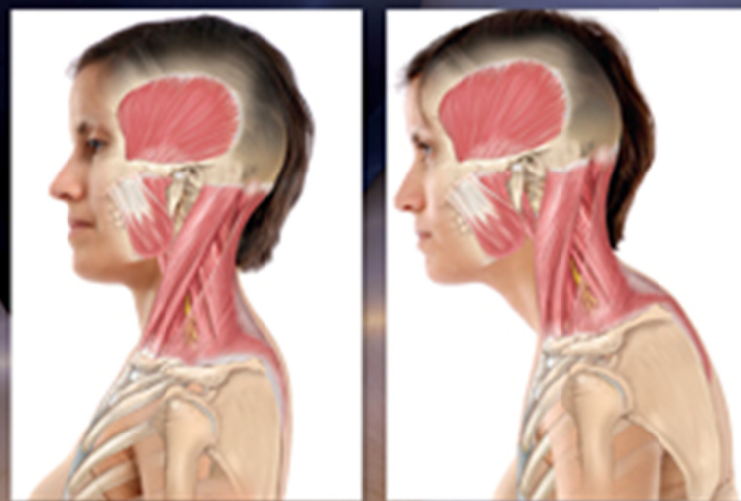


Condition-Specific Massage Therapy



LWW Massage Therapy & Bodywork Educational Series

Celia Bucci



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Condition-Specific Massage Therapy

Celia Bucci, MA, LMT



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The publishers have made every effort to trace the copyright holders for borrowed material. If they have inadvertently overlooked any, they will be pleased to make the necessary arrangements at the first opportunity.

For my father Vincenzo and my brother Jim. I wish I could give you a massage.

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Foreword

Therapeutic massage has made incredible advances in the last few decades. While it is still used extensively as a method of general relaxation and stress reduction, the recognition of medical and healthcare benefits of massage therapy is now unquestioned. As a society we have spiraling healthcare costs and in many cases a decrease in positive outcomes from those invested costs. This situation has led to a renewed interest in complementary and alternative (CAM) health care approaches.

As the profession grows and matures we must clearly raise the bar of our educational standards. That can only happen in our schools and training programs when there are adequate educational resources to support the teachers and students in the classroom. We are gradually seeing an increase in quality educational resources for schools, but we still need enhancements to our collection of professional literature.

In addition to a shortage of books and resources for the classroom, there is also a lack of peer-reviewed medical literature about massage therapy. Continued advancements in the use of massage as a legitimate health care intervention is highly dependent on a growing body of peer-reviewed literature. Enhancing educational standards and encouraging research interest in massage therapy follows the emergence of textbooks emphasizing the clinical applications of massage.

Condition-Specific Massage Therapy is a valuable addition to the professional literature which will help move our profession forward and make the beneficial treatments of soft-tissue therapy available to a patient population greatly in need. In this text, author Celia Bucci brings detailed and specific clinical information to a level that will be accessible for many massage educators in their training programs. Her vision for making this information available to help the many clients in need is an inspiring call for all practitioners to improve their knowledge, skills, and understanding of various clinical conditions which clients may present.

There is an increasing degree of discussion about the importance of evidence-based practice in all health care fields. Bucci highlights that need for a strong evidence base to support the scientific understanding of our work. But more than simply giving the concept lip service she integrates these concepts into each chapter of the text. She states that this book is more of a “*what is*” than a “*how to*” approach. Her perspective and orientation for the text will help develop more *thinking practitioners*, not just those who are performing rote massage routines.

In our field there is no shortage of workshops, programs, books, or DVDs that are designed to teach a practitioner how to do a particular technique. What we are in greater need of are resources that help teach the practitioner how to think. Without essential clinical reasoning skills, those massage practitioners attempting to address complicated pain and injury complaints are simply acting as technicians. Because no person presents with the exact same pathology as another, massage practitioners must take advantage of their unique ability to individually tailor treatments to each person’s needs. The essential clinical reasoning and critical thinking skills that Bucci emphasizes with her approach in this text are a great way to move in that direction.

The format she has chosen for this book is well suited to develop these essential critical thinking skills. Foundational principles of biomechanics, kinesiology, anatomy, assessment, and treatment are provided in the early chapters of the text. In the later chapters specific pathological conditions are addressed in extensive detail. Concepts applied to specific pathologies in the later chapters are built on the foundational knowledge established in these early chapters. Inclusion of critical thinking exercises and individual case studies is an excellent way to help the practitioner understand how to use this material in a realistic clinical context.

I was also impressed with the way in which information is presented visually throughout the book. The illustrations within the text highlight principles and greatly enhance the reader's understanding of concepts that are presented. Layered graphics help the reader understand anatomical relationships and better understand the pathological information presented about each condition.

This book can be a valuable resource both at entry-level educational programs and for practitioners already in professional practice. Having a highly readable resource like *Condition-Specific Massage Therapy* will help practitioners begin their career with a solid foundation. For those already in practice it is a valuable aid to enhance their understanding of situations they face each day in the clinic. I am very pleased to see a text like this available to support and enhance our professional literature and raise our educational discourse to a higher level.

Whitney Lowe
Sisters, OR

Preface

Massage therapy as a profession is in the midst of great, progressive change. Evidence-based practice and clinical applications are common topics in massage publications and education today. Our recognition as health care providers continues to grow as more consumers of massage use it for the relief of chronic pain and injury, and to improve athletic performance. At the same time, many new graduates entering practice begin their professional journey working in environments that the general public often perceives as indulgent, where general wellness and relaxation are the focus of treatment. Though my initial training focused on clinical massage, I began my professional journey working in a spa. I found during that time that regardless of the environments clients choose to receive massage, they often present with specific pain patterns, with or without a diagnosis, for which they seek at least temporary relief. Until they book a massage with a therapist familiar with their signs and symptoms, who can explain the possible causes and plan treatment that achieves the goal of long term improvement of symptoms, clients remain unaware of the health care benefits of massage therapy, or that the spa could be the perfect environment for the treatment of common chronic pain conditions.

Wellness massage is indeed therapeutic, and the massage therapist who can explain a pain pattern to their clients and incorporate specific treatments and self-care into general relaxation massage empowers clients with knowledge about their health while promoting the value of massage therapy as a treatment option for injuries, recurring pain, and athletic enhancement. As the profession evolves and becomes a more competitive and essential dimension of health care, the massage therapist has an advantage when they can assess clients' signs and symptoms and treat their probable causes of pain. These therapists are also more likely to develop a loyal clientele and gain extensive referrals because of the success they achieve in improving the client's symptoms.

Audience and Approach

In a typical massage therapy program it is difficult to teach a detailed, clinical approach to specific conditions because of time constraints. Moreover, students in a basic program may not yet know if, or how they want to specialize. In my opinion, the basic program is not the place for advanced clinical training. This is best taught in longer, specialized programs or through continuing education, and there are several marvelous books offering more detailed information than presented here. *Condition-Specific Massage Therapy* is a textbook intended for massage therapy students enrolled in a basic program and practicing therapists who want to hone their critical thinking and basic massage skills to target the structures involved in common chronic pain conditions.

Condition-Specific Massage Therapy is more of a “what is...?” than a “how to...” textbook. Signs, symptoms, anatomy, physiology, assessment, indications, contraindications, and treatment goals provide the critical thinking tools necessary to develop a treatment protocol that can be adapted to the practitioner's preferred therapeutic method, at their level of training. This also gives the practitioner who integrates energy therapies into massage a guide for using energy techniques that address the treatment goals for these conditions.

To use this book most efficiently, massage therapy students and practitioners should have:

- The ability to find and palpate the origin, insertion, and belly of the major muscles
- The ability to distinguish muscles, tendons and ligaments
- The knowledge of endangerment sites and how to avoid them
- The ability to perform a basic postural assessment

- The skills for applying basic strokes
- The knowledge of contraindications and cautions for massage
- The skill to find and use other texts as references for more specific questions.

Organization

The first chapter focuses on basic tools and concepts used throughout the text, including:

- Basic biomechanics
- The essential elements of a health history
- General interpretations of common signs and symptoms
- Atypical textures in tissues and how to address them
- The basics of ROM for assessment, treatment, and self care
- The general principles of massage and how to apply them
- The physiological effects of basic strokes
- Basic applications of hydrotherapy, mobilizations, and postisometric relaxation
- Planning and achieving treatment goals
- The basics of self care

The second and third chapters describe fascia and trigger points, their role in chronic pain, and guidelines for treatment. Research continues to show that resolving trigger points and fascial restrictions are fundamental in reducing spasm, lengthening shortened muscles, normalizing posture, and resolving chronic pain. Each chapter describing a specific condition includes the assessment and treatment of fascial restrictions and trigger points commonly found in those conditions.

The remaining chapters cover specific conditions independently. Chapters 4–11 describe conditions affecting specific locations, organized from superior body location (tension headaches) to inferior (plantar fasciitis). Because the structures involved in tension headaches, for example, are similar to those involved in hyperkyphosis, this arrangement gives the readers consecutive opportunities to study these structures, encouraging proficiency by repetition. Chapters 12–14 describe conditions that can affect structures throughout the body (muscle strain, ligament sprain, tendinopathy). Once the reader reaches these chapters, they will have studied most of the muscles and joints of the body specifically, making it easier for them to adapt to conditions that can occur nearly anywhere.

Each condition chapter includes the following:

UNDERSTANDING [THE CONDITION]

- Explanation of the condition and the anatomical structures involved
- Common signs and symptoms
- Possible causes and contributing factors
- Conditions commonly confused with or contributing to the condition described
- Contraindications and special considerations for treatment
- Current research on the benefits of massage for the condition

WORKING WITH THE CLIENT

- Important questions for the client's health history
- Postural assessment
- Standard ROM for joints involved and common outcomes from ROM testing
- Simple orthopedic tests
- Origin, insertion, action, and innervation of muscles commonly involved
- Photograph showing trigger points and referral areas common to the condition
- Treatment goals
- Client self-care and suggestions for further treatments

PROFESSIONAL GROWTH

- Case study with SOAP notes
- Critical thinking exercises

Features

Condition-Specific Massage Therapy has been designed to encourage students to use critical thinking skills when addressing clients' needs. Elements to help reach that goal include:

■ Icons

Icons representing treatment goals are repeated throughout the text to encourage students to focus on outcomes instead of simply trying to memorize treatment steps. These will help students incorporate the techniques of their preferred massage modality to achieve the client's treatment goals.

■ Treatment Overview Diagram

This diagram provides a visual overview of the treatment goals for each condition. It is organized according to four general principles of massage sequencing:

- general → specific → general
- superficial → deep → superficial
- proximal → distal → proximal
- peripheral → central → peripheral

The diagram focuses on treatment goals and the general principles of massage rather than rigidly specifying step-by-step procedures, allowing the therapist to incorporate their preferred techniques to achieve those goals.

■ Artwork

Photographs with the referenced muscles illustrated over the model's skin to show precise location of the structures to be addressed are included in each of the chapters that refer to the treatment of specific muscles. To help students recognize the condition, Chapters 4-11 also includes a photograph of a client in anatomical position alongside a photograph of a client whose posture shows postural deviations common to the condition described. To aid in developing the treatment plan, these photographs highlight muscles that are shortened or lengthened in the deviated posture.

■ Massage Therapy Research

This section summarizes some of the current research into the benefits of massage for treating the condition. In some cases, research is not yet available, and students should feel encouraged to embark on their own research projects.

■ Case Study and SOAP Note

Each condition chapter includes a case study with SOAP notes.

■ Critical Thinking Exercises

In each condition chapter, a list of critical thinking exercises is included for classroom discussion or homework to encourage students to consider unique situations when planning treatment.

Online Resources

Instructor resources available for *Condition-Specific Massage Therapy* include:

- Image bank of all art in the text
- A syllabus, and lesson plans for each chapter.
- PowerPoint slide presentations

All readers have access to an e-book, which can be accessed by visiting the website at <http://thePoint.lww.com/Bucci1e> (use the access code on the inside front cover of this book). Also on thePoint you will find links to relevant clips from *Acland's Video Atlas of Human Anatomy*!

Achieve Your Goals

As you read these chapters you'll surely notice some repetition. In many cases this repetition is verbatim. This is intentional, and while it may be tempting to pass over these repeated phrases, I

strongly recommend reading them each time. There are many common elements to these conditions, their assessment and their treatment, and many of these repeated phrases are applicable beyond the conditions described in this text. While I could have phrased these elements slightly differently to avoid the tedium of repetition, I chose to repeat them exactly to help the reader commit these core concepts to memory. By the time you've read these phrases several times, my hope is that the concepts will be very clear and that their application will flow naturally.

Condition-Specific Massage Therapy will prepare you to contextualize the complaints you're most likely to hear in your practice. Without going deeply into clinical detail, this book explains how to use your basic skills to educate and treat clients with common musculoskeletal conditions. The features of this book were designed with consideration for diverse learning styles and to accommodate the wide variety of techniques known as massage therapy. I hope that above all this book demonstrates that basic skills provide a strong foundation for reaching clinical therapeutic goals in any massage therapy environment.

Your comments, questions, corrections, and other suggestions are sincerely welcomed. You can reach me at celia@preventchronicpain.com.

Celia Bucci, LMT

About the Author

Celia Bucci graduated from the Soma Institute, National School of Clinical Massage Therapy. She has practiced clinical massage in environments ranging from spas and resorts to sports clinics and currently runs a private practice at Illinois Masonic Hospital. Celia served as Secretary and Communications Liaison for the Illinois Chapter of the American Massage Therapy Association, and Editor of its newsletter *Keeping In Touch*. She was awarded the chapter's 2010 Distinguished Service Award.

Before embarking on her career in massage therapy, Celia earned a B.A. in Communications Studies from DePaul University, and an M.A. in Cultural Studies from the University of Iowa. Celia became a producer of theater, film, and cultural festivals, and a sound designer and sound engineer for performing artists. After visiting Trinidad and Tobago and experiencing a culture that reveres nature and living at a leisurely pace, she decided to put the phone down, step away from the computer, and slow it all down.

Acknowledgments

My mom Elisa taught me many practical skills—not the least of which is kneading pasta and bread dough. This, I believe, was my first and most fundamental lesson in palpating texture, tone, and temperature. Grazie, mamma! I'm pretty sure my sister Mary taught me to speak English, and I know she nurtured me as I was growing up. My brother Domenic showed me how much cool stuff happens outside the box. Thanks forever to both of you.

One day, Teresa Sieg Hajdu visited the school where I was teaching to talk about the books LWW had to offer. We chatted about the future of massage therapy education, and she asked me whether I'd ever considered writing a book, which I hadn't. Now my book is written and it's largely thanks to you, Teresa. That day changed my professional journey profoundly. You opened the door for me, and I am truly grateful.

After that, John Goucher read my proposal, passed it around, and told me that the project was accepted. I think I stopped breathing for a few seconds. Thanks for getting this ball rolling John, and thanks to Linda Francis and Tom Lochhaas for helping me keep the ball out of the middle of the road. Kelley Squazzo and Shauna Kelley got this book off my computer and into your hands. Thanks Kelleys! Though I still don't know your names, thanks to the reviewers of this text. Your comments and suggestions are much appreciated. Special thanks to James Clay and David Pounds for your innovative style of illustrating the musculature.

I might not have had the idea for this book if Emmanuel Bistas hadn't trusted me to design and teach the course that inspired it, or if my students hadn't asked so many great and complicated questions. And I might not have had the idea to teach a course on condition-specific massage if the Soma Institute hadn't provided me with a fantastic education that delved deeply into anatomy, physiology, kinesiology, and pathology, and encouraged me to apply critical thinking instead of memorizing techniques. Thank you Emmanuel, Soma, and all of my former students.

Mightiest thanks to my clients who, one session at a time, help me learn how all of this works, and whose confidence in me is a gift I cherish.

Many, many thanks to Geoff Greenberg and Steve Switzer for being my personal librarians. As many thanks to Jeanne Kim, Allison Ishman, Joe Muscolino, and Laura Allen for indulging me in conversations about what happens in the human body, and how to be an author. Cheers to Angie Palmier for regularly reminding me what I'm capable of. I hope you won't regret that!

Christopher Maceyak, Mary Brogger, Cyndi Elliot, Patti Renda, Judy Cohn, David Borreguero, and Karen Stanczykiewicz let me pull them away from fun and relaxation to pose for the photos I needed for the first draft of these chapters. That was really cool of you. Thanks to Josh Hudson, Xochitl Vinaja, Nestor Battung, and Caitlin Bauler for striking the poses that appear in this book, and to Katrina Wittkamp for capturing them. You're all beautiful.

Daliah Saper very generously provided legal counsel in the early stages of this project. I've never even met her. She's the friend of a friend who helped a complete stranger. How often does that happen? Susan Salvo, Jennifer Watrous, and Kelly Milford liked my work. That helped me pay the rent. I wouldn't have been able to focus so intently on this project without the opportunities you provided. Thanks y'all.

Fiona Rattray, Linda Ludwig, Janet Travell, David Simons, Thomas Myers, Ruth Werner, Bruno Chikly, Whitney Lowe, Andrew Biel, Leon Chaitow, Sandy Fritz, Erik Dalton, and Jean Pierre Barral taught me most of what I've learned about manual therapy so far. I encourage every reader of this book to delve more deeply into studying massage therapy as health care from these scholars and their protégés.

Ultimately, thanks to Freak Nation. You know who you are. I hope you also know how grateful I am to have you in my life. You listened to me and supported me throughout this long process. Now, finally, we can talk about something else.

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