

Ethics: Contraindications to Swedish Massage Home Study Course

3 CE Credit Hours
Text and Online Study Guide

Presented by the:
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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

Instructions for the Ethics: Contraindications to Swedish Massage home study course

Thank you for investing in the Ethical Contraindications to Swedish Massage home study course, a 3 CE credit hour course designed to further your knowledge in the practice of Swedish massage by informing you of potential contraindications client's may possess to Swedish massage.

This guide will contain all of the instructions you will need to complete this course. This is a 3 CE hour course, so that means it should take you approximately 3 hours to read the text, complete the examination and course evaluation.

This course provides 3 CE hours of ethics in the NCBTMB's Standard I: Professionalism

PLEASE READ THE FOLLOWING DIRECTIONS FOR COMPLETION OF THIS COURSE.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the text while taking the exam. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is also included at the end of the text for review before taking the exam.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your "proof of completion" certificates for at least four years in case of audit. Thank you for taking our Ethics: Contraindications to Swedish Massage home study course.

Ethics: Contraindications for Swedish Massage Text

Introduction

Massage therapy is the manipulation of the soft tissues of the body intended to improve health and well-being. It can be applied manually or by use of complementary tools. Our ancestors realized the value of touch as a healing tool. Even Hippocrates, the founder of modern medicine, trained his students extensively in massage techniques.

The primary goals of therapeutic massage are to facilitate increased blood flow and lymph, which will promote healing, relaxation and removal of toxins. We have spent many years trying to inform our clients of the benefits of therapeutic massage; and most cases, massage is not only indicated, it is usually very beneficial. Massage therapy and related bodywork modalities are non-invasive and natural. They are usually considered a safe treatment for people.

There are some situations, called contraindications, which make massage inadvisable. There are types of contraindications that all massage therapists and body workers must be aware of to make sure that massage is safe for you and your client. In many cases, although working on an area may be contraindicated, it may be okay and beneficial to work surrounding areas to promote the healing process of the body.

Definitions

The definition of Contra- means “against”, and indications are “signs that tell you what to do, one way or another”, so contraindications are “signs or signals which indicate that something should not be performed.” Massage contraindications mean that a patient/client is not able to receive massage therapy or that massage must be limited to certain areas of the body. Contraindications are general precautions that are taught in massage school. This course will expand your knowledge from what you have learned in massage school and refresh you of common contraindications to Swedish massage therapy. Now that massage is increasingly being used as an intervention for various pain and injury conditions, there is more concern about making sure massage therapy is an appropriate intervention for different conditions.

Types of Contraindications

Contraindications can be classified as **local or relative, absolute or systemic or medical precautions**.

Relative Contraindications

A relative contraindication is an instance where massage should not be performed in certain circumstances or certain areas, but can be done in others. Relative contraindications may also refer to what type of massage is being performed. For example, one type of massage might be contraindicated, such as deep tissue massage on an elderly client, but another type of massage, such as Swedish massage, might be okay.

Local or relative contraindications are conditions where a client is able to receive massage, but not on any affected areas. An example of this is not massaging the lower leg of a recently sprained ankle. Positioning may also play a role in local contraindications. The position in which you place your client may be all that needs to be changed in order to be able to perform the massage, such as positioning a pregnant woman on her side instead of in a prone position.

Examples of common local or relative contraindications may be, but are not limited to:

- ◆ Abnormal lumps
- ◆ Acne vulgaris
- ◆ Athletes foot
- ◆ Blisters
- ◆ Carpal tunnel syndrome
- ◆ Colitis
- ◆ Cystitis
- ◆ Herpes
- ◆ Goiter
- ◆ Local inflammation
- ◆ Hernia
- ◆ Irritable bowel syndrome
- ◆ Bruises
- ◆ Cuts/scrapes
- ◆ Poison ivy
- ◆ Sprains/strains
- ◆ Warts
- ◆ Unhealed burns
- ◆ Skin ulcers
- ◆ Varicose veins
- ◆ Scars
- ◆ Shingles
- ◆ Old surgical incision sites
- ◆ Open wounds
- ◆ Pregnancy before the 13th week may need a doctors note

SAMPLE SITUATION: John, a client and athlete who you see regularly comes to you for a massage. On this day, he reports to you that he has been training for an upcoming race. Yesterday, he was running at the gym and twisted his ankle. You inspect his ankle and discover that his ankle has a fair amount of edema and it looks like some bruising has occurred. John states that the sprain is no big deal and thinks if you massage the area vigorously, it may help the swelling. What do you do? Do you perform the massage as he would like or do you instruct him to ice the area and see his physician?

In this case, it appears that John is most likely suffering from an acute ankle sprain. You should definitely NOT massage over the affected area. Sprains are a relative/local contraindication to Swedish massage. You should let John know that massage does not benefit recent acute sprains. You can perform a massage to the unaffected areas, but he should see his primary care physician if needed and return in a few days after the edema and bruising has subsided.

Absolute Contraindications

An absolute contraindication is one where massage should not be done under any circumstances. Absolute contraindications may or may not be permanent. For example, if the condition has resolved from an absolute contraindication such as an acute fever, viral infection and/or inflammation, massage may then be performed.

Some common systemic or absolute contraindications are:

- ◆ Appendicitis
- ◆ Cardiac arrest
- ◆ Chicken pox
- ◆ Hives
- ◆ Embolism
- ◆ Fever, when a client has an elevated body temperature, which may indicate a more serious disease or condition
- ◆ Contagious or infectious diseases, including any cold or flu no matter how mild it may seem
- ◆ Recent operations
- ◆ Neuritis, which is a general inflammation of the peripheral nervous system, symptoms depend on the nerves involved, but may include pain, paresthesia, pareses hypoesthesia or numbness, anesthesia, paralysis, wasting and disappearance of the reflexes
- ◆ Skin diseases, such as staph, impetigo, herpes simplex, shingles, open sores/lesions until healed
- ◆ Under the influence of alcohol
- ◆ Contact dermatitis/diarrhea if due to infection
- ◆ German measles
- ◆ Gout, during the acute phase
- ◆ Lice
- ◆ Measles
- ◆ Meningitis
- ◆ Mono
- ◆ Mumps
- ◆ Pneumonia
- ◆ Preeclampsia
- ◆ Ringworm
- ◆ Scabies
- ◆ Tonsillitis

The above conditions are temporary and once they run their course, massage is no longer contraindicated.

Some common systemic or absolute conditions that are permanent are:

- ◆ Blood clots
- ◆ Cirrhosis of the liver
- ◆ Deep vein thrombosis
- ◆ Embolism
- ◆ HIV/AIDS, depending on the stage
- ◆ Hepatitis, depending on the stage
- ◆ Intestinal obstruction
- ◆ Kidney failure
- ◆ Lupus
- ◆ Lyphangitis
- ◆ Myocarditis
- ◆ Pericarditis

- ◆ Pulmonary embolism
- ◆ Severe acute respiratory syndrome
- ◆ Syncope
- ◆ Tuberculosis

SAMPLE SITUATION: Mary, a new client comes to see you in your office. You have her fill out an intake form and sign an informed consent form. You see that on her intake form she has reported that she has recently been treated with heparin (a blood thinning medication) for a blood clot in her left calf. She also reports that her pain is mostly in her left lower leg and her goal for the massage is to increase the circulation in her leg and break up any remaining clots to release the area. What should you do? Is it ok for massage therapists to work on possible blood clot areas?

In this situation, massage is absolutely contraindicated. Do not perform the massage session. Blood clotting is a very serious condition and absolute contraindication to massage and even though Mary has been under the supervision of a physician, she is still at risk for having a clot. Your massage on her left calf may release a clot and if the clot travels to her heart or lungs, she may die. You need to simply let Mary know that if and when her condition completely clears (she is off of any medication and has been approved by her physician) she may receive a light relaxation massage which can benefit her.

Medical Precautions

A medical precaution is a situation where massage can be performed, but with precautions related to the pathology. Medical precautions in massage therapy occur when your client/patient suffers from a condition in which you may want obtain a physician's approval in writing before performing the massage. For example, you may want to get a physicians ok for cardiovascular conditions such as, hypotension (low blood pressure), hypertension or high blood pressure and those with pacemakers.

Sources listed anywhere from 3 to 86 contraindications and precautions for massage. Some medical precautions include:

- ◆ Psoriasis or eczema
- ◆ Skin diseases
- ◆ Osteoporosis
- ◆ Osteoarthritis
- ◆ Cancer, depending on the type and stage
- ◆ Epilepsy
- ◆ Diabetes
- ◆ Asthma
- ◆ Acute rheumatism
- ◆ Aneurism
- ◆ Bells palsy
- ◆ Congestive heart failure
- ◆ Trapped or pinched nerves
- ◆ HIV/AIDS, depending on the stage
- ◆ Hepatitis, depending on the stage
- ◆ Spinal Stenosis
- ◆ Stroke
- ◆ Kidney stones

- ◆ Clients taking prescription medications
- ◆ Multiple Sclerosis

SAMPLE SITUATION: Jennifer, a new client comes to your office for massage therapy treatment. You have her fill out an initial intake form and an informed consent form. You read over her form and see nothing out of the ordinary and discuss her forms and goals with her. During the interview, Jennifer states that she forgot to write that she has been diagnosed with a very mild case of diabetes. She is not under medical treatment at this time and does not take medication for her diabetes. You note the information on her form and continue discussing her medical history. Should you perform the massage?

In this case, it is ok to perform the massage as normal. Diabetes is a general medical precaution for massage therapy and is not necessarily a contraindication to massage. It is important for you as a therapist to be aware of her medical condition, but you can still perform massage as normal. If she reports any symptoms during the massage that you think may be diabetes related, be cautious and either contact her primary care physician or refer her to her primary care physician for care.

In this country there is a strong movement towards evidence-based medicine, which requires supporting documentation to back up clinical practice. While contraindications are a valuable guideline, too often they are misused and misunderstood in our educational programs. Many massage therapy training programs are lacking in subject matter directly related to evaluating pain and injury conditions. In some cases, massage therapists are advised to avoid an area or avoid massage therapy when using massage is not contraindicated.

The question is “Who decides if massage therapy is indicated or contraindicated?” Massage therapists and bodywork practitioners are responsible for ensuring the medical safety of all those who seek our services. Our schools usually include hundreds of hours of instruction in anatomy, physiology, pathology and assessment that is meant to give us the skills needed to make decisions about when and when not to massage. They may seem overwhelming, but the key is to understand contraindications, and to understand diseases, the body and how massage affects it. Massage is generally beneficial for the body, but can be very hard on the body if the body has major health issues. In these cases it is appropriate to check with the client’s primary care physician. Certain medical conditions require caution when giving a massage, and if you are ever in doubt it is always best to consult a doctor or other qualified medical practitioner. Taking time to obtain this information from the client will help you reduce the incident of a medical error or causing problems with the patient/client.

In all kinds of massage therapy and bodywork, not just Swedish massage, it is always a good practice to consult your medical personnel if you or your clients are not sure about any condition they may have.

Headaches

Headaches can be indicated or contraindicated for massage therapy depending on the type of headache your patient/client is experiencing. Not all headaches are the same and understanding this will help you better treat clients who come to you for treatment of their headaches.

There are two main types of headaches that you need to be aware of and different sub-types of headaches under the two types. The two main types of headaches are **primary and secondary headaches**.

Primary Headaches

Primary headaches are benign conditions in which the headache itself is the primary condition. The most common primary headaches are:

- ◆ Tension
- ◆ Migraine
- ◆ Cluster headaches

Tension headaches are a common source of head pain and are often described as a dull ache that starts at the base of the skull or the forehead and may spread to other parts of the head and face as it gets worse or intensifies. Tension headaches occur from stress and/or joints in the neck that become tense and contribute to the pain. Massage therapy usually can be very helpful and is indicated for these types of headaches in relieving pain.

Migraine headaches are severe headaches that may be single sided or bilateral. Some migraines are preceded by a disturbance, called an aura, which may include symptoms such as blind spots, flashing lights, tingling or numbness in one or more body regions, and may even cause speech problems and weakness. Migraines can cause a pounding, throbbing or pulsing pain, and may cause nausea and vomiting. The client/patient may not be able to tolerate bright lights, loud sounds or strong smells, and all movements may cause an increase in pain. Migraines may be difficult to treat. However, massage therapy is indicated and may alleviate some of the pain. Your patient/client may need to consult their primary care physician for further relief if massage therapy does not alleviate all of the pain.

Cluster headaches are intense, one sided attacks of pain. They are clustered at a certain time of day or night. Each episode can last from 15 minutes to an hour and may even occur at night. There are medical treatments that are helpful and massage therapy may be helpful in relieving tension after or between attacks.

SAMPLE SITUATION: Jerry, a client that you see on a regular basis, comes to you one afternoon complaining of a moderate to severe headache. He is an attorney and has been facing a deadline to have some paperwork completed and has been under a lot of stress. He reports to you that his headache today started out as a dull ache in the back of his neck. He states that the headache got worse as the day went on and that the pain spread to his forehead. What should you do?

From all of the information reported by Jerry, he seems to be suffering from a moderate to severe tension headache caused by stress and tension from his job and facing a deadline. Massage can be very beneficial for his headache and you should definitely tailor a massage session today around relieving the tension and stress in the musculature of neck and upper back region. You might also want to instruct Jerry to watch his headache and if anything changes for the worse he may need to see his primary care physician for additional help and to return in a few days for another massage session centered around relieving tension and stress in his body.

Secondary Headaches

Secondary headaches are usually headaches that a client/patient has not experienced before. These types of headaches need to initially be addressed by a physician. They are headaches that are secondary to some other process or problem. Once the primary source of pain has been discovered, massage therapy may or may not be used as a treatment.

Types of secondary headaches and things which can trigger a secondary headache include:

- ◆ Thunderclap or sentinel headaches
- ◆ Fever
- ◆ Stiff neck
- ◆ Poor circulation which causes a headache
- ◆ Meningitis
- ◆ Encephalitis
- ◆ Brain abscess that causes a headache
- ◆ Temporal arteries
- ◆ Brain tumors
- ◆ Adverse drug effects
- ◆ Subdural hematomas which cause headaches
- ◆ Medication overuse headache
- ◆ Recent trauma such as head trauma

A thunderclap or sentinel headache is an abrupt onset headache. This headache can be caused by a hemorrhaging vessel in the head. The pain usually subsides in one to two days, but can continue for weeks or until a hemorrhage. Not all people with a thunderclap headache have a bleeding vessel. If your client/patient reports a loss of consciousness at the onset of pain and states the pain is like nothing they have ever experienced before, refer the client/patient to their doctor or medical personnel immediately. Once the true cause has been diagnosed, massage therapy may be performed. Treatment may also include medication and/or surgery depending on what has caused the headache.

Fever, stiff neck or poor circulation may cause headaches. Headaches may also be caused meningitis, encephalitis or brain abscess. Any client/patient with a headache that is associated with fever, lack of peripheral circulation and generalized neck stiffness which is not from muscle or restricted joints should not be given a massage and immediately referred to their medical personnel for a medical diagnosis.

Sub-acute, recent onset, persistent or recurrent headaches happen when a client/patient usually has headaches with onset of several days to weeks prior before seeking medical help. Causes may include temporal arteries, brain tumors, adverse drug effects and subdural hematomas. If you have a client whose headache is gradually getting worse over days, weeks or even months, you should refer them to their primary care physician or obtain permission before treating them with massage therapy. If the client/patient is in general good health and has been cleared by their primary care physician, massage may be beneficial in relieving pain.

Many commonly prescribed medications may cause headaches as an adverse effect. It is becoming increasingly proven that the many medications which people use to get rid of pain can cause it. These can include prescription medications and/or include over-the-counter medications.

Intracranial hematomas and neck injuries from a recent fall, head injury or some kind of an accident may cause headaches and these should be reported to medical personnel for correct treatment before performing massage therapy.

Sometimes clients/patients will not give the correct information or may forget what happened to them or why they have the headache/condition. It is very important for you as a massage therapist to always be aware and on guard when observing each and every patient/client while preparing to give a massage. Good intake forms, such as an informed consent and detailed medical history, should be filled out for every client. This protects you and your clients.

SAMPLE SITUATION: Jessica, a regular client of yours calls and wants to make an appointment right away for a headache that she has been experiencing since yesterday morning. You have an open appointment that day and set up a time for her to come in. Once she arrives, you see that she is not feeling well at all. She states that her headache came on yesterday morning and it was accompanied by a high fever and a very stiff neck. She tells you that her symptoms have been increasing today. She states that nothing out of the ordinary has happened and her stress level is generally low. She is not sure why her headache, fever and neck stiffness has come on and would like you to massage her back and neck today to help in relieving the pain and fever. What should you do?

Jessica may be suffering from a rare, but worse condition than you cannot help such as meningitis. The fever that she is experiencing is a contraindication in itself, and the other symptoms that she has reported should send up a red flag for you. Do NOT to perform the massage and recommend that she see her primary care physician right away. If you have time, you may even want to ask her if it is ok for you to call and set up an appointment for her. You do not want to risk causing her further harm. Once her fever has subsided and it has been approved by her physician, you may perform massage to help her residual pain and symptoms.

Endangerment Sites

Endangerment sites are regions that a massage therapist should be aware of when giving a massage and determining contraindications to massage. An endangerment site is a region of the body in which nerves, arteries or veins lay close to the body's surface. These areas are not well protected by muscle or connective tissue, and have the potential to be damaged. Deep tissue or deep pressure to these areas is always contraindicated. These areas may contain bony projections that are fragile and may be broken. Massage therapists should use extreme caution when working close to these areas.

Endangerment sites of the face and neck are:

- ◆ Anterior triangle of the neck: The anterior triangle of the neck consists of the medial border of the sternocleidomastoid muscle and the inferior border of the mandible and the trachea. It contains the jugular vein, carotid artery, and the vagus nerve.
- ◆ Posterior triangle of the neck: The posterior triangle of the neck consists of the posterior border of the sternocleidomastoid, the superior border of the clavicle and the anterior border of the upper trapezius muscle. This area contains the brachio-cephalic artery and vein superior the clavicle, the sub-cephalic vein and the nerves of the brachial plexus.

- ◆ Posterior to the mandible: The area posterior to the mandible contains the facial artery and nerve, and the styloid process of the temporal bone. The styloid process is a very delicate bone that can be broken from extreme pressure.
- ◆ Sternal notch and anterior throat: The area of the sternal notch and anterior throat consists of the medial heads of the right and left clavicle, and their attachment, at the superior edge to the sternum. This area contains the vagus nerve, associated nerves and the vessels to the thyroid gland.
- ◆ Axillary triangle of the under arm: The axillary triangle of the under arm consists of the anterior edge to the pectoralis major, the posterior edge of the latissimus dorsi, the superior head and medial shaft of the humerus, the upper ribs and the medial aspect of the serratus anterior. This area contains the nerves of the distal brachial plexus, the brachial artery, the axillary nerve, vein, and artery and the cephalic vein.
- ◆ Deltoid-pectoral triangle: The deltoid-pectoral triangle is narrow area between the medial aspect of the pectoralis major, the lateral aspect of the anterior deltoid, and the superior border of the clavicle. This area contains the cephalic vein.

Endangerment sites of the elbow:

- ◆ Medial elbow: The area between the medial epicondyle of the humerus and olecranon process of the ulna. This area contains the ulnar nerve.
- ◆ Lateral elbow: The area between the lateral epicondyle of the humerus and the olecranon process of the ulna. This area contains the radial nerve.

Endangerment sites of the abdomen:

- ◆ Umbilicus area: The umbilicus area, to either side, contains the descending aorta and abdominal aorta.
- ◆ Dorsal body area 12th rib: The dorsal area in the region of the 12th rib is located over the kidneys, in the lower back.

Endangerment sites of the lower extremity:

- ◆ Femoral (inguinal triangle): The femoral or inguinal triangle consists of the lateral aspect of the Sartorius muscle, the superior aspect of the inguinal ligament and the medial aspect of adductor longus muscle. This area contains the femoral nerve, the femoral artery and vein, the great saphenous vein, external iliac artery and the inguinal lymph nodes.
- ◆ Popliteal fossa: The popliteal fossa is a diamond shaped area at the posterior knee. This area contains the popliteal artery and vein and the tibial and common peroneal nerves.
- ◆ Deep calf: The deep calf region of the lower extremity can be located between the two heads of the gastrocnemius muscle. This area contains the posterior tibial artery and vein.

- ◆ Tarsal tunnel: The tarsal tunnel is located in a groove on the medial aspect of the calcaneus and inferior to and posterior to the medial malleolous. This area contains the posterior artery and vein, deep to the flexor retinaculum.

It is important to get as much information from the client/patient before ever performing a massage to be sure you, as the massage therapist, are always alert to your surroundings and how your clients may react to massage therapy.

Professionalism and Intake Forms

When massage therapists work with a new client, it is important to establish a professional working relationship from the start, explaining the policies and making the client feel comfortable. This will form the basis of a trusting, respectful relationship between you and your clients.

We all know that clients/patients may not tell us everything that we need to know. Always have your new clients fill out intake forms in order to establish clear communication. Proper intake procedures are very important for massage therapists because they can keep you safe from unscrupulous clients, protect your reputation, set nervous first time clients at ease, establish an immediate professional rapport with your client and give both you and your clients a starting place for dialog.

All of your clients should fill out an intake form that includes:

- ◆ A medical history and questionnaire- the medical questions should cover physical contraindications to massage, such as asking the client about any medical conditions, past or present. This will give you a basis for determining if the client has any areas you may need to be cautious about.
- ◆ Client personal information- such as name address, phone number and emergency contact.
- ◆ Bodywork session goals- knowing the client's goals from the massage session will help you design a bodywork session to go with the clients needs.
- ◆ Disclaimer and informed consent with your office policy information- this will protect you from potential medical claims and inform your client of the risks and benefits of massage therapy.

A sample client intake form and a massage therapy consent form are included in the back of this guide after the exam.

Sources:

1. <http://www.thebodyworker.com/swedishcontraindications.html>
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8. <http://www.massagers101.com/massage-treatments/when-to-say-no-to-a-client/>
11. <http://www.massagetherapypractice.com/ominous-headache>

Ethics: Contraindications for Swedish Massage Exam

1. Goals of therapeutic massage are:
 - A. To Decrease blood flow and lymph and promote healing and relaxation
 - B. Work on areas of open sores in order to promote healing
 - C. Increase blood flow and lymph, promote healing, relaxation and removal of toxins
 - D. Work on areas that are badly bruised
2. The definition of a massage contraindication is:
 - A. Massage on the area even if it causes increased pain or injury
 - B. Signs or signals indicating that massage should not be performed or limited to areas of the body
 - C. To benefit the body with massage
 - D. A form of relaxation for massage therapy
3. Which of the following are the three types of contraindications?
 - A. Local or relative, absolute or systemic, or medical precautions
 - B. Viral or bacterial, local and medical precautions
 - C. Prenatal massage, relative or local and headaches
 - D. Migraine headaches, prenatal massage and bacterial
4. A situation where massage should not be done in certain circumstances or on certain areas is called an:
 - A. Absolute or systemic contraindication
 - B. Medical precaution
 - C. Relative or local contraindication
 - D. Endangerment site
5. All of the following are types of relative contraindications EXCEPT:
 - A. Blisters
 - B. Open wounds
 - C. Diabetes
 - D. Poison ivy
6. Contagious or infectious diseases are what kind of contraindications?
 - A. Absolute or systemic
 - B. Medical precaution
 - C. Relative or local
 - D. Prenatal massage
7. Which of the following is considered a permanent, absolute condition which is contraindicated for massage?
 - A. Measles
 - B. Tuberculosis
 - C. Preeclampsia
 - D. Ringworm

8. As in all kinds of massage therapy, it is a recommended practice to consult medical personnel if you are not sure about a condition.
 - A. True
 - B. False
9. All of the following are medical precautions EXCEPT:
 - A. Asthma
 - B. Embolism
 - C. Osteoporosis
 - D. Kidney stones
10. Headaches that are benign conditions, such as tension, migraine and cluster are called:
 - A. Primary headaches
 - B. Secondary headaches
 - C. Tension headaches
 - D. Migraine headaches
11. A headache in which a client/patient has not experienced before is referred to as:
 - A. A Primary headache
 - B. A Secondary headache
 - C. A Tension headache
 - D. A Migraine headache
12. Which of the following is a type of secondary headache?
 - A. Tension headache
 - B. Migraine headache
 - C. Thunderclap headache
 - D. Cluster headache
13. Many commonly prescribed medications may cause headaches as an adverse effect.
 - A. True
 - B. False
14. A region of the body in which nerves, arteries, and veins lay close to the body's surface is known as:
 - A. Palpation site
 - B. Endangerment site
 - C. Relative contraindication
 - D. Absolute contraindication
15. Where is the styloid process located?
 - A. In the axillary triangle
 - B. Posterior to the mandible
 - C. Anterior border of trapezius
 - D. Behind the knee

16. The endangerment site that consists of the medial border of the sternocleidomastoid muscle, the inferior border of the mandible, and the trachea is:
- Posterior triangle of neck
 - Anterior triangle of neck
 - Sternal notch and anterior throat
 - Abdominal area
17. The ulnar nerve is located in the:
- Lateral elbow
 - Medial elbow
 - Inguinal triangle
 - Posterior thigh
18. The radial nerve is located in the:
- Medial elbow
 - Lateral elbow
 - Inguinal triangle
 - Posterior thigh
19. The popliteal fossa is located in the:
- Umbilicus area
 - Inguinal triangle
 - Posterior knee
 - Lateral elbow
20. All massage therapists should have their clients/patients fill out intake forms.
- True
 - False

This completes the Ethics: Contraindications to Swedish Massage home study course.

Massage Therapy Services' Consent Form

THIS FORM MUST BE COMPLETED & SIGNED BEFORE RECEIVING A MASSAGE.

General & Medical Information

Have you ever experienced a professional massage? _____

Which areas would you like to focus on during this massage? _____

Do you have any of the following conditions? If yes, please explain below as clearly as possible.

<input type="checkbox"/> Stress	<input type="checkbox"/> Allergies	<input type="checkbox"/> Contagious disease
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Wear contact lenses	<input type="checkbox"/> Back pain
<input type="checkbox"/> Pregnant	<input type="checkbox"/> Cancer	<input type="checkbox"/> Cardiac/circulatory problems
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Sensitive to touch or pressure	<input type="checkbox"/> Frequent headaches
<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Epilepsy or seizures	<input type="checkbox"/> Bruise easily
<input type="checkbox"/> Joint swelling	<input type="checkbox"/> Varicose veins	<input type="checkbox"/> Depression

Numbness or stabbing pains? Explain below.

High blood pressure. If yes, are you taking medication for this? Explain below.

Surgery in the past five years? Explain below.

Accident or suffered any injuries in the past 2 years? Broken bones, etc. Explain below.

Other medical conditions not listed. Explain below.

Comments: _____

I understand that the massage I receive is provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during the session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage should not be construed as a substitute for medical examination, diagnosis, or treatment. I understand that massage therapists are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions, and answered all questions honestly. I agree to keep the massage therapist updated as to any changes in my medical profile during the session and understand that there shall be no liability on the massage therapists part should I fail to do so. I understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session. I also understand that the License Massage Therapist reserves the right to refuse to perform massage on anyone whom he/she deems to have a condition for which massage is contraindicated.

Client Signature _____ Date _____

NAME: _____ PHONE: _____

EMAIL: _____ THERAPIST'S NAME: _____

Massage and Bodywork Intake Form

Client Information

Name _____ Date _____
Street _____ Day Phone () _____
City _____ State _____ Zip _____ Eve Phone () _____
Occupation _____ Date of Birth _____
Emergency Contact Name and Phone _____ () _____
Referred By _____ Email _____

Massage History / Session Information

Have you ever received a professional massage? Yes No Date of last massage _____

What result do you want from your massage sessions? _____

List any exercise activities. Include frequency: _____

Are you currently under the care of a health care practitioner? Yes No

If yes, specify purpose: _____

List current medications and purpose: _____

Previous History (Include year and treatment received)

Injuries/accidents/illnesses still affecting you: _____

Surgeries: _____

Please mark any of the following that you now have or have had.

Musculoskeletal

- Bone or joint disease
- Tendonitis / Bursitis
- Arthritis / Gout
- Jaw pain (TMJ)
- Lupus
- Spinal Problems
- Other : _____

Circulatory

- Heart Condition
- Phlebitis / Varicose Veins
- Blood Clots
- High / Low Blood Pressure
- Lymphedema
- Thrombosis / Embolism
- Other : _____

Please mark any of the following that you now have or have had. (Continued)

Respiratory

- Breathing difficulty / Asthma
- Emphysema
- Allergies specify: _____
- Sinus Problems
- Other : _____

Skin

- Allergies specify: _____
- Rashes
- Athletes foot
- Herpes / cold sores
- Other : _____

Nervous System

- Shingles
- Numbness / tingling
- Pinched Nerve
- Other : _____

Digestive

- Irritable bowel syndrome
- Ulcers
- Other : _____

Reproductive

- Pregnant: Stage
- Ovarian / menstrual problems
- Prostate
- Other : _____

Other

- Cancer / tumors
- Bladder / kidney ailment
- Diabetes
- Drug / alcohol / caffeine / tobacco use
- Chronic fatigue
- Chronic pain
- Sleep disorders
- Migraines / headaches
- Anxiety / stress syndrome
- Depression
- Contact lenses (hard or soft)

Additional Client Remarks / Comments:

I have completed this form to the best of my knowledge and will inform the massage therapist of any change in my physical health.

I understand that a massage therapist can not diagnose illness, disease, or any other medical, physical, or emotional disorder, nor perform any spinal manipulations. I am responsible for consulting a qualified physician for any physical ailments that I have.

I understand that massage therapy is a therapeutic health aide and is non-sexual.

I understand that if the massage therapist starts a session late, she will make it up to me at the end of my session if possible, or will reduce my fee accordingly. I understand that if I arrive late, my session will end at the originally scheduled time so the client following me is not penalized.

I agree to give 24-hour notice for a scheduled session that I can not keep. I am aware that I may be charged the full fee for any missed sessions or for sessions that I do not give 24-hour notice to cancel or reschedule.

Signed _____

Date _____