

# Anatomy and physiology

## Learning objectives

This chapter covers the following:

- **terminology**
- **organization of the body**
- **integumentary system**
- **circulatory system**
- **lymphatic/immune system**
- **skeletal system**
- **muscular system**
- **respiratory system**
- **digestive system**
- **nervous system**
- **special senses**
- **endocrine system**
- **genito-urinary system**

It is essential if any treatment is to be performed safely and effectively that the therapist has at least a basic understanding of anatomy and physiology. An understanding of the systems of the body will also enable you to understand the implications of why certain conditions are contra indicated.

At the end of each section on a body system is a list of the more common conditions, disorders and diseases that relate to that particular system. In addition, and where relevant, there is some treatment guidance including essential oils to use, treatment and massage adaptations and reflexology points to work.