

# Athletes

An athlete is someone who participates in amateur or professional sports.

Massage is most helpful if the therapist understands the biomechanics required by the sport.

Professional athletes often have access to specialists.

*In general, athletes make up only a small percentage of a massage therapist's clients.*

# Massage Adaptation

## Training effect

Functional alterations to achieve specific performance (e.g., increased mobility in one body area and increased mass in another)

## Precompetition

Massage that focuses on enhancing circulation is appropriate

Avoid aggressive stretching, deep transverse friction, specific myofascial release, and extensive trigger point work

*If a massage is given just before a competition, the results could be devastating. Twenty-four hours is a good general cutoff.)*

Increased risk for tissue damage in athletes

Support for healing injuries requires knowledge of tissues:

Force

Stress

Deformation

Yield point

Avoid methods with potential to damage tissue

Force with most therapeutic value should be used

*When a tissue is deformed to the extent that its elasticity is almost fully extended, a yield point has been reached.*

*Methods with the potential to damage tissue are aggressive stretching, overpowering a client's resisting muscle contraction force, deep transverse friction, and methods often called "deep tissue massage" that involve pressure or stripping of trigger points. These same methods can increase the extent of an injury.*

Medication use is common in athletes

Analgesics for pain and antiinflammatory drugs

When adapting massage:

Consider effects of drugs

Consider changes in sensory feedback

*Massage also can cause inflammation if it causes tissue damage.*

*If the athlete uses antiinflammatory medication, healing occurs more slowly, interfering with performance potential.*

# Common Sports Injuries

Skin injuries are regional contraindication:

Friction blister

Abrasions

Skin bruise

Laceration

Skin avulsion

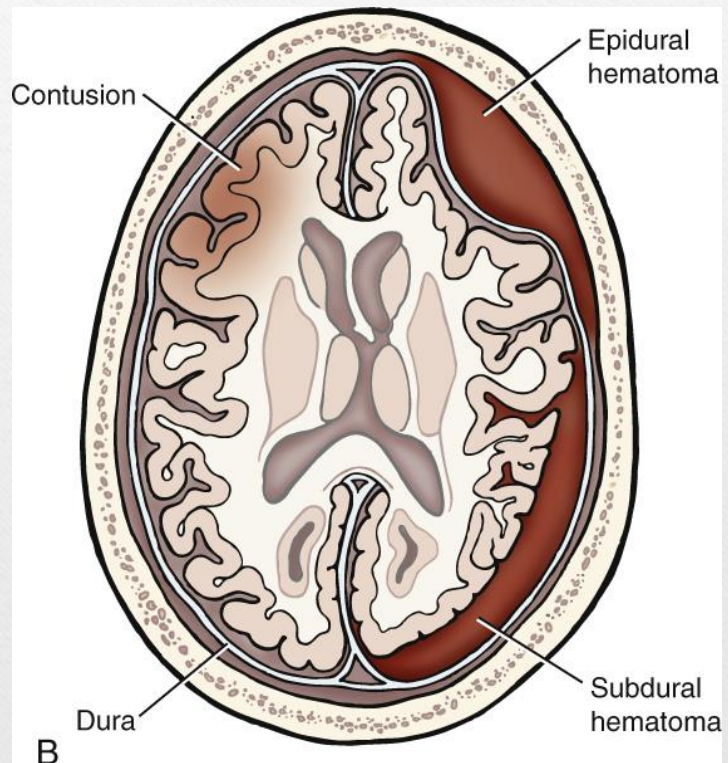
Incision wound

Puncture wound

*A skin avulsion refers to a condition in which the skin is torn to the extent that the tissue is completely ripped from its source*

# Muscle Injuries

- Overexertion—soreness, delayed-onset soreness, stiffness, and cramps and spasm
- Muscle guarding
- Contusion





*Treatment of muscle soreness usually involves general massage with a focus on lymphatic drainage.*

*Light exercise, lymphatic drainage–type massage, and passive mobilization help reduce stiffness.*

*Muscle guarding is appropriate during the acute and subacute healing processes, and massage application should not attempt to reduce it.*

*A brain contusion, or a concussion, is a serious matter; refer such cases to a medical professional.*

# Strain

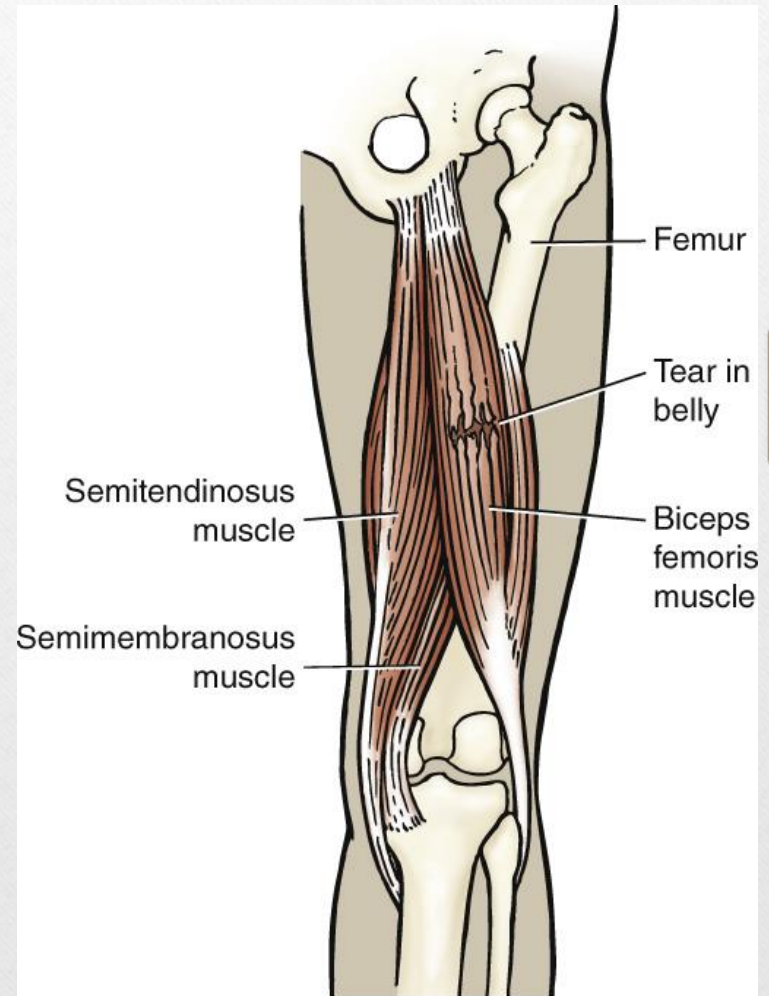
Stretch, rip or tear in muscle

Grade 1—mild

Grade 2—moderate

Grade 3—severe

*The cause of muscle strain is not always clear. It could be an abnormal contraction, mineral imbalance, fatigue, or a strength imbalance between agonist and antagonist muscles.)*



# More Muscle-Related Injuries

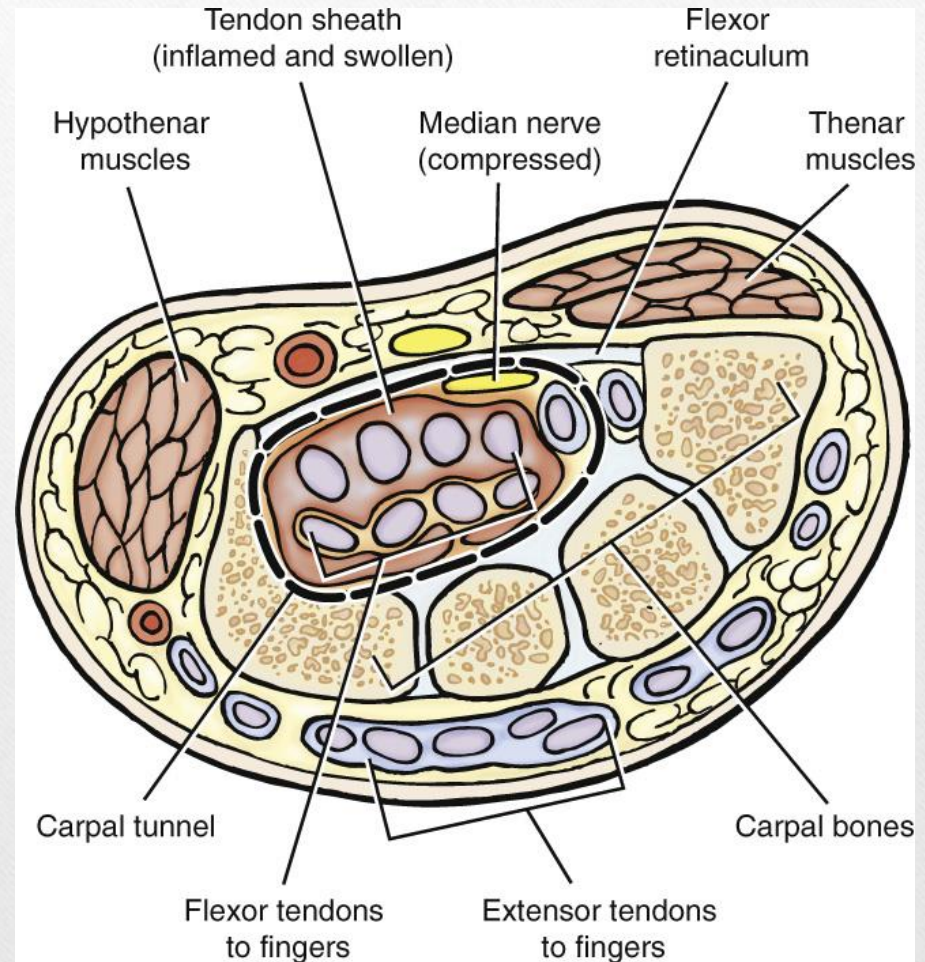
Tendon injuries

Myositis/fasciitis

Tendinitis

Tenosynovitis

*The drawing here demonstrates tenosynovitis and carpal tunnel syndrome.*



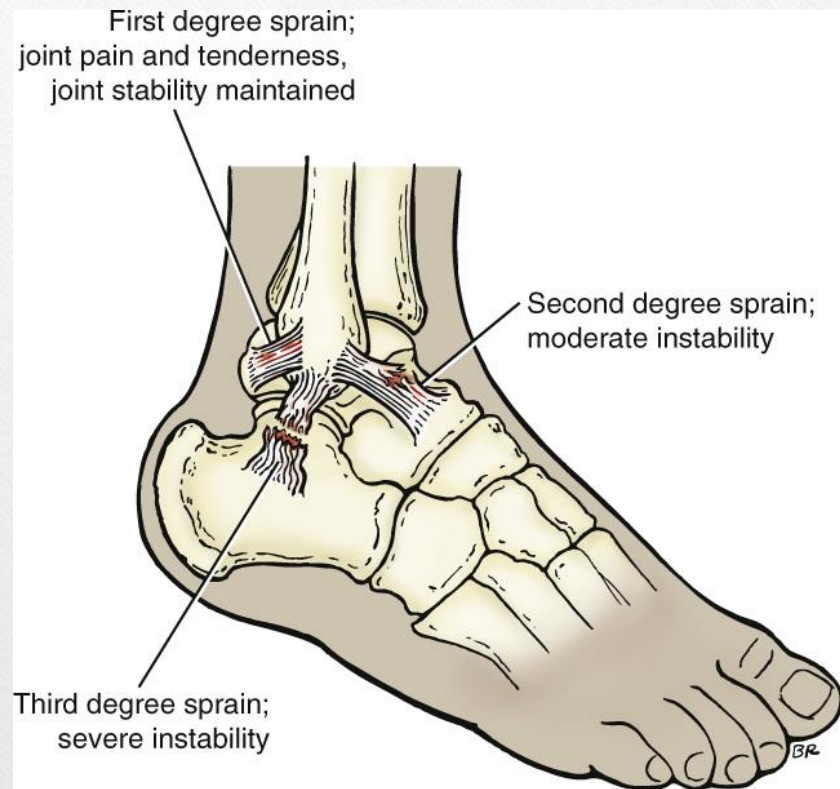
# Synovial Joint Injuries

Sprains (graded 1–3)

Dislocations and diastasis

Chronic joint injuries

Bursitis



*Sprains are traumatic joint twists that result in stretching or tearing of the stabilizing connective tissues.)*

*General full-body massage may be applied to reduce compensation patterns from changes in gait function and posture.*

*Lymphatic drainage massage can manage swelling outside the joint capsule. Massage methods that support circulation enhance healing, and hyperstimulation and counterirritation methods reduce pain.*

*Care must be taken not to disrupt the healing tissue in the acute phase.*

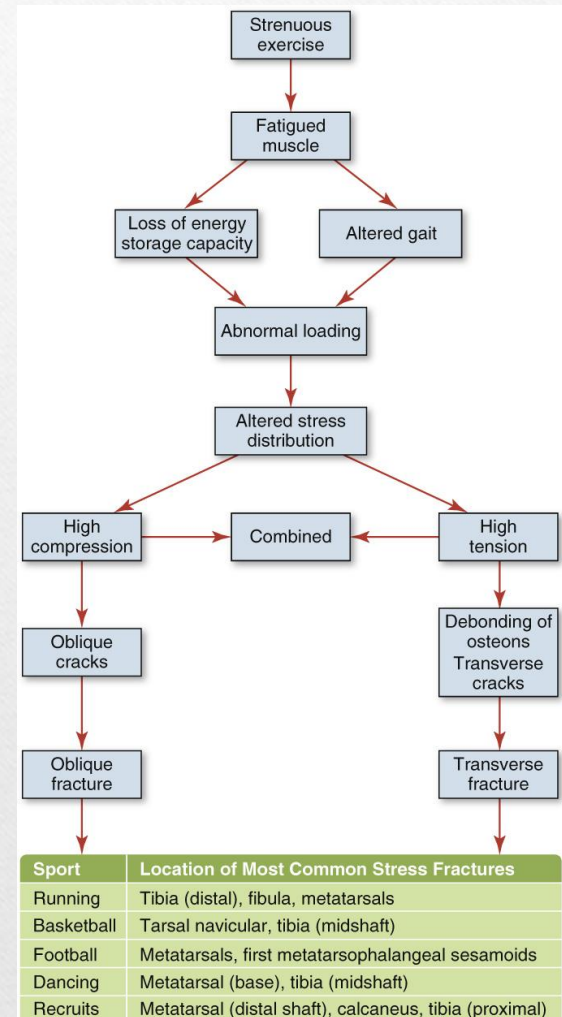
# Bone Injuries

Acute bone fractures

Stress fractures

*Stress fractures are difficult to detect early on; they should be suspected in susceptible areas that don't respond to usual management.*

*The main massage approach during fracture healing is support for the whole body with general massage and methods to reduce compensation from changes in gait and reduced activity.*



# Other Issues

## Nerve injuries

Caused by compression and tension

May be acute or chronic

Trigger points may cause referred pain

## Postural changes

May be underlying cause of sports injuries

Athletes prone to specific injuries due to certain postural conditions (e.g., weight lifting)

Injuries often become chronic

*Massage applications for nerve injuries are palliative to reduce pain.*

*When possible, the massage professional should try to reverse faulty postural conditions through therapy, working under the direction of an athletic trainer, orthopedist, or other qualified medical professional.*



# Heat Illnesses

Heat rash

Benign; local contraindication

Heat syncope

Heat cramps

Extremely painful; caused by overexertion; massage contraindicated

Heat exhaustion

Caused by inadequate replacement of fluids; massage contraindicated

Heatstroke

*Heat syncope, or heat collapse, is associated with rapid physical fatigue during overexposure to heat. Get the athlete to a cool place and replace fluids.)*

*Unlike heat cramps and heat exhaustion, heatstroke is a serious, life-threatening emergency that can occur suddenly and without warning. Every first aid effort should be directed toward lowering the body temperature.*

# Hypothermia

Dampness or wetness increases risk

Water at or below 50° F is intolerable

Drop in body's core temp can induce shivering enough to affect coordination and performance

Death imminent if core temp drops below 85° F to 90° F

*If an athlete fails to warm up sufficiently or becomes chilled because of relative inactivity for varying periods, the individual is more prone to injury.*

Massage Adaptation for the Medical Environment and  
Those with Physical or Psychological Impairments

# Acute Care

## Acute illness

Follows palliative massage care guidelines

Avoid massage during fever

## Acute injury

Damage to body has occurred

*If massage is used during an acute illness, it should be a general approach involving moderate pressure that is not painful, and it should be limited to 30 to 45 minutes.*

*It is important to know both the cause and outcome to understand the nature of an acute injury.*

# Wound Healing

*Massage in the area of a wound in the acute stage is contraindicated to prevent infection.*

*Massage can occur once the protective skin barrier has healed.*

## Box 14-5 Massage Approach During Healing

### **Massage During the Acute Phase**

- Manage pain
- Support sleep

### **Massage During the Early Subacute Phase**

- Manage pain
- Support sleep
- Manage edema
- Manage compensation patterns

### **Massage During the Later Subacute Phase**

- Manage pain
- Support sleep
- Manage edema
- Manage compensation patterns
- Support rehabilitative activity
- Support mobile scar development
- Support tissue regeneration process

### **Massage During the Remodeling Phase**

- Manage irreversible compensation patterns
- Restore tissue pliability
- Support rehabilitation activity
- Encourage appropriate scar tissue development
- Manage adhesions
- Restore firing patterns, gait reflexes, and neuromuscular responses
- Eliminate reversible compensation patterns

# Chronic Illness

Chronic illness is a disease, injury, or syndrome that shows little change or slow progression.

It affects every aspect of a client's life.

Massage does not often produce measurable improvements.

Hardiness is the ability to withstand stressors.

*Massage as a method of stress reduction can help individuals cope with difficult situations such as chronic illness.*

*The massage professional who wants to work with the chronically ill must have realistic expectations with the focus on helping the client feel better for a little while.*

*A resourceful goal for working with people with chronic illness is helping a client rediscover the fact that each person is in charge of his or her own life, and the illness is not.*



# Oncology Care

Treatment of cancer

Early detection crucial

Multidisciplinary approach more common

Surgery

Radiation therapy

Chemotherapy

Palliative care

*Chemotherapy has many side effects.*

*What are some of the more typical side effects seen with chemotherapy?*

*Anemia, fatigue, infection/neutropenia, nausea/vomiting, mouth sores, hair loss, constipation, diarrhea, pain, reproduction and sexuality, low platelet count (thrombocytopenia).*

*Palliative care is aimed at relieving suffering and improving quality of life in patients undergoing treatment for the primary condition. Such care addresses physical symptoms, such as pain, shortness of breath, and nausea, but also nonphysical causes of pain, such as sadness, depression, and anxiety.*

# Therapeutic Massage Strategies During Cancer Treatment

## Caution:

Avoid all sources of heat on the treatment field

Avoid exposing the treatment area to cold temperatures

Avoid any form of salt water treatment

Avoid the use of all lotions or oils on the skin in the treatment field and use only approved lotion during massage.

Avoid direct massage of the treatment area other than light application of approved lotion

Monitor pressure levels on brittle bones

*The benefits of massage are obvious: stress management, preoperative and postoperative pain management, management of treatment side effects, and more.*

*There are no specific protocols for massage and cancer care.*

*The person undergoing cancer treatment must be evaluated each session, and the massage treatment must be based on the individual's status at that time.*

# Hospital, Long-Term Care, and Hospice Patients

Massage used in hospitals for:

Pain management

Relief for cancer patients

Pregnancy massage

Adjunct to physical therapy

Mobility/movement training

Palliative care

*Massage for the hospital patient is not targeted specifically to the pathologic condition or injury; rather, it is intended to provide comfort care and symptom management.*

# Hospital, Long-Term Care, and Hospice Patients

## Box 14-8 Benefits of Massage for Hospital Patients

1. *Pain*: Through the use of massage, the subjective experience of pain is diminished, even when the use of analgesics is reduced.
2. *Anxiety*: Anxiousness caused by the hospital stay and fear of procedures is reduced.
3. *Nausea*: The subjective experience of nausea and the use of antiemetics are reduced.
4. *Stress*: Physiologic indicators of stress (e.g., raised cortisol level) are diminished, and indicators of reduced stress (e.g., improved serotonin level) are increased.
5. *Sleep*: The ability to sleep more easily and for longer periods increases with massage.

# The Importance of Palliative Care

Recommendations for massage:

Make sure the client is in a comfortable position and is physically supported.

Use lotion when massaging to reduce friction and add moisture to the skin.

Target areas that have the most discomfort.

Determine what pressure or movement is the most helpful and adjust the level and focus of pressure in response to feedback.

*Massage is helpful in areas of prolonged pressure from sitting or lying. Often the neck, shoulders, low back, and calves ache as a result of immobility.*

Give a hand and foot massage, which can provide a sense of comfort and well-being. Gentle yet firm movements can be used.

Encourage the person to continue to tell you what is most helpful and to let you know right away if any method causes discomfort.

Maintain the intention of reducing suffering by focusing attention on what feels good.

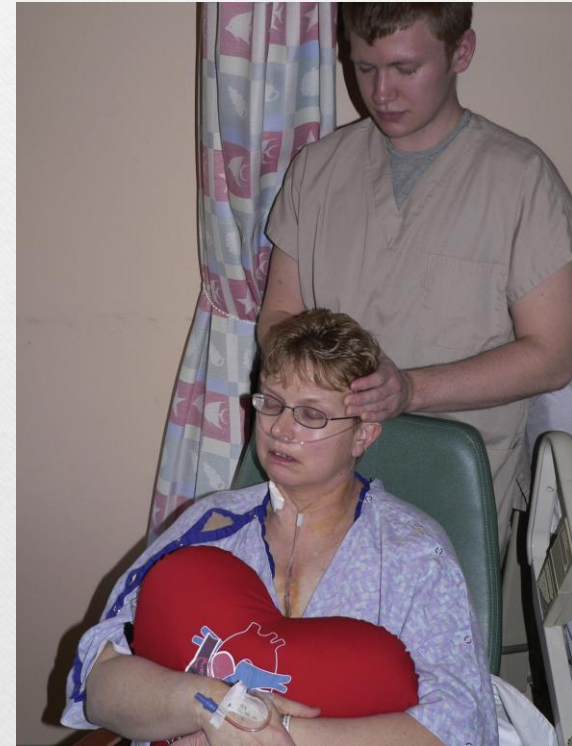
*Typically the massage lasts no longer than 45 minutes, and 15 to 30 minutes in targeted areas may be sufficient.*



# Adapting to the Hospital Room

Maintain proper body mechanics as much as possible (more challenging in hospital setting)

Working around medical devices requires knowledge of devices, and can be challenging



*Avoid all areas where something enters or exits the body, such as IV lines, catheters, drains, respiratory devices, and so forth.*

*Avoid all surgical sites.*

*Do not disturb or remove any bandaging.*

*Be cautious when working around monitoring leads and do not dislodge them.*

*Use only the lotion provided or approved by the hospital. Do not add anything to the lotion.*

# Responsibilities to the Patient and Medical Personnel

Do not attempt to help a patient out of bed to use the restroom or other activity.

Be courteous to other patients who may be sharing a hospital room.

Leave the room when the physician, nurses, or other hospital personnel are providing care.

If a patient is sleeping or does not want a massage, do not insist. Report the situation to the supervising personnel.

*Do not assist a patient to move into various positions. It is better to let the person move, because he or she will be protective of sensitive areas.*

*Do not provide massage if asked unless authorized to do so. Massage therapy is almost always provided in the hospital or similar medical setting as optional care.*

# Long-Term Care

Similar to hospital, but provides care for people with a chronic illness or disability

Provides support services (e.g., dressing, bathing, etc.)

May be provided at home, in community, in assisted living, or in nursing homes

Massage adaptations used for hospital patients may be used

*Assisted living facilities offer housing alternatives for individuals who may need help with dressing, bathing, eating, and toileting but who do not require the intensive medical and nursing care provided in nursing homes.*

# Providing Massage in the Home

Most challenging massage location

Many distractions

Importance of confidentiality

Difficulty in maintaining professional boundaries

Safety concerns

Make sure someone knows where you are

Always carry cell phone

*Work, family members, or pets might cause distractions. The environment itself also might prove distracting.)*

# Terminal Illness

Hospice is a philosophy of care, not a place

Train in hospice facility, if possible

Attitudes toward death vary widely

Massage can reduce stress

A massage therapist can be part of the client's support network

*The goals of hospice care are to ensure that individuals needing care are as free of pain and symptoms as possible, yet still alert enough to enjoy the people around them and make important decisions for themselves.*

*In order to massage dying clients, a therapist should be aware of his or her personal feelings about death.*



# Individuals with Physical Impairment

Physical disability/impairment may include any physiologic disorder or condition, cosmetic disfigurement, or anatomic loss.

Do not presume to know a client's need.

Ask!

Put the client before his or her disability.

All massage facilities must be barrier-free.

*Do not try to pretend a disability does not exist; instead, respond professionally.*

# Massage Adaptation

## Visual impairment

Do not push or pull; stand just in front and to the left of the client.

## Speech impairment

Make sure you understand the client.

## Deaf or hard of hearing impairment

If your client lip reads, face him/her.

Ask before using background music.

*Clients can sense discomfort; it is important for you to establish rapport with clients, and for your clients to trust you and vice versa.*

## Mobility impairment

Don't assume lack of feeling or paralysis

Careful, respectful transfer from wheelchair

Do not push wheelchair without permission

## Brain injuries

Offer assistance on and off table

Adapt communication skills as necessary

*When speaking to a client who uses a wheelchair, the therapist should do so from eye level, so sitting down or squatting may be the best option. Looking up strains the client's neck.*



*A, To transfer a client from a wheelchair to the massage table, place the wheelchair close to the massage table and stabilize the chair (i.e., lock the wheels).*

*B, Carefully monitor the client's movements as he or she transfers to the table.*



**C**, *After the client is seated on the table, prepare to assist by lifting the legs.*

**D**, *Transfer the legs to the massage table.*

## Clients with size considerations

Ask client for preferences

Establish eye contact

Seated or mat massage may be preferable

## Burns and disfigurement

Special training required to treat burn areas

Connective tissue techniques may be helpful

*How should a massage therapist respond to a client who has undergone amputation?*

*Take cues from the client. He or she may not want a prosthesis removed, for instance.*

# Individuals with a Psychological Diagnosis

Mental impairment includes any mental or psychologic disorder.

The client must provide informed consent.

Chemical addictions

Massage can reduce stress levels.

Chemical imbalances

Massage can work with medications.

Intellectual disabilities

Respect individual needs.

*At times we are all challenged psychologically; taking some psychology courses will help you provide massage services to a wide range of clients.*

# Psychologically Challenged Individuals

## Cognitive disabilities

Autism spectrum disorder and learning disabilities

Massage reduces stress

Massage can increase self-esteem

## Psychiatric disorders

Include anxiety, panic, depression, pain and fatigue syndromes, and dysfunction

General stress reduction massage



Posttraumatic stress disorder (PTSD)

Massage can aid in management

*PTSD often involves reexperiencing by flashback or state-dependent memory. Excessive stress can bring on a number of psychologic disorders.)*

# Abuse

Not always physical or sexual

Subtler forms common as well

Severity of trauma varies:

By age of victim

With frequency of abuse

*People who were abused as children may have trouble sorting it out as adults; memories may be spotty, for instance.*

# Trauma, State-Dependent Memory, and Dissociative Behavior

State-dependent memory

Body remembers abuse in some way

Functions in all life experiences

Massage therapy may remind body of abuse

Dissociation

Vague uneasiness

“Zoning out”

Abuse victims may also self-abuse

*What are some mechanisms employed to survive abuse when it's happening?*

*Survival mechanisms include dissociation, hypervigilance, aggressive behavior, learning to “disappear,” low self-esteem, and withdrawal.*

# Reenactment and Integration

Reenactment is reliving a past event.

Integration is remembering a past event, but remaining in the present.

The client may cry, shake, or become agitated.

Response: “Do you want me to continue?”

No suggestions should be offered.

*How should a massage professional react to a reenactment or the appearance of a state-dependent memory?*

*First of all, the therapist must remain calm and allow the client to experience the emotion. You may provide tissues in an unobtrusive way, and then ask the client if he or she wants to continue the therapy.*

# To Test

Access Code: **DBNE2MM**

*Please write down code. You will be asked for it*

Once you have successfully passed the test (70% correct), please email Kim Jackson at [kim\\_hotschool@yahoo.com](mailto:kim_hotschool@yahoo.com). We will email you your CE certificate within 7 business days.