Application of Massage Technique

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

1. The primary tools that the practitioner uses when giving a massage are the ___(hands)___.

2. The practitioner conserves energy and increases power in massage movements by using his ___(entire body)___.

3. The observation of body postures in relation to safe and efficient body movement is called ___(body mechanics)___.

4. To increase strength and power and at the same time reduce the chance of fatigue and injury, the practitioner must use ___(good body mechanics)___.

5. The risk of injury to the body is directly proportional to the amount of stress and the amount of ___(biomechanical deviation)___.

6. The Chinese term for the body’s geographic center is the ___(tan tein)___.

7. The state of self-assurance, balance, and emotional stability is often referred to as being ___(centered)___.
8. The concept that the practitioner functions as a conduit or conductor, allowing negative energies to pass out of the client and positive energies to flow in, is known as **grounding**.

9. The most common stances for the practitioner while performing a massage are called **(the horse and the archer)**.

10. The stance in which both feet are placed in line with the edge of the table is called the **horse stance**.

11. The most commonly used stance is **(the archer stance)**.

12. An exercise that helps the practitioner to reach the full length of a client's body part while shifting weight on the feet and maintaining good posture and balance is called **(grinding corn)**.

13. An exercise in which one imagines turning a large wheel is called **(the wheel)**.

14. An exercise that involves a powerful forward movement followed by a controlled withdrawal is called **(advance and retreat)**.

15. The exercise that emphasizes the importance of posture, concentration, centering, grounding, and correct breathing is called **(the tree)**.

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

1. When practicing most massage techniques, where should the practitioner's hands be?

   **(They should be relatively close to the center of the practitioner's body.)**

2. In which way does the practitioner apply deeper pressure or more force to a movement?

   **(This is achieved by keeping the feet apart and the knees flexed, and by leaning into the client.)**

3. Why is it important to the practitioner not to raise and tighten the shoulders when giving a massage?

   **(It restricts breathing and the nerve and blood supply to the hands and arms.)**
4. List seven advantages of using good body mechanics and proper stances when giving massages.

a. *(It conserves strength and prevents backache or other injuries from improper body mechanics.)*

b. *(It allows the delivery of firmer, more powerful, and more direct massage strokes.)*

c. *(It enables the practitioner to move around the table more freely while maintaining the flow of movement and energy.)*

d. *(The therapist can perform long, rhythmic strokes without sacrificing good posture.)*

e. *(It provides mobility, which allows the therapist’s hands to remain close to the body, where he retains more control and strength.)*

f. *(It uses the muscles of the legs to provide much of the movement, energy, and strength for many of the manipulations.)*

g. *(It gives the practitioner more body power when leaning into movements.)*

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

1. When should the practitioner wash his hands?

   *(Wash before and after every massage treatment.)*

2. List four ways to avoid chilling the client.

   a. *(Have the massage room adequately warm.)*

   b. *(Use proper draping.)*

   c. *(Be sure that the practitioner’s hands are warm before touching the client.)*

   d. *(Use extra measures, such as blankets or an electric mattress pad, to ensure the client’s warmth.)*

3. In which direction should gliding movements be given?

   *(Give them in the direction of the venous blood flow, centripetally, toward the heart.)*

4. Why should extremely heavy or jarring movements be avoided?

   *(They cause distrust, fear, or possibly injury to the client.)*
MULTIPLE CHOICE: Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. The proper application of massage technique uses the practitioner's
   - a) palms
   - b) entire body
   - c) shoulders
   - d) fingers

2. The most important tools used by a massage practitioner are the
   - a) hands
   - b) vibrators
   - c) massage tables
   - d) lotions

3. The first rule in massage and bodywork is to
   - a) greet the client in a friendly manner
   - b) always refer to other health practitioners when indicated
   - c) determine indications and contraindications before starting the massage
   - d) do no harm

4. The observation of body postures in relation to safe and efficient movement in daily living activities is called
   - a) physical boundaries
   - b) body language
   - c) assessment techniques
   - d) body mechanics

5. To increase power and conserve energy when giving massages, the practitioner should
   - a) lift weights
   - b) exercise daily
   - c) use their entire body
   - d) breathe deeply and concentrate

6. Preventing backaches and conserving strength is achieved through
   - a) exercise
   - b) correct posture
   - c) weight lifting
   - d) diet

7. The degree of misalignment of the supporting structures of the body is termed
   - a) body mechanics
   - b) joint angle
   - c) range of motion
   - d) biomechanical deviation

8. The concept that you have a geographic center in your body is called
   - a) centering
   - b) *chi*
   - c) channeling
   - d) grounding
9. The concept that you have a connection with the client and can help her to release unwanted tension and stress is called
   a) channeling  c) grounding
   b) centering  d) counseling

10. The pattern or design of a massage is called
    a) touch  c) sequence
    b) stroke  d) plan

11. A Chinese term for a geographic and energetic center of the body is the
    a) tai chi  c) tan tein
    b) chi  d) Lao Tzu

12. The practitioner can increase the depth of a manipulation by
    a) leaning into it  c) using two hands
    b) squeezing harder  d) breathing into it

13. Using good body mechanics when practicing massage increases strength and power as it reduces
    a) the length of the massage  c) injury risk
    b) the client's heart rate  d) pressure and stress

14. When performing most massage movements, the practitioner's hands should be
    a) relatively close to the center of the practitioners body  c) close together
    b) on the same side of the client's body  d) on the opposite sides of the body part being massaged

**WORD REVIEW:** The student is encouraged to write down the meaning of each of the following words. The list can be used as a study guide for this unit.

archer stance

*(The archer stance is a posture used when giving massage in which one foot is in front of the other.)*

body mechanics

*(Body mechanics is the observation of body posture in relation to safe and efficient movement in daily living activities.)*
centering

*Centering is based on the concept that you have a geographic center in your body about two inches below the navel.*

grounding

*Grounding is based on the concept that you have a connection with the client and that you function as a grounding apparatus in helping her to release tension.*

horse stance

*The horse stance is a posture used when giving massage with the feet side by side, about shoulder width or farther apart.*

tan tein

*Tan tein is the energetic and physical center of the body located about two inches below the navel.*