

Page numbers followed by *f* indicate figure and page numbers followed by *t* indicate table.

- A**
- ABC range-of-motion exercises, 47
  - acceleration flexion-extension neck injury. *See* whiplash
  - acquired immunodeficiency syndrome. *See* HIV, AIDS
  - active trigger points, 324–325
  - acute bursitis. *See* bursitis
  - acute muscle spasms, 192–194
  - acute pain, 28
  - adhesion, 260
  - adhesive capsulitis. *See* frozen shoulder
  - AEIOU facial exercises, 69, 298–300
  - American Psychiatric Association, 242
  - American Society for Surgery of the Hand, 78
  - ankles
    - limited motion range, 301
    - ROM exercises, 48*f*
    - strain protocol, 285–286
  - ankylosing spondylosis (AS)
    - assessment, 57–58
    - client homework, 59–62, 61*f*
    - contraindications, 60
    - defined, 56
    - massage protocol, 58–59, 60–61*t*
    - morbidity/mortality, 56
    - pathophysiology, 56
    - session frequency, 58
    - signs, symptoms, 56–57
    - therapeutic goals, 58
    - treatment options, 57
  - anterior neck massage, 309
  - AS. *See* ankylosing spondylosis
  - assessment, defined, 8
  - ataxic CP, 85
  - athetoid CP, 85
- B**
- Batavia, M., 6
  - battle fatigue. *See* post-traumatic stress disorder
  - Bell's palsy
    - assessment, 65
    - client homework, 69
    - contraindications, 67
    - defined, 63
    - facial massage, 65–66, 66*f*
    - facial nerve, 63, 64*f*
    - massage protocol, 65–66, 67–68*t*
    - morbidity/mortality, 63
    - pathophysiology, 63
    - session frequency, 65
    - signs, symptoms, 63–64
    - therapeutic goals, 65
    - treatment options, 64
  - blood, moving, 10
  - brain attack. *See* stroke
  - bursae, 72*f*
  - bursitis
    - acute knee bursitis protocol, 75*t*
    - assessment, 73
    - bursae, 72*f*
    - chronic knee bursitis protocol, 76*t*
    - client homework, 74
    - contraindications, 75
    - defined, 71
    - massage protocol, 74
    - pathophysiology, 71
    - session frequency, 73
    - signs, symptoms, 71–72
    - therapeutic goals, 73
    - treatment options, 72–74
- C**
- carpal tunnel syndrome (CTS)
    - assessment, 80
    - avoiding, 81
    - client homework, 81–84
    - contraindications, 82
    - defined, 78
    - massage protocol, 81, 82–83*t*
    - median nerve, 78, 79*f*
    - pathophysiology, 78, 79*f*
    - session frequency, 81
    - signs, symptoms, 79–80
    - therapeutic goals, 80–81
    - treatment options, 80
  - cartilage, 203, 204*f*
  - cerebral palsy (CP)
    - assessment, 86–87
    - client homework, 92–93
    - contraindications, 89–90
    - defined, 85
    - massage protocol, 88, 89–92*t*
    - medications, 86
    - pathophysiology, 85
    - real effects of, 86
    - resisted breathing exercises, 87, 88*f*
    - session frequency, 87
    - signs, symptoms, 85–86
    - spasm response, 88
    - therapeutic goals, 87
    - treatment options, 86
  - cerebrovascular accident. *See* stroke
  - cervical disc disease. *See* degenerative disc disease
  - cervical sprain/strain. *See* whiplash
  - CFIDS. *See* chronic fatigue syndrome
  - CFS. *See* chronic fatigue syndrome
  - Charley horse. *See* muscle spasm
  - chemotherapy-induced peripheral neuropathy (CIPN)
    - assessment, 199
    - client homework, 200–202
    - contraindications, 201–202
    - defined, 196
    - foot examinations, 200
    - massage protocol, 199–200, 201–202
    - morbidity, mortality, 197
    - pathophysiology, 197
    - session frequency, 199
    - signs, symptoms, 197–198
    - therapeutic goals, 199
    - treatment options, 198–199
  - chronic bursitis. *See* bursitis
  - chronic fatigue syndrome (CFS)
    - assessment, 96
    - client homework, 97–100
    - contraindications, 98
    - defined, 94
    - importance of listening, 95
    - massage protocol, 97, 98–99*t*
    - morbidity, mortality, 94
    - pathophysiology, 94–95
    - session frequency, 97
    - signs, symptoms, 95
    - therapeutic goals, 96
    - treatment options, 95–96
  - chronic pain, 28
  - CIPN. *See* chemotherapy-induced peripheral neuropathy
  - clapping. *See* cupping
  - client, defined, 4
  - client homework
    - assigning, 6–7, 45
    - deep breathing, 51–52
    - Epsom salts baths/soaks, 46
    - heat/cold application, 46
    - proper stretching technique, 172
    - purposeful walking, 52
    - resources for, 54
    - ROM exercises, 46–48, 47–50*f*
    - scope of practice, 45–46
    - strengthening, 51, 51*f*, 52*f*
  - clinical massage, 2–9
  - cold application
    - client homework, 46
    - effectivity, 114, 170
    - icing injuries, 272
    - physiologic effects, 19–20
  - colon sections, 101, 102*f*
  - compensation, 283
  - constipation
    - assessment, 103–104
    - causes, 101
    - client homework, 108
    - colon sections, 101, 102*f*
    - defined, 101
    - flatulence, 105
    - impaction, 102
    - massage protocol, 104–105, 105*f*, 106–107*t*

pathophysiology, 101–102  
 PD, 212  
 session frequency, 104  
 signs, symptoms, 102–103  
 therapeutic goals, 104  
 treatment options, 103

contractures, 214, 260

contraindications, 5–6

CP. *See* cerebral palsy

craniomandibular pain syndrome.  
*See* temporomandibular joint dysfunction

cross-fiber friction  
 defined, 17, 18*f*  
 physiologic effects, 17–19  
 for scars, 261*f*

CTS. *See* carpal tunnel syndrome

cupping, 13, 15*f*

CVA. *See* stroke

**D**

DDD. *See* degenerative disc disease

decreased range of motion, 23

deep breathing, 51–52, 301

deep hip rotators, 219*f*

degenerative disc disease (DDD)  
 assessment, 113  
 client homework, 116–117  
 contraindications, 116  
 defined, 110  
 dermatomes, 111  
 establishing client relationship, 115  
 heat, cold application, 114  
 massage protocol, 114, 114*f*, 115–116*t*  
 morbidity, mortality, 110  
 muscle spasms, hypertonicity, 112–113  
 pathophysiology, 110–112, 111*f*  
 signs, symptoms, 112  
 therapeutic goals, 114  
 treatment options, 112–113

degenerative joint disease. *See* osteoarthritis

delayed onset muscle soreness (DOMS)  
 assessment, 120  
 client homework, 122–123  
 contraindications, 121  
 defined, 118  
 massage protocol, 120–122, 121–122*t*  
 pathophysiology, 118  
 session frequency, 120  
 signs, symptoms, 119  
 therapeutic goals, 120  
 topical product application, 120  
 treatment options, 119–120

dermatomes, 111

diabetic peripheral neuropathy (DPN)  
 assessment, 199  
 client homework, 200–202  
 contraindications, 201–202  
 defined, 196  
 foot examinations, 200  
 massage protocol, 199–200, 201–202*t*  
 morbidity, mortality, 196–197  
 pathophysiology, 197  
 session frequency, 199  
 signs, symptoms, 197–198  
 therapeutic goals, 199  
 treatment options, 198

*Diagnostic and Statistical Manual of Mental Disorders (DSM)* (American Psychiatric Association), 242

digital kneading, 12

dish towel stretches, 48, 48*f*

DOMS. *See* delayed onset muscle soreness

doorway stretches, 48–50, 49*f*, 50*f*

DPN. *See* diabetic peripheral neuropathy

dry gangrene, 197

DSM. *See* *Diagnostic and Statistical Manual of Mental Disorders*

**E**

effleurage  
 application, 4–5  
 defined, 11, 12*f*  
 physiologic effects, 11–12

emotion, 23, 28–29

Epsom salts baths/soaks, 46

erector spinae muscles, 114*f*

exercise regimes, 169–170

**F**

facial massage, 65–66, 66*f*

facial nerve, 63, 64*f*

facial paralysis, 298–300

fibrocartilaginous spinal disc, 111*f*

fibromyalgia syndrome (FMS)  
 assessment, 126–127  
 client homework, 128, 130  
 contraindications, 129  
 defined, 124  
 desensitizing skin, 128  
 massage protocol, 127–128, 128–129*t*  
 pathophysiology, 124–125, 125*f*  
 session frequency, 127  
 signs, symptoms, 125–126  
 therapeutic goals, 127  
 tissue abnormalities, 126  
 treatment options, 126

fibrosis, 23

fibrotic adhesion, 260

fist kneading, 12

flashbacks, 242, 244

flatulence, 105

FMS. *See* fibromyalgia syndrome

foot examinations, 200

frozen shoulder  
 assessment, 133  
 client homework, 134–136  
 contraindications, 135  
 defined, 131  
 massage protocol, 134, 135–136  
 morbidity, mortality, 131  
 pathophysiology, 131–132, 132*f*  
 signs, symptoms, 132  
 therapeutic goals, 133–135  
 treatment options, 133

functional scoliosis, 274

**G**

gait cycle, 229

gate control theory of pain, 24–27, 26*f*

gluteus muscles, 219*f*, 220*f*

golfer's elbow. *See* tendinosis

guarding, 191–192

**H**

hacking, 13, 15*f*

headache, migraine  
 assessment, 139  
 client homework, 141–142  
 contraindications, 140  
 defined, 137  
 massage protocol, 139–141, 140–141*t*  
 morbidity, mortality, 137  
 pathophysiology, 137–138  
 sensations of, 139  
 session frequency, 139  
 signs, symptoms, 138  
 therapeutic goals, 139  
 treatment options, 138–139

headache, tension  
 assessment, 145  
 client homework, 149  
 contraindications, 147–148  
 defined, 143  
 massage protocol, 145–149, 146*f*, 147–148*t*  
 pathophysiology, 143, 144*f*  
 session frequency, 145  
 signs, symptoms, 143–144  
 therapeutic goals, 145  
 treatment options, 144  
 trigger points, 144

healthy lifestyle modeling, 119

heat application  
 client homework, 46  
 effectivity, 114  
 physiologic effects, 19–20

hip movement, 301

hip socket neuropathy. *See* piriformis syndrome

HIV, AIDS  
 assessment, 153–154  
 client homework, 156  
 contraindications, 455  
 defined, 150  
 massage protocol, 154–156, 155–156*t*  
 morbidity, mortality, 150–151  
 nonjudgmental treatment, 153  
 pathophysiology, 151  
 session frequency, 154  
 signs, symptoms, 151–153  
 therapeutic goals, 153–154  
 treatment options, 153

hold and stroke massage, 179, 244, 291–292

homework. *See* client homework

hoola hoop exercises, 47

human immunodeficiency virus (HIV). *See* HIV, AIDS

hunchback. *See* hyperkyphosis

hyperkyphosis  
 assessment, 160–161  
 client homework, 161–165  
 contraindications, 162  
 defined, 158  
 massage protocol, 161, 162–165*t*  
 pathophysiology, 158–159  
 session frequency, 161  
 signs, symptoms, 159  
 therapeutic goals, 161  
 treatment options, 160

- hypertonicity, 10, 22, 112–113. *See also*  
muscle spasm
- hypertrophic scar, 260
- I**
- ice application. *See* cold application
- iliotibial band, 167, 168*f*
- iliotibial band syndrome (ITBS)  
assessment, 169–170  
client homework, 170–175, 173*f*, 174*f*  
cold application, 170  
contraindications, 171  
defined, 167  
massage protocol, 170, 171–173*t*  
pathophysiology, 167, 168*f*  
session frequency, 170  
signs, symptoms, 168–169  
treatment goals, 170  
treatment options, 169
- impaction, 102
- inflammation, 261–262
- insomnia  
assessment, 178  
client homework, 180–181  
defined, 176  
massage protocol, 178–180, 179*f*, 180*t*  
morbidity, mortality, 176  
pathophysiology, 176–177  
session frequency, 178  
signs, symptoms, 177  
therapeutic goals, 176  
treatment options, 177–178
- intraoral work, 306
- ischemia, 22, 24
- ITBS. *See* iliotibial band syndrome
- J**
- jaw muscles, 304*f*, 305*f*
- jogger's heel. *See* plantar fasciitis
- joints, 253*f*, 295
- jumper's knee. *See* tendinosis
- K**
- keloid scar, 260
- knees  
bursitis protocols, 75*t*, 76*t*  
limited motion range, 301  
OA massage protocol, 208–209*t*
- knots. *See* trigger points
- knuckle kneading, 12
- L**
- latent trigger points, 324
- lumbago. *See* degenerative disc disease
- M**
- malignant MS, 184
- massage  
clinical *vs.* relaxation, 2  
effects of, 138  
in nursing homes/hospitals, 178
- massage therapy. *See* therapy
- median nerve, 78, 79*f*
- medical massage, 2
- medications  
generic/trade names, class, action, 32  
knowledge of, 31–32
- off-label, 198
- prolonged NSAID use, 228
- relevant to therapy, 33–43*t*
- Melzack, R., 25
- migraines. *See* headache, migraine
- MPD syndrome. *See* temporomandibular  
joint dysfunction
- multiple sclerosis (MS)  
assessment, 185  
client homework, 188–189  
contraindications, 187  
defined, 182  
injections, 184–185  
limb stretching, 186  
massage protocol, 186, 187–188*t*  
morbidity, mortality, 182  
pathophysiology, 182–184, 183*f*  
session frequency, 186  
signs, symptoms, 184–185  
therapeutic goals, 185–186  
treatment options, 185
- muscle cramp. *See* muscle spasm
- muscle knots. *See* trigger points
- muscle spasm  
assessment, 191  
client homework, 192–195  
contraindications, 191–194  
defined, 112–113, 190  
massage protocol, 192, 193–194*t*  
pathophysiology, 190  
session frequency, 192  
signs, symptoms, 190–191  
therapeutic goals, 191  
treatment options, 191
- muscular activity, pain, 22–29
- muscular bracing, 319
- myelinated motor nerves, 183*f*
- myofascial pain dysfunction (MPD)  
syndrome. *See* temporomandibular  
joint dysfunction
- N**
- neck braces, 334
- NeuroMassage, 5
- neuromuscular scoliosis, 274
- neuropathy. *See* chemotherapy-induced  
peripheral neuropathy (CIPN);  
diabetic peripheral neuropathy  
(DPN)
- nodules. *See* trigger points
- non-acute muscle spasms, 194–195
- nonsteroidal anti-inflammatory drug  
(NSAID), prolonged use of, 228
- O**
- OA. *See* osteoarthritis
- objective, 8
- Occupational Safety and Health  
Administration (OSHA), 78
- off-label medications, 198
- OSHA. *See* Occupational Safety and  
Health Administration
- osteoarthritis (OA)  
assessment, 206  
client homework, 207–209  
contraindications, 208–209  
defined, 203
- heat, cold application, 205
- massage protocol, 206–207, 208–209*t*
- morbidity, mortality, 203
- pathophysiology, 203–204, 204*f*
- session frequency, 206
- signs, symptoms, 204–205
- therapeutic goals, 206
- treatment options, 205
- P**
- pain  
animals, 29  
chronic, acute, 28  
compensation, 226  
effective treatment, 27  
gate control theory, 24–27, 26*f*  
muscular activity, physiology, 22–29  
perception, emotions, 28–29  
perception, therapy, 26*f*, 27  
scales of, 27–28, 27*f*, 28*f*  
from stroke, 297  
trigger point treatment, 325–327
- pain-spasm-pain cycle  
breaking, 24–25, 25*t*  
defined, 22–24, 23*f*
- parasympathetic state, 255
- Parkinson's disease (PD)  
assessment, 212–213  
client homework, 216  
constipation, 212  
contractures, 214  
contraindications, 215  
defined, 210  
massage protocol, 213, 214–215*t*  
morbidity, mortality, 200  
pathophysiology, 200  
session frequency, 213  
signs, symptoms, 211  
therapeutic goals, 213  
treatment options, 211–212
- patient, defined, 4
- PD. *See* Parkinson's disease
- peripheral nerves, 79
- petrissage, 12–13, 13*f*
- pincement, 13, 14*f*
- piriformis muscle, 220*f*
- piriformis syndrome  
assessment, 221–222  
client homework, 225  
contraindications, 223  
defined, 218  
massage protocol, 222–224, 223–224*t*  
morbidity, mortality, 218  
pathophysiology, 218–221, 219*f*,  
219*t*, 220*f*  
session frequency, 222  
signs, symptoms, 221  
structural, functional components, 219*f*  
therapeutic goals, 222  
treatment options, 221  
using discretion, 222
- pitcher's shoulder. *See* tendinosis
- plan, defined, 8–9
- plantar fasciitis  
acute, massage protocol, 229–231,  
230–231*t*  
assessment, 228–229

- chronic, massage protocol, 229–231, 232–233t
- client homework, 231–233
- contraindications, 230
- defined, 226
- morbidity, mortality, 226
- pain compensation, 226
- pathophysiology, 226–227, 227f
- session frequency, 229
- signs, symptoms, 227–228
- therapeutic goals, 229
- treatment options, 228
- policeman's heel. *See* plantar fasciitis
- polysomnography, 177
- post-polio syndrome (PPS)
- assessment, 236–237
- assistive device use, 236–237
- client homework, 239–240
- contraindications, 238
- defined, 235
- massage protocol, 237–239, 238–239t
- morbidity, mortality, 235
- pathophysiology, 235
- reassuring the client, 235
- session frequency, 237
- signs, symptoms, 236
- therapeutic goals, 237
- treatment options, 236
- post-traumatic stress disorder (PTSD)
- assessment, 243
- client homework, 246
- contraindications, 245
- defined, 241
- flashbacks, 242, 244
- massage protocol, 244
- morbidity, mortality, 241
- pathophysiology, 241–242
- referring the client, 243
- session frequency, 243
- signs, symptoms, 242–243
- sleep, 242
- therapeutic goals, 243
- treatment options, 243
- pounding, 13, 16f
- PPS. *See* post-polio syndrome
- Primary Raynaud's. *See* Raynaud's phenomenon
- protocol, defined, 4
- pseudo sciatica. *See* piriformis syndrome
- psychological pain manifestations, 23
- PTSD. *See* post-traumatic stress disorder
- R**
- radiculopathy. *See* sciatica
- range of motion (ROM)
- decreased, 23
- passive, active, 20–21
- stretching exercises, 47–50f
- Raynaud's phenomenon
- assessment, 249
- client homework, 251
- contraindications, 250
- defined, 247
- handshakes, 248
- massage protocol, 250–251, 250t
- morbidity, mortality, 247
- pathophysiology, 247–248
- sensations of, 249
- session frequency, 249
- signs, symptoms, 248
- therapeutic goals, 249
- treatment options, 248–249
- referred pain, 324
- referring out, 53
- relaxation massage, 2
- repetitive stress injury (RSI), 78
- resisted breathing exercises, 87, 88f
- rest, ice, compression, and elevation (RICE), 3
- rheumatoid arthritis (RA)
- assessment, 255
- client homework, 257
- contraindications, 256
- defined, 252
- massage protocol, 255–257, 256t
- medication side effects, 254
- pathophysiology, 252–253, 253f
- session frequency, 255
- signs, symptoms, 253–254
- therapeutic goals, 255
- treatment options, 254–255
- RICE. *See* rest, ice, compression, and elevation
- Roberts, L., 4–5
- rocking, 16–17, 17f
- ROM. *See* range of motion
- RSI. *See* repetitive stress injury
- S**
- satellite trigger points, 324
- scars
- assessment, 262
- client homework, 264–265, 265f
- contraindications, 263
- cross-fiber friction, 261f
- defined, 259
- inflammation, 261–262
- massage protocol, 262–264, 263–264t
- pathophysiology, 259–260
- session frequency, 262
- signs, symptoms, 260–261
- therapeutic goals, 262
- timing for work, 262
- treatment options, 261–262
- Scheuermann's kyphosis, 158
- sciatic nerve, 219f, 220f
- sciatica
- assessment, 269
- client homework, 272
- contraindications, 271
- defined, 266
- encouraging movement, 269
- massage protocol, 270, 271t
- morbidity, mortality, 266
- pathophysiology, 266–267, 267f, 268f
- session frequency, 270
- signs, symptoms, 268
- therapeutic goals, 270
- treatment options, 269
- SCM release. *See* sternocleidomastoid release
- scoliosis
- assessment, 276
- client homework, 277–280
- contraindications, 278
- defined, 273
- long-term effects, 276
- massage protocol, 276–277, 278–279t
- morbidity, mortality, 273
- pathophysiology, 273–274
- session frequency, 276
- signs, symptoms, 274–275
- therapeutic goals, 276
- treatment options, 275
- scope of practice, 3, 45–46
- secondary gain, 334–335
- Secondary Raynaud's. *See* Raynaud's phenomenon
- self-care instructions. *See* client homework
- shell shock. *See* post-traumatic stress disorder
- shoulders
- joint anatomy, 132f
- limited motion range, 300–301
- ROM exercises, 47f
- skin desensitizing, 128
- skin rolling, 12
- sleep, 177
- slow-stroke massage, 178–179, 179f, 244, 291
- SOAP. *See* subjective, objective, assessment, and plan
- soldier's heart. *See* post-traumatic stress disorder
- spasm, 22–23. *See also* muscle spasm
- spastic CP, 85
- spinal curvatures, labeling, 273, 274f
- spinal nerves, 267f, 268f
- splinting, 23, 191–192
- sprains, strains
- assessment, 283
- client homework, 286
- compensation, 283
- contraindications, 285
- defined, 281
- increased severity, 282
- massage protocol, 284, 285–286t
- morbidity, mortality, 281
- pathophysiology, 281–282
- session frequency, 283–284
- signs, symptoms, 282
- therapeutic goals, 283
- treatment options, 282–283
- sternocleidomastoid (SCM) release, 146
- strains. *See* sprains, strains
- strengthening, 51, 51f, 52f
- stress
- assessment, 290
- client homework, 292
- in combination with other conditions, 290
- contraindications, 292
- defined, 288
- importance of recognizing, 291
- massage protocol, 291–292
- morbidity, mortality, 288–289
- pathophysiology, 289
- session frequency, 291
- signs, symptoms, 289–290
- therapeutic goals, 290
- treatment options, 290

- stretching  
 client homework, 47–48, 47–50f  
 proper technique, 172  
 types of, 47–50f
- stroke  
 assessment, 296–297  
 client communication, 298  
 client homework, 298–301  
 client pain, 297  
 contraindications, 299  
 defined, 294  
 effect on joints, 295  
 massage protocol, 297–298, 299–292t  
 morbidity, mortality, 294  
 pathophysiology, 294–295  
 session frequency, 297  
 signs, symptoms, 295  
 therapeutic goals, 297  
 treatment options, 295–296
- stroke application, 4–5
- stroking, 10–11, 11f
- subjective, defined, 7–8
- subjective, objective, assessment, and plan (SOAP), 7–9
- swimmer's shoulder. *See* tendinosis
- T**
- tapotement, 13–16
- tapping, 13, 14f
- temporomandibular joint dysfunction (TMJD)  
 anterior neck massage, 309  
 assessment, 306–307, 307f  
 client homework, 311  
 contraindications, 308  
 defined, 303  
 intraoral work, 306  
 massage protocol, 307, 308–309t  
 morbidity, mortality, 303  
 pathophysiology, 303–305, 304f, 305f  
 related issues, 307  
 session frequency, 307  
 signs, symptoms, 305  
 therapeutic goals, 307  
 treatment options, 306
- tender points, 127
- tendinopathy. *See* tendinosis
- tendinosis  
 assessment, 312  
 client homework, 313–315  
 contraindications, 314  
 defined, 311  
 massage protocol, 313, 314–315t  
 pathophysiology, 311  
 rest, immobility, 312–313  
 session frequency, 313  
 signs, symptoms, 311–312  
 therapeutic goals, 313  
 treatment options, 312
- tendonitis, 311
- tennis elbow. *See* tendinosis
- tennis heel. *See* plantar fasciitis
- tension-type headache (TTH). *See* headache, tension
- terrible triad, 28–29
- therapeutic massage. *See* clinical massage
- therapists  
 healthy lifestyle modeling, 119  
 as part of health care team, 133  
 referring out, 53  
 training requirements, 2–3
- therapy  
 contraindications, 5–6  
 medication knowledge, 31–32  
 practice scope, 3  
 relevant medications, 33–43t
- thoracic disc disease. *See* degenerative disc disease
- thoracic outlet syndrome (TOS)  
 assessment, 319  
 client homework, 320  
 contraindications, 321  
 defined, 315  
 massage protocol, 319–320, 321–322t  
 morbidity, mortality, 315  
 muscular bracing, 319  
 pathophysiology, 316–318, 317f  
 session frequency, 319  
 signs, symptoms, 318  
 therapeutic goals, 319  
 thrombi, 318  
 treatment options, 318–319
- thrombi, 318
- TIA. *See* transient ischemic attack
- TMJ disorder. *See* temporomandibular joint dysfunction
- TMJ syndrome. *See* temporomandibular joint dysfunction
- TMJD. *See* temporomandibular joint dysfunction
- topical product application, 120
- TOS. *See* thoracic outlet syndrome
- Touch Research Institute, 4–5
- transient ischemic attack (TIA), 295
- treatment protocol, 4
- trigger points (TrPs)  
 assessment, 326  
 client homework, 330  
 contraindications, 328–329  
 defined, 23, 324  
 massage protocol, 327, 327f, 328–330t  
 pathophysiology, 324–325, 325  
 session frequency, 326  
 signs, symptoms, 325  
 therapeutic goals, 326  
 treatment options, 325–326  
 treatment pain, 325–327  
*vs.* tender points, 127
- TrPs. *See* trigger points
- TTH. *See* headache, tension
- V**
- voluntary splinting, 23
- W**
- Wall, P., 25
- wallet sciatica. *See* piriformis syndrome
- Walton, T., 4
- wear-and-tear arthritis. *See* osteoarthritis
- whiplash  
 assessment, 334  
 client homework, 336–337  
 contraindications, 335–336  
 defined, 332  
 massage protocol, 334–336, 335–336t  
 morbidity, mortality, 332  
 neck braces, 334  
 pathophysiology, 332–333  
 session frequency, 334  
 signs, symptoms, 333  
 therapeutic goals, 334  
 treatment options, 333–334  
 treatment timing, 333
- The Wizard of Oz*, 20
- Wong-Baker FACES Pain Rating Scale, 28f
- wringing, 12
- wrist tendinosis, 314–315t

# Dermatomes

## Appendix

# A

Dermatomes are cutaneous areas on the body that indicate specific peripheral nerve innervation. During the assessment process, the massage therapist can inquire about specific areas of pain and then use a dermatome

map to help determine the true source of the client's difficulty or discomfort. (Illustrations are provided by Anatomical Chart Co.)

Cutaneous areas of peripheral nerve innervation

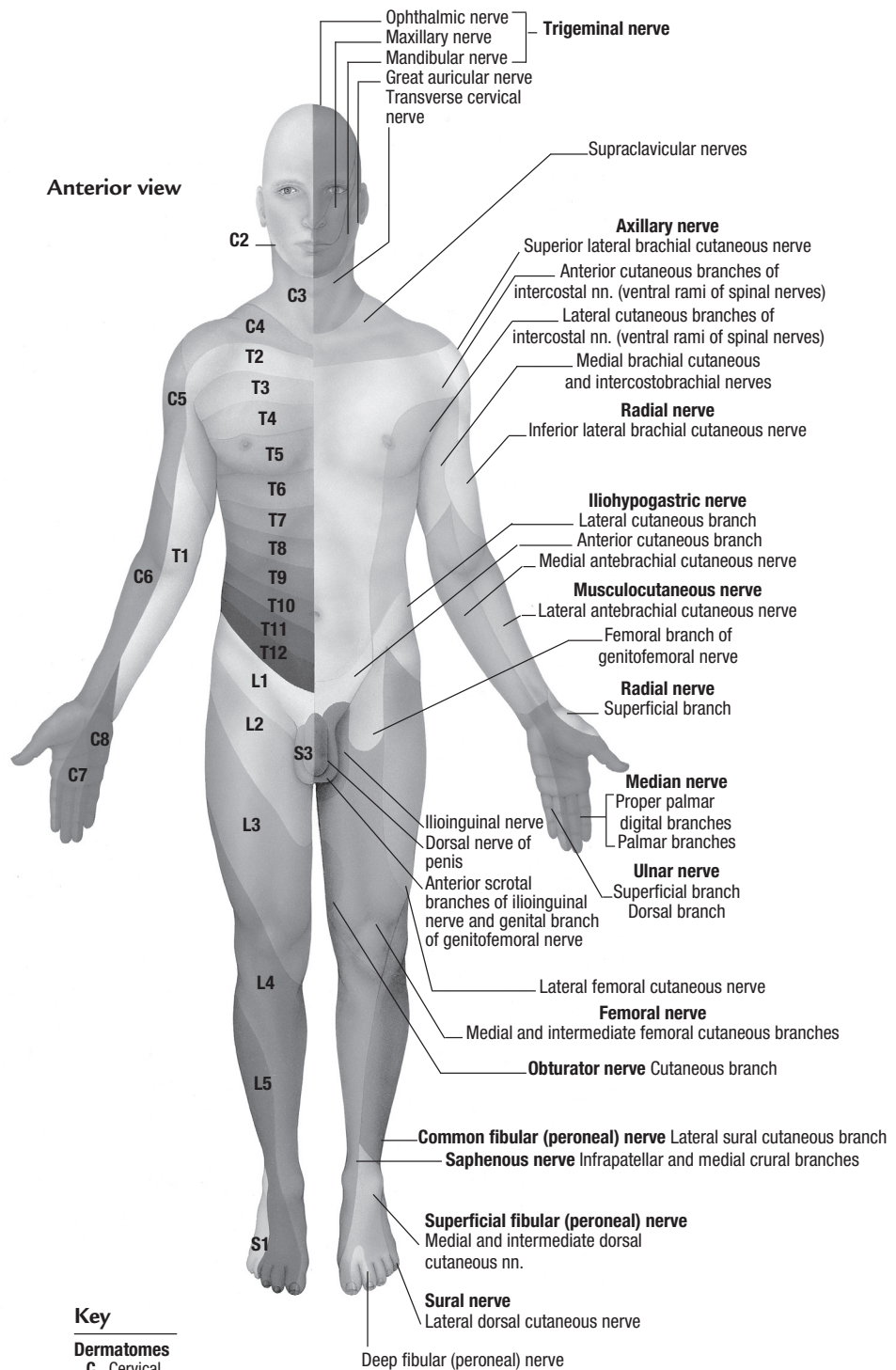


FIGURE A-1

Cutaneous areas of peripheral nerve innervation

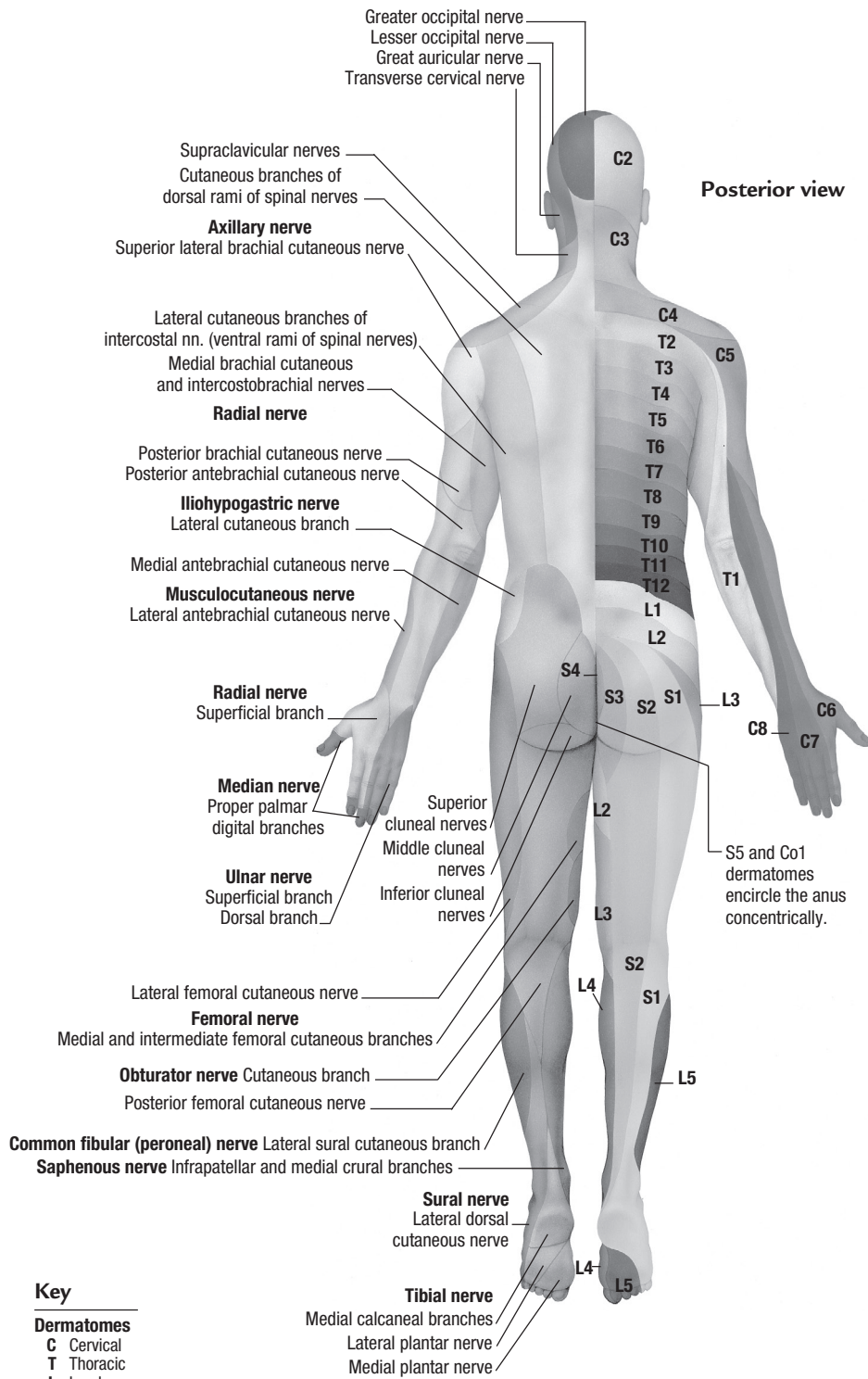


FIGURE A-2



## Appendix

# B

## SOAP Note Example

Here is a short, simple example of a SOAP note chart. The necessary information can be adapted for the therapist's working environment. Spas often prefer a space-saving 3 × 5-inch index card format, while a clinical setting may use a full 8.5 × 11-inch page

inserted into a file folder. In any case, basic or detailed documentation provides for effective and safe future client care.

The following example is a SOAP note created for a client with cerebral palsy.

Date: \_\_\_\_\_ Client Name: \_\_\_\_\_

<b>SUBJECTIVE</b>	<i>Client states spasms are worse today because of a family party, which required multiple preparations and ended in a lot of stress. States back is in constant spasm.</i>
<b>OBJECTIVE</b>	<i>Client's back muscles are hypertonic; lumbar region in spasm. Client positioned prone with pillows under head and upper chest. Warm towels and compression applied to back. Slow, moderate kneading, petrissage, and effleurage applied to cervical spine, thoracic spine, and lumbar spine muscles. More time spent on lumbar region. Gluteal muscles kneaded slowly. Medium pressure stroking to entire posterior body to finish session.</i>
<b>ASSESSMENT</b>	<i>Client's spasms reduced. Client fell asleep. Appears more relaxed than at beginning of session.</i>
<b>PLAN</b>	<i>Reminded client to perform deep breathing exercises during times of stress. Suggested he returns in one week for more work on hypertonic back. Suggested his wife attend next massage therapy session to learn some back massage techniques that could help in between sessions.</i>

Therapist name: \_\_\_\_\_

FIGURE B-1

## A Sample Homework Form

To help ensure a client meets therapeutic goals, the therapist can assign specific self-care exercises. Here is one example for a client who has experienced a stroke and is now trying to regain strength and balance. Compliance improves if:

- The homework is demonstrated by the therapist;
- The client then performs the exercises for the therapist; and
- The client is given a sheet of paper with easily understood instructions.

Client: \_\_\_\_\_ Date: \_\_\_\_\_

I want you to perform the following homework assignment \_\_\_\_\_ times per day between now and our next session. Call me if you have any questions.

*Purchase a large rubber exercise ball.*

*Position the ball next to the wall or a very stable, nonmovable couch or chair – not near a table with edges. Start by just sitting on the ball, while holding onto the wall or furniture. Perhaps you can put on some music or perform this exercise while watching TV.*

*Now begin to gently bounce. Start off with a very slight bounce, pushing with your legs. You may be wobbly at first, but you will gain balance in time. Slowly advance to larger bounces, remembering to push with your legs. Keep bouncing for as long as you can until you feel your legs are a little tired.*

*Caution: Always hold onto a firm object to help maintain your stability! When you feel too wobbly or fatigued, rest for a moment but return to the exercise as soon as you've rested.*

*In a very short time, you should notice real improvement. Hopefully you will be able to bounce higher and longer, your legs will get stronger, your sense of balance will improve, and your breathing will grow stronger. Plus, it can provide real entertainment for the family!*

*The point of this seemingly silly exercise is to: (1) improve your balance and coordination, (2) strengthen your legs, (3) improve your lung capacity, and (4) have fun!*

*I look forward to seeing your improvement at our next session!*

FIGURE C-1