

## CHAPTER 9 BODY MASSAGE

### Knowledge review answers

1. Heart conditions, High blood pressure, heart valve defects, diabetes, epilepsy, cancer, infectious skin diseases, high temperature/fever, unknown swellings, swollen glands, (pregnancy), hepatitis, blood diseases, (AIDS), recent surgery (where applicable), embolism, phlebitis, thrombosis, any dysfunction of the nervous system, post natal (6weeks) any general infection, viral, bacterial, fungal.
2. 3 mediums:
  - **Oil:** It has an excellent emollient effect on the skin leaving it soft and smooth and is especially beneficial for dry or scaly skin. It gives slip to the hands and prevents excessive friction of body hair whilst giving smooth contact.
  - **Massage Cream:** There are several different types of creams produced specifically for massage and like oils creams may have synthetic or natural ingredients. Creams are particularly nourishing.
  - **Talc:** Talc prevents irritation of the client skins from perspiration from the therapist's hands. It provides good slip and gives great contact for deep kneading and stretching.
3. The effects of massage are greatly enhanced if the muscles are warm.
  - A visible **hyperaemia** indicates an active circulation and erythema indicate an increase in localised circulation.
  - General relaxation.
  - Alleviate muscular tension.
4. Methods used for pre-heating:
  - Infra red
  - Steam bath
  - Hot shower
  - Spa bath
  - Sauna
  - Thermal body mask
5. Supports make sure the client is comfortable and the muscles relaxed.
  - Supine - front of leg; under knees and under knees for abdomen.
  - Prone – back of leg; under ankles for or feet should hang over bed.
6. This will vary depending on your tutors instructions.

7. Posture, stance, pace, rhythm, avoid being unduly repetitive, client comfort, temperature is the client warm enough, towel management – (avoid excessive fiddling) level of noise
- 8.