medial roll) is an inward or internal movement of a body part toward the midline of the body.

Medial rotation of the shoulder

**Lateral rotation** (or lateral roll) is the opposite of medial rotation and causes an outward or external movement of the body part away from the midline of the body. Medial and lateral rotation occur at the shoulder and hip joints and passively in other joints.

Lateral rotation of the hip and knee
Circumduction is movement of a body part so that its end follows a circular path. It is a combination of extension, adduction, flexion and abduction and occurs in the shoulder and hip joints and in the thumb, knuckles and wrist. It also occurs passively in the toe joints. An example of circumduction is the shoulder movements involved in rowing or paddling.

Circumduction of the shoulder

Lateral flexion is a movement of the head or trunk sideways from the midline of the body. This movement is sometimes referred to as side bending.

Lateral flexion of the trunk

Pronation involves turning the hand so that the palm faces down.

Supination involves turning the hand so that the palm faces upward and is in a supine (face up) position. An easy way to remember this is that your palm would be in a supine position to carry a bowl of soup!

Opposition occurs when the thumb pad moves toward and touches other anterior pads of the fingers. This is the only location where opposition occurs.
**Inversion** occurs when the foot moves medially so the sole faces inward or if the foot is positioned so toes turn in (pigeon-toe).

**Eversion** involves turning the foot laterally so the sole faces away from the body or if the foot is positioned with toes splayed out (splayed foot). Both inversion and eversion involve several joints of the foot.

![Eversion of the foot](image1)

**Plantar flexion** is the movement at the ankle joint that occurs when the toe is pointed. For instance, when the foot is stepping on an accelerator pedal in a car, the ankle is in a plantar flexion movement. Ballerinas and gymnasts frequently have their feet in a plantar flexion movement.

**Dorsiflexion** involves upward flexing of the foot at the ankle such as when letting off the accelerator in a car and the toes move toward the shin. Both plantar flexion and dorsiflexion occur only at the ankle.

![Plantar flexion of the ankle](image2)

![Dorsiflexion of the ankle](image3)
**Protraction** refers to moving a body part anterior or forward in the transverse plane so that it sticks out.

**Retraction** occurs when a body part moves posterior or backwards (retreats) in the transverse plane so that it pulls back. Both protraction and retraction pertain to the clavicle (collarbone), head and jaw.

![Protraction of the jaw](image1) ![Retraction of the jaw](image2)

**Elevation** is movement superiorly or upward along the coronal plane. You can elevate your shoulders by lifting them up.

**Depression** is movement inferiorly or downward. You can depress your shoulders by having them sag.

**Gliding** is a movement that occurs when the bones of a joint slide across each other. Sometimes it occurs with a lot of motion, like when the jaw glides back and forth. Other times, gliding occurs with only a minimal motion. For instance, when we hold items with our hands, the small bones of the wrist and hand slide slightly.

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### Step 16 Practice Exercise 4-4

Using the words from the following list, fill in the blanks in the sentences below. Not all terms will be used.

<table>
<thead>
<tr>
<th>extension</th>
<th>adduction</th>
<th>supination</th>
<th>cartilaginous joint</th>
</tr>
</thead>
<tbody>
<tr>
<td>flexion</td>
<td>opposition</td>
<td>depression</td>
<td>eversion</td>
</tr>
<tr>
<td>synovial joint</td>
<td>retraction</td>
<td>circumduction</td>
<td>lateral rotation</td>
</tr>
<tr>
<td>fibrous joint</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. The ________________________ is the most common type of joint in the body. The hip and shoulder are in this class and are designed to allow a wide range of motion.

2. The ________________________ type includes all joints where the surfaces of the bones are in almost direct contact and are not moveable.
3. ____________________________ is movement of a body part so that its end follows a circular path. It is a combination of extension, adduction, flexion and abduction and occurs only in the shoulder and hip joints.

4. The ____________________________ allows only slight movement.

5. ____________________________ involves turning the hand so that the palm faces upward.

6. ____________________________ occurs when the thumb pad moves toward and touches other anterior pads of the fingers.

7. ____________________________ involves turning the foot laterally so the sole faces away from the body.

8. ____________________________ occurs when a body part moves posterior or backwards in the transverse plane.

9. ____________________________ is movement inferiorly or downward.

10. ____________________________ is the opposite of flexion and causes the parts at the joint to straighten out or open so that the angle between the body parts is increased and the parts move farther apart.

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**Step 17  Review Practice Exercise 4-4**

- Compare your answers to Practice Exercise 4-4 with the Answer Key at the end of this pack. Correct any mistakes you may have made.

**Step 18  Lesson Summary**

- This lesson brings you further along in your journey to become an effective massage therapist and health care professional. Anatomy is an integral part of every aspect of massage therapy, and now you recognize many important terms.

  This lesson explained the basics of human biology—the study of how the body is put together. Human biology in the healthy state includes anatomy and physiology. Human biology in disease deals with pathology. Anatomy is the science of the structure of the body—the structure and relationships of body parts. Physiology is the study of how the body works—it describes the function of the body, and its organs, tissues and cells.
When health care professionals describe the location of anatomical parts, they refer to the anatomic (or anatomical) position and the anatomic sections (transverse, sagittal and coronal) with the corresponding anatomic planes. There are also specific location terms used by health care professionals to describe the relative locations of body parts.

As a massage therapist, you’ll be working with your clients’ fibrous, cartilaginous and synovial joints. And you know that joints are classified by the type of connective tissue and amount of movement allowed.

Movements also are classified based on type of movement and location. Some movements take place only in one plane, such as rotation, which moves along the transverse plane. Others, such as circumduction, may take place along two or more planes.

You are already on your way to becoming a knowledgeable and successful massage therapist! You can begin to “talk the talk”—massage talk, that is.

Take a few moments to complete your quiz. And in the next instruction pack, you’ll add to your anatomy knowledge base and begin to “walk the walk” by learning specific Swedish massage techniques!

**Step 19 Mail-in Quiz 4**

- Follow the steps to complete the quiz.
  - a. Be sure you’ve mastered the instruction and the Practice Exercises that this quiz covers.
  - b. Mark your answers on your quiz. Remember to check your answers with the lesson content.
  - c. When you’ve finished, transfer your answers to the Answer Sheet. Use only blue or black ink.
  - d. **Important!** Please fill in all information requested on your Answer Sheet or when submitting your quiz via e-mail.
  - e. Submit your quiz to the school via mail, e-mail or fax.
Mail-in Quiz 4

For items 1 through 10, fill in the blank with the appropriate term or phrase from the list below.

<table>
<thead>
<tr>
<th>anatomy</th>
<th>histology</th>
<th>physiology</th>
</tr>
</thead>
<tbody>
<tr>
<td>endocrinology</td>
<td>pathology</td>
<td>reverse</td>
</tr>
<tr>
<td>forward</td>
<td>ventral</td>
<td>transverse</td>
</tr>
<tr>
<td>sagittal</td>
<td>coronal</td>
<td>supine</td>
</tr>
<tr>
<td>longitudinal</td>
<td>midsagittal</td>
<td>cartilaginous</td>
</tr>
<tr>
<td>rotation</td>
<td>bursa</td>
<td>prone</td>
</tr>
<tr>
<td>circumduction</td>
<td>synovial</td>
<td>fascia</td>
</tr>
</tbody>
</table>

1. The study of the human body when anatomy and/or physiology are abnormal is ____________________________.

2. The ____________________________ joint is surrounded by a joint capsule.

3. The science of ____________________________ studies the structure of the body—the structure and relationships of body parts.

4. A ____________________________ section divides the body into front and back parts.

5. A section that divides the body into equal right and left halves is called a ____________________________ section.

6. When the palm faces upward, it is in a ____________________________ position.

7. A ____________________________ section divides the body into top and bottom parts.

8. ____________________________ is connective tissue that wraps our organs and muscles, supporting them and giving them their shape.

9. In the anatomic position, the palms face ____________________________.

10. Turning your head while driving is an example of ____________________________.
For items 11 through 20, match the term(s) in the left column with the appropriate definition from the right column.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. ____ flexion</td>
<td>a. movement where the angle between body parts is increased</td>
</tr>
<tr>
<td>12. ____ abduction</td>
<td>b. movement of the jaw inferiorly</td>
</tr>
<tr>
<td>13. ____ circumduction</td>
<td>c. movement of the foot so the sole faces inward</td>
</tr>
<tr>
<td>14. ____ protraction</td>
<td>d. movement of the foot upward at the ankle</td>
</tr>
<tr>
<td>15. ____ inversion</td>
<td>e. movement of a body part away from the midline of the body</td>
</tr>
<tr>
<td>16. ____ lateral flexion</td>
<td>f. turning the hand so the palm faces upward</td>
</tr>
<tr>
<td>17. ____ supination</td>
<td>g. movement of a body part so that its end follows a circular path</td>
</tr>
<tr>
<td>18. ____ depression</td>
<td>h. movement of the trunk sideways from the midline of the body</td>
</tr>
<tr>
<td>19. ____ dorsiflexion</td>
<td>i. movement of a body part forward</td>
</tr>
<tr>
<td>20. ____ extension</td>
<td>j. movement that decreases the angle between two body parts</td>
</tr>
</tbody>
</table>

For items 21 through 25, fill in the blank with the correct term from the choices.

21. The hand is ____ [distal/proximal] ____ to the elbow.
22. The chin is ____ [ventral/dorsal] ____ to the ears.
23. The ribs are ____ [external/internal] ____ to the heart.
24. The skin is ____ [superficial/deep] ____ to the muscles of the upper arm.
25. The neck is ____ [caudad/cephalad] ____ to the shoulder.
1. Fill in your student ID and your course code below.

   STUDENT ID NUMBER               COURSE CODE

2. Be sure your name and address are filled in below.

3. Transfer your answers to this cover sheet.

   NAME
   ADDRESS
   CITY            STATE            ZIP

Transfer your answers from the quiz pages to this Answer Sheet.

1. _________________________________
2. _________________________________
3. _________________________________
4. _________________________________
5. _________________________________
6. _________________________________
7. _________________________________
8. _________________________________
9. _________________________________
10. ________________________________
11. _________________________________
12. _________________________________
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16. _________________________________
17. _________________________________
18. _________________________________
19. _________________________________
20. _________________________________
21. _________________________________
22. _________________________________
23. _________________________________
24. _________________________________
25. _________________________________
Congratulations

You have completed Lesson 4, Anatomical Terms and Locations

Do not wait to receive the results of your quiz before you move on.
Wow! You have taken an important step to change your life and start on a career of personal fulfillment. Your first lessons have given you a sense of what a massage therapist really does.

Some people probably think that massage is just a fad, but you’ve learned that massage has been practiced in many cultures throughout history. You’re in the good company of Egyptian pharaohs, Roman emperors, and nineteenth century scientists!

Just as you suspected, massage therapy is a career that involves helping others. There are numerous emotional and physical benefits of massage. Among other things, you can help people who suffer from PMS, back problems and just the general wear and tear of old age. By choosing to become a massage therapist, you are changing the lives of other people for the better. And you’re changing your own life at the same time!

You’ve learned about the wide variety of bodywork approaches. Although your course focuses primarily on Swedish massage and sports massage, now you also have a sense of other approaches that you may choose to study later in your career. As a massage therapist, you’ll find an endless list of continuing education and career advancement opportunities.

Your next pack of lessons will increase your knowledge of anatomical concepts that were introduced in Lesson 4. Your lessons will include a lot of facts and information about how the body is organized, and it may seem like a lot of information to absorb. But, guess what? You will learn it over time and with bodywork practice. And best of all, you’ll soon begin to use what you know by practicing your massage techniques on your family and friends.

And the best part of your new knowledge is that you really can do it! You already are! And whenever you need help, remember to use the toll-free number to call your expert instructors at 1-800-347-7899. They are eager to help you succeed!
Lesson 1

Practice Exercise 1-1

1. Three common reasons that people make massage therapy appointments include stress relief, treatment of a medical condition and cultivation of wellness.

2. The definition of therapeutic massage is the manipulation of soft tissue to reduce pain and promote health.

3. The author of the famous physician’s oath, Hippocrates, used massage to treat his patients.

4. A doctor, Per Henrik Ling, developed Swedish massage in the 19th century.

5. Charles Fayette Taylor is credited with bringing massage to the United States in the latter half of the 19th century.

6. Swedish or traditional massage tends to emphasize relaxation.

7. Research has proven that burn patients experience a reduction in itching due to massage.

8. Massage has been proven to aid in the recovery from digestive disorders such as constipation, spastic colon and diarrhea.

9. As much as 80% of disease is believed to be stress-related, so the effect of massage on both mental and physical health is far-reaching.

10. Massage is very helpful in treating mental health, including anxiety disorders and depression.
Practice Exercise 1-2

1. A massage therapist’s fee is determined by d. all of the above.

2. Since massage therapy b. can be physically demanding, a massage therapist must have good health and physical endurance.

3. An hour-long massage will typically command fees in the d. $25-$80 range.

4. Businesses that provide on-site massage therapy may note d. all of the above among their employees.

5. As a massage therapist, you may find working in d. your own home to provide the most flexibility in scheduling.

Lesson 2

Practice Exercise 2-1

1. f incorporates a system of long strokes, kneading and friction techniques to promote relaxation—Swedish massage

2. d when in balance, the mind and body are in harmony—yin and yang

3. g pressure of the fingers—Shiatsu

4. e applying increasing pressure using slow, rhythmic, gliding strokes in the direction of blood flow to the heart—effleurage

5. i the practitioner inserts thin needles into acupoints to encourage the flow of the body’s own energy—acupuncture

6. a Therapeutic Touch, Jin Shin, Zero Balancing—energetic bodywork approaches

7. j stimulates the body’s circulation by alternating hot and cold water treatments—hydrotherapy

8. h a treatment system involving energy-based bodywork, diet, exercise and self-awareness—polarity therapy

9. b designed for physically active people and performed on fully-clothed recipients—sports massage

10. c alternately tightening and loosening grasp on a muscle using a combination of kneading, pressing and rolling techniques—petrissage
Practice Exercise 2-2

1. f accumulations of waste products around a nerve receptor—trigger points

2. g stimulating specific points on the surface of the body affects other areas or organs—reflexology

3. c connective tissue that binds body structures together—fascia

4. i stretching technique used to treat patients with soft tissue problems—myofascial release

5. j applying heavy pressure with the fingers, knuckles, forearms or elbows—Rolfing

6. a a system of assessing health with a general exam and muscle testing to determine why a person’s body is not functioning properly—applied kinesiology

7. d manipulating connective tissue structure to restore bodily alignment—structural and postural integration

8. h combinations of bodywork approaches designed to treat a specific population—integrated massage

9. b focuses on the physiological and emotional release of tension in tissues—deep tissue

10. e developed by Emil Vodder—lymphatic massage

Lesson 3

Practice Exercise 3-1

1. At their most basic, laws are c. written rules of conduct enforced by political entities.

2. Values that come from religious or cultural beliefs and relate to a person’s character are called d. morals.

3. Ethics are rules of conduct and behavior that b. help you guide and evaluate your actions.
4. To obtain a client’s informed consent, you must **b. ensure that the client understands the treatment you’re offering, that participating in the treatment is entirely voluntary, and that he or she can terminate the session at any time.**

5. The right of refusal means that the client **a. can stop a session in the middle, even after giving informed consent.**

**Practice Exercise 3-2**

1. In your massage therapy practice, you do bodywork on some people you know from other settings. These kinds of relationships are called **b. dual relationships.**

2. Professional boundaries are **a. limits you set for your practice.**

3. A shift in the parameters of a therapist-client relationship that causes the relationship to become ambiguous and not based on the client’s needs is a **a. boundary violation.**

4. Legal boundaries are set by **a. political entities, such as a city or municipality.**

5. When transference occurs, **c. personal and professional boundaries become blurred.**

6. Countertransference occurs when **b. a massage therapist cannot separate her feelings about a client from the work she performs on the client.**

7. To which of the following can you release client information while still maintaining client confidentiality? **c. anyone with written authorization**

8. Which of the following pieces of information is exempt from confidentiality? **d. none of the above**

9. The first step in solving an ethical dilemma is to **a. identify the problem.**

10. Personal boundaries are **d. limits of your physical and emotional “safety zone.”**
Lesson 4

Practice Exercise 4-1

1. Anatomy, physiology and pathology are included in the study of life called human biology.

2. When there are changes in the form of an organ, such as size, shape or color, they’re called morphologic changes.

3. The science of the structure and relationships of body parts is called anatomy.

4. The study of the function of body parts is called physiology.

5. The study of disease is called pathology.

Practice Exercise 4-2

1. When the arms are at the side, the palms of the hands are facing forward and the thumbs are pointing outward, the body is in the anatomical position.

2. A transverse section is also called a horizontal section.

3. A parasagittal section divides the body into unequal left and right portions.

4. A frontal section is also called a coronal section.

5. A horizontal section divides the body into superior and inferior portions.

6. A longitudinal section is also called a sagittal section.

7. A frontal section divides the body into anterior and posterior portions.

8. A midsagittal section divides the body into equal left and right portions.

9. A midsagittal section is also called a median section.

10. A section is a mental slice or cut.
Practice Exercise 4-3

1. c in front of—anterior
2. i in back of—posterior
3. d farther away from the center—distal
4. e outer, outside—external
5. f below—inferior
6. g nearer to the center—proximal
7. a within, inside—internal
8. j above, upward—superior
9. b toward the middle—medial
10. h at or near the edge—peripheral

Practice Exercise 4-4

1. The synovial joint is the most common type of joint in the body. The hip and shoulder are in this class and are designed to allow a wide range of motion.

2. The fibrous joint type includes all joints where the surfaces of the bones are in almost direct contact and are not moveable.

3. Circumduction is movement of a body part so that its end follows a circular path. It is a combination of extension, adduction, flexion and abduction and occurs only in the shoulder and hip joints.

4. The cartilaginous joint allows only slight movement.

5. Supination involves turning the hand so that the palm faces upward.

6. Opposition occurs when the thumb pad moves toward and touches other anterior pads of the fingers.

7. Eversion involves turning the foot laterally so the sole faces away from the body.

8. Retraction occurs when a body part moves posterior or backwards.

9. Depression is movement inferiorly or downward.

10. Extension is the opposite of flexion and causes the parts at the joint to straighten out or open so that the angle between the body parts is increased and the parts move farther apart.