

# **Williams Massage Mastery: From Student to Professional**

## **Lesson Plans**

### **Chapter 1 — Massage from Past to Present**

#### **Goals of the Lesson:**

*Cognitive:* Students will be able to identify key elements in the history of massage, and describe the place of massage in today’s health care setting. Students will be familiar with at least three environments in which contemporary massage therapists work.

*Motor:* N/A

*Affective:* Students will understand the health concerns of patients seeking massage therapy and will be able to communicate the benefits of massage therapy.

#### **Learning Objectives:**

The lesson plan for each objective starts on the page shown below.

- 1-1 Identify one reason why the study of history is important to contemporary massage practice.....
- 1-2 Describe one ancient document that is important to our current understanding of medicine or massage .....
- 1-3 Explain the contribution of one historical figure to medicine or massage .....
- 1-4 Analyze the contribution of one culture to either medicine or massage and explain its relevance to a contemporary massage practice. ....
- 1-5 Distinguish among the terms “massage,” “bodywork,” “technique,” “system,” and “approach” in relation to the massage profession. ....
- 1-6 Compare and contrast the approach of conventional medicine to the body with that of alternative medicine .....
- 1-7 Describe the role of the National Center for Complementary and Alternative Medicine in today’s health care environment .....
- 1-8 Outline one way that massage fits into today’s health care system .....
- 1-9 Give at least two reasons why consumers seek massage therapy today .....
- 1-10 List two benefits or effects of massage that are verified by recent research.....
- 1-11 List at least three different environments in which massage therapists work and describe the types of massage offered in each.

#### **Selected Key Terms**

Andreas Vesalius  
CAM therapies  
Ebers Papyrus  
Galen  
Hippocrates  
Ibn Sina  
Ida Rolf  
Johann Mezger  
NCCAM  
Per Henrik Ling

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**You Will Need:**

Gather the following materials and teaching aids for the following lessons:

[Items should be added once the online study guide is available]

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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-1**

**Identify one reason why the study of history is important to contemporary massage practice.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ Understanding history facilitates open-mindedness and inclusiveness.                             <ul style="list-style-type: none"> <li>➤ These characteristics are essential in those who practice massage.</li> </ul> </li> <li>❖ Massage is “owned” by:                             <ul style="list-style-type: none"> <li>➤ All cultures</li> <li>➤ All religions</li> <li>➤ All peoples</li> </ul> </li> <li>❖ History is a reminder that massage therapists carry forward a tradition:                             <ul style="list-style-type: none"> <li>➤ Improving the lives of others by reducing pain or bringing comfort</li> </ul> </li> </ul>	3	Topic 1-1: 2-3	<p><b>Figure</b>                              1-1: History of massage timeline                              p. 4</p> <p><b>Concept Briefs</b>                              1-1: Cultural Keys to Advances in Medicine and Massage                              p. 10</p>	<p><b>In-Class Activities</b></p> <p>Review the summary of “medicine, magic, and massage” in PowerPoints 2 to 3 for Topic 1-1                              Ppt Topic 1-1: 2-3</p> <p>Spend a few minutes having students examine the timeline in Figure 1-1 (p. 4). Point out to students that the majority of the historical influences traced in Figure 1-1 are over 1000 years old.</p>		

*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-2**

**Describe one ancient document that is important to our current understanding of medicine or massage.**

**Date:**

[Help!--I can't put page numbers into the "Text page" column below, for some reason. The numbers should be 5-10]

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ Ebers Papyrus                             <ul style="list-style-type: none"> <li>➤ Ancient Egypt, 1550 BCE</li> <li>➤ Contains about 700 formulae and remedies</li> </ul> </li> <li>❖ The Badianus Manuscript                             <ul style="list-style-type: none"> <li>➤ Aztec, 1552 CE</li> <li>➤ Details Aztec medical practice</li> </ul> </li> <li>❖ <i>The Elements According to Hippocrates</i> <ul style="list-style-type: none"> <li>➤ Roman, written by Galen (129-200 CE)</li> <li>➤ Contains ideas that dominated medicine until the 16<sup>th</sup> century</li> </ul> </li> <li>❖ <i>The Canon of Medicine</i> <ul style="list-style-type: none"> <li>➤ Islamic, written by Ibn Sina (980-1037 CE)</li> <li>➤ Was used for centuries</li> </ul> </li> <li>❖ Ancient Chinese texts (content as</li> </ul>		Topic 1-1: 2-7			<p><b>Outside Assignments</b></p> <p>As a research assignment, have students choose one or two documents listed in this outline. Have the students look up more details on the documents than Chapter 1 presents, and summarize their relevance to contemporary medicine or massage in a brief paper.</p>	

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<p>early as 2500 BCE)</p> <ul style="list-style-type: none"> <li>➤ <i>Yellow Emperor's Classic of Internal Medicine</i></li> <li>➤ <i>Essential Questions</i></li> <li>➤ <i>Miraculous Pivot</i></li> <li>➤ <i>Book of Changes</i></li> <li>➤ Provide philosophical foundation of Traditional Chinese Medicine</li> </ul> <p>❖ <i>Rig Veda</i></p> <ul style="list-style-type: none"> <li>➤ From India and Sri Lanka</li> <li>➤ Compiled from earlier oral history between 1700 and 1100 BCE)</li> <li>➤ Outlines main concepts in ayurveda</li> </ul> <p>❖ Gyud Bzhi (Four Tantras)</p> <ul style="list-style-type: none"> <li>➤ Tibetan medicine</li> <li>➤ Dated between 786 and 911 BCE</li> <li>➤ Still used today</li> </ul>						
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Legend: SG: Study Guide; PPT: PowerPoint

**Objective 1-3**

**Explain the contribution of one historical figure to medicine or massage.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	PPT slide				
<ul style="list-style-type: none"> <li>❖ Jivaka Kumar Bhaccha                             <ul style="list-style-type: none"> <li>➤ India/Thailand</li> <li>➤ 563-483 BCE</li> <li>➤ Created Thai medicine/massage</li> </ul> </li> <li>❖ Hippocrates                             <ul style="list-style-type: none"> <li>➤ “Father of Western medicine”</li> <li>➤ Greece</li> <li>➤ 460-377 BCE</li> </ul> </li> <li>❖ Asclepiades                             <ul style="list-style-type: none"> <li>➤ Rome</li> <li>➤ 129-40 BCE</li> <li>➤ Hydrotherapy, exercise, massage</li> </ul> </li> <li>❖ Galen (Claudius Galenus of Pergamum)                             <ul style="list-style-type: none"> <li>➤ Greek, living in Rome</li> <li>➤ 129-200 CE</li> <li>➤ Built on theories of Hippocrates</li> </ul> </li> <li>❖ Al-Razi (Rhazes)                             <ul style="list-style-type: none"> <li>➤ Arabia</li> </ul> </li> </ul>	4, 6-8, 11-14	Topic 1-1: 4-8	<p><b>Figures</b>                              1-1: History of massage timeline                              p. 4</p> <p><b>Boxes</b>                              1-1: What Happened to the Women?                              p. 13</p>		<p><b>Outside Assignments</b>                              Using Box 1-1 (“What Happened to the Women?”) as a guide, have students select one of the eight historical figures discussed there as the topic of a brief written report.</p>	

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<ul style="list-style-type: none"> <li>➤ 865-925 CE</li> <li>➤ Regarded as Islam’s greatest clinician</li> <li>❖ Ibn Sina (Avicenna) <ul style="list-style-type: none"> <li>➤ Arabia</li> <li>➤ 980-1037 CE</li> <li>➤ Wrote <i>The Canon of Medicine</i></li> </ul> </li> <li>❖ Mondino de Liuzzi <ul style="list-style-type: none"> <li>➤ Italy</li> <li>➤ 1275-1326</li> <li>➤ Wrote <i>Anathomia</i></li> </ul> </li> <li>❖ Leonardo da Vinci <ul style="list-style-type: none"> <li>➤ Italy</li> <li>➤ 1452-1519</li> <li>➤ Extensive studies of anatomy</li> </ul> </li> <li>❖ Andreas Vasalius <ul style="list-style-type: none"> <li>➤ Brussels</li> <li>➤ 1514-1564</li> <li>➤ Wrote <i>On the Workings of the Human Body</i></li> </ul> </li> <li>❖ Geronimo Mercuriali <ul style="list-style-type: none"> <li>➤ Italy</li> <li>➤ 1530-1606</li> <li>➤ Explained principles of physical therapy</li> </ul> </li> <li>❖ Per Henrik Ling <ul style="list-style-type: none"> <li>➤ Sweden</li> <li>➤ 1776-1839</li> </ul> </li> </ul>						
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<ul style="list-style-type: none"> <li>➤ Created medical gymnastics</li> <li>❖ Johann Mezger <ul style="list-style-type: none"> <li>➤ Holland</li> <li>➤ 1839-1909</li> <li>➤ Classified manipulations</li> </ul> </li> <li>❖ John Harvey Kellog <ul style="list-style-type: none"> <li>➤ United States</li> <li>➤ 1852-1943</li> <li>➤ Wrote <i>The Art of Massage</i></li> </ul> </li> <li>❖ Florence Nightingale <ul style="list-style-type: none"> <li>➤ England</li> <li>➤ 1820-1910</li> <li>➤ Included massage in nurses' training</li> </ul> </li> <li>❖ Wilhelm Reich <ul style="list-style-type: none"> <li>➤ Austria</li> <li>➤ 1897-1957</li> <li>➤ Psychotherapeutic body therapy</li> </ul> </li> </ul>						
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Legend: SG: Study Guide; PPT: PowerPoint



**Objective 1-4**

**Analyze the contribution of one culture to either medicine or massage and explain its relevance to a contemporary massage practice.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ Ancient Egypt               <ul style="list-style-type: none"> <li>➤ Massage techniques part of medical practice</li> </ul> </li> <li>❖ Aboriginal Australia               <ul style="list-style-type: none"> <li>➤ Massage of patients during rituals</li> </ul> </li> <li>❖ Central and South America               <ul style="list-style-type: none"> <li>➤ Massage part of Aztec approach to medicine</li> <li>➤ Sweat bath (<i>temazcal</i>) used by Myans and Aztecs</li> </ul> </li> <li>❖ Native North Americans               <ul style="list-style-type: none"> <li>➤ Purification and healing practices included massage</li> </ul> </li> <li>❖ The Greeks               <ul style="list-style-type: none"> <li>➤ Moved medicine:                   <ul style="list-style-type: none"> <li>▪ Away from magic and the divine</li> <li>▪ Toward observation and logical reasoning</li> </ul> </li> </ul> </li> <li>❖ The Romans               <ul style="list-style-type: none"> <li>➤ Preserved and developed Greek medicine</li> </ul> </li> </ul>	5-10	Topic 1-1: 2-10	<p><b>Figures</b></p> <p>1-1: History of massage timeline p. 4</p> <p>1-2: Ankhmahor's tomb p. 5</p> <p>1-3: Temazcal ("sweat bath") p. 6</p> <p>1-4: Asclepius, the Greek god of healing p. 7</p> <p>1-5: Qi flows along specific pathways in the body called meridians p. 9</p> <p>1-6: The healing powers of the Medicine Buddha in</p>	<p><b>Related Chapters</b></p> <p>Eastern approaches to massage and bodywork are described in greater detail in Chapter 17.</p>	<p><b>Outside Assignments</b></p> <p>Form study groups with two or three students each. Trace the evolution of massage. For questions the groups should study, follow the Massage Fusion feature on pages 28-29.</p>	

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<ul style="list-style-type: none"> <li>➤ Hydrotherapy (Roman baths)</li> <li>❖ The Arabs <ul style="list-style-type: none"> <li>➤ Preserved and built on classical Greek texts</li> <li>➤ Incorporated medical knowledge of India, China, Persia, and Byzantium</li> </ul> </li> <li>❖ Ancient China <ul style="list-style-type: none"> <li>➤ Approach to medicine based on Yin and Yang, Qi, and the five elements</li> <li>➤ Contributions include acupressure, acupuncture, and herbal medicine</li> </ul> </li> <li>❖ India <ul style="list-style-type: none"> <li>➤ Ayurvedic medicine, developed over 5000 years</li> <li>➤ Massage is still an important part of daily life.</li> </ul> </li> <li>❖ Thailand <ul style="list-style-type: none"> <li>➤ Massage influenced by ayurvedic medicine and traditional Chinese medicine</li> <li>➤ Yogic aspects of massage</li> </ul> </li> <li>❖ Tibet and Bhutan <ul style="list-style-type: none"> <li>➤ Medicine based on teachings of Buddha</li> <li>➤ Three mental poisons cause illness: desire, hatred, confusion</li> </ul> </li> </ul>			<p>Tibetan medicine are invoked through visualization, speaking, hearing, or concentrating on his name, and prayer</p> <p>p. 10</p> <p>1-7: The Esalen Institute in Big Sur, California, a center for the exploration of human potential</p> <p>p. 13</p> <p><b>Concept Briefs</b></p> <p>1-1: Cultural Keys to Advances in Medicine and Massage</p> <p>p. 10</p> <p>1-2: Europe in Darkness and Light</p> <p>p. 12</p>			
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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-5**

**Distinguish among the terms “massage,” “bodywork,” “technique,” “system,” and “approach” in relation to the massage profession.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ “Massage”                             <ul style="list-style-type: none"> <li>➤ Structured, professional, therapeutic touch</li> </ul> </li> <li>❖ “Bodywork”                             <ul style="list-style-type: none"> <li>➤ Includes massage</li> <li>➤ Also includes other techniques and systems                                     <ul style="list-style-type: none"> <li>▪ Reiki</li> <li>▪ Aston-Patterning</li> <li>▪ Assisted yoga positions</li> <li>▪ Ayurvedic bodywork</li> </ul> </li> </ul> </li> <li>❖ “Technique”                             <ul style="list-style-type: none"> <li>➤ A specific procedure used in a particular task</li> </ul> </li> <li>❖ “System”                             <ul style="list-style-type: none"> <li>➤ A collection of techniques organized in a complex whole</li> <li>➤ Example: Swedish massage uses a progression of six different techniques</li> </ul> </li> <li>❖ “Approach”</li> </ul>	14-20	Topic 1-2: 3-10	<p><b>Figures</b></p> <p>1-8: Ida Rolf called her revolutionary bodywork system structural integration p. 14</p> <p>1-9: Massage and bodywork systems and approaches are likely to be defined differently by massage professionals. This chart represents one method of categorization p. 17</p> <p>1-10: The general goal of many energetic approaches is to promote the uninterrupted flow of energy throughout the body and to help the body find emotional, spiritual,</p>	<p><b>In-Class Activities</b></p> <p>Review the overview of broad categories in PowerPoints 3 to 4 for Topic 1-2 Ppt Topic 1-2: 3-4</p> <p>A large number of approaches are listed in the left-most column of this outline. Ask students who has knowledge or experience of any of these approaches.</p>		

<ul style="list-style-type: none"> <li>➤ A group of massage and bodywork systems that use similar techniques to achieve comparable results             <ul style="list-style-type: none"> <li>▪ Examples                 <ul style="list-style-type: none"> <li>• Swedish massage</li> <li>• Deep-tissue massage</li> <li>• Clinical approaches</li> <li>• Structural integration approaches</li> <li>• Neomuscular approaches</li> <li>• Myofascial approaches</li> <li>• Energetic approaches</li> <li>• Approaches based on movement</li> <li>• Lomi Lomi</li> <li>• Russian massage</li> <li>• Eastern approaches</li> <li>• Psychological (mind-body) approaches</li> <li>• Craniosacral therapy</li> <li>• Manual lymphatic drainage</li> <li>• Spa therapies</li> </ul> </li> </ul> </li> </ul>			<p>and physical balance. p. 18</p> <p>1-11: Spa therapies include fangothrapy (shown here), which is the use of mud, clay, or peat for healing p. 19</p> <p><b>Boxes</b> 1-2: The Massage Therapy Body of Knowledge Project p. 15</p> <p><b>Concept Briefs</b> 1-3: Techniques, Systems, and Approaches p. 16</p>			
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<ul style="list-style-type: none"><li>• Reflexology</li><li>• Hydrotherapy</li><li>• Aromatherapy</li></ul>						
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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-6**

**Compare and contrast the approach of conventional medicine to the body with that of alternative medicine.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	PPT slide				
<ul style="list-style-type: none"> <li>❖ Massage and bodywork are a type of complementary and alternative medicine (CAM).</li> <li>❖ Other types of CAM therapies include acupuncture, Tai Chi, biofeedback, chiropractic medicine, meditation, dance therapy, and many more.</li> <li>❖ Conventional medicine                             <ul style="list-style-type: none"> <li>➤ Aims to cure the body by elimination of symptoms or a particular disease-causing agent</li> <li>➤ Intervenes when body is in an acute state of crisis (e.g., heart attack)</li> <li>➤ Drugs and surgery are the most common forms of medical treatment.                                     <ul style="list-style-type: none"> <li>▪ Physicians also do make basic dietary and exercise recommendations.</li> </ul> </li> </ul> </li> <li>❖ Alternative medicine                             <ul style="list-style-type: none"> <li>➤ An alternative to</li> </ul> </li> </ul>	24–27	Topic 1-3: 8-9	<p><b>Figures</b> 1-15: Canyon Ranch Spa p. 26</p> <p><b>Concept Briefs</b> 1-4: Health Terms in Contemporary American Health Care p. 27</p>			

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<p>conventional care</p> <ul style="list-style-type: none"><li>➤ Focus of treatment is likely to be more holistic<ul style="list-style-type: none"><li>▪ Holistic approach focuses on whole person, not just the disease</li></ul></li></ul>						
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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-7**

**Describe the role of the National Center for Complementary and Alternative Medicine in today’s health care system.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor’s Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ National Center for Complementary and Alternative Medicine (NCCAM)               <ul style="list-style-type: none"> <li>➤ National Institutes of Health established Office of Alternative Medicine (OAM) in 1992</li> <li>➤ OAM evolved into NCCAM in 1998</li> </ul> </li> <li>❖ NCCAM seeks to:               <ul style="list-style-type: none"> <li>➤ Promote shared research between conventional physicians and CAM therapists</li> <li>➤ Provide reliable information to the public</li> </ul> </li> <li>❖ Many hospitals today offer some type of integrated health care program.</li> </ul>	25					

*Legend:* SG: Study Guide; PPT: PowerPoint



**Objective 1-8**

**Outline one way that massage fits into today’s health care system.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor’s Notes
Content	Text page	PPT slide				
<ul style="list-style-type: none"> <li>❖ Massage is a CAM therapy.</li> <li>❖ CAM therapies continue to progress as conventional medicine responds to public demand for integrated health care.                             <ul style="list-style-type: none"> <li>➤ One study showed 42% of Americans preferred CAM therapies to conventional medicine.</li> </ul> </li> <li>❖ The spa industry and integrated medicine                             <ul style="list-style-type: none"> <li>➤ In 2005, about 32.2 million people in the U.S. and 3.7 million people in Canada visited a spa.</li> <li>➤ Massage is one of the services offered.</li> </ul> </li> <li>❖ Integrated medicine is also practiced at wellness centers.</li> <li>❖ Spas and massage clinics include some medical screening before designing massage treatments.</li> <li>❖ Research and massage                             <ul style="list-style-type: none"> <li>➤ Many clinical studies verify benefits of massage.</li> </ul> </li> </ul>	24-27	Topic 1-3: 4-10	<p><b>Figures</b></p> <p>1-16: The Massage Therapy Foundation aims to advance the knowledge and practice of massage therapy by supporting scientific research, education, and community service. p. 26</p> <p>1-17: The TRI is the first center in the world that is devoted to the study of touch and its application in science and medicine. The TRI has widely researched the effects of massage on people of all ages. p. 27</p>	<p><b>In-Class Activities</b></p> <p>Review the overview of the massage profession given in PowerPoints 4 to 7 of Topic 1-3.</p> <p>PPT Topic 1-3: 4-7</p>		

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➤ This fuels interest in CAM therapies. ❖						
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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-9**

**Give at least two reasons why consumers seek massage therapy today.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	PPT slide				
<ul style="list-style-type: none"> <li>❖ People seek out massage for two general reasons: wellness and health care.</li> <li>❖ Wellness massage                             <ul style="list-style-type: none"> <li>➤ Decreases stress</li> <li>➤ Promotes relaxation</li> <li>➤ Support body's natural restorative mechanisms</li> <li>➤ Clients seek for:                                     <ul style="list-style-type: none"> <li>▪ Rest and relaxation</li> <li>▪ Pleasurable experience that leaves them feeling refreshed and revitalized</li> <li>▪ Reducing pain from unaccustomed physical activities and stress</li> </ul> </li> </ul> </li> <li>❖ Health care massage                             <ul style="list-style-type: none"> <li>➤ Also called treatment massage, rehabilitative massage, or therapeutic massage</li> <li>➤ Addresses chronic soft-tissue holding patterns that contribute to:                                     <ul style="list-style-type: none"> <li>▪ Dysfunction</li> </ul> </li> </ul> </li> </ul>	20-21	Topic 1-3: 2-3	<p><b>Figures</b></p> <p>1-12: Wellness massage is massage to decrease stress, promote relaxation, and support the body's natural restorative mechanisms p. 21</p> <p>1-13: Many therapists focus on health care massage to address soft-tissue injuries and dysfunctions for such conditions as whiplash, carpal tunnel syndrome, low back pain, and many others p. 23</p>	<p><b>In-Class Activities</b></p> <p>Discussion: Ask students for the reasons that they—or family members or friends—have sought out massage therapy.</p>		

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<ul style="list-style-type: none"> <li>▪ Soft-tissue injury</li> <li>▪ Chronic pain</li> <li>➤ Is outcome-based</li> <li>➤ Methods include:             <ul style="list-style-type: none"> <li>▪ Advanced assessment procedures</li> <li>▪ Techniques such as hydrotherapy</li> <li>▪ Remedial exercises</li> </ul> </li> <li>➤ Often provided in a health care setting</li> <li>➤ May be supervised by a physician</li> </ul>						
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*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-10**

**List two benefits or effects of massage that are verified by recent research.**

**Date:**

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	PPT slide				
<ul style="list-style-type: none"> <li>❖ Recent research has shown that massage:               <ul style="list-style-type: none"> <li>➤ Reduces pain and improves quality of life for cancer patients at end of life</li> <li>➤ Has positive effect on depression and quality of life in patients with advanced HIV</li> <li>➤ Reduces a mother's risk of premature delivery and postpartum depression</li> <li>➤ Improves sleep for babies</li> <li>➤ Decreases glucose levels in diabetic children</li> <li>➤ Reduces pain from migraine headaches and arthritis</li> <li>➤ Reduces aggression and hyperactivity in adolescents with ADHD</li> </ul> </li> </ul>	26-27	Topic 1-3: 10				

*Legend:* SG: Study Guide; PPT: PowerPoint

**Objective 1-11**

List at least three different environments in which massage therapists work and describe the types of massage offered in each.

Date:

Lecture Outline			Figures, Tables, and Features	Resources and In-Class Activities	Outside Assignments Evaluation	Instructor's Notes
Content	Text page	Ppt slide				
<ul style="list-style-type: none"> <li>❖ Massage is offered in a variety of locations.                             <ul style="list-style-type: none"> <li>➤ Private practice                                     <ul style="list-style-type: none"> <li>▪ A focus on any type of massage is possible, ranging from Swedish massage to Eastern approaches.</li> </ul> </li> <li>➤ Massage clinics                                     <ul style="list-style-type: none"> <li>▪ Services vary from clinic to clinic</li> <li>▪ Some clinics specialize in a modality (e.g., reflexology, NMT).</li> <li>▪ Others focus on a particular client group (e.g., pregnant women).</li> </ul> </li> <li>➤ Wellness centers                                     <ul style="list-style-type: none"> <li>▪ A center may take a broad-based approach to wellness or specialize in a particular condition, such as weight management.</li> </ul> </li> <li>➤ Spas</li> </ul> </li> </ul>	22-24	Topic 1-3: 4-7	<p><b>Figures</b></p> <p>1-14: Massage can play a role in a mother's rehabilitative process after giving birth and supports the health of the infant p. 24</p>	<p><b>Related Chapters</b></p> <p>Massage for special populations is discussed in Chapter 24.</p> <p><b>In-Class Activities</b></p> <p>Ask students what settings appeal most to them as a place to practice their new career.</p>		

<ul style="list-style-type: none"> <li>▪ Services include full-body massage, herbal body wraps, hot stone massage, seaweed treatments, foot treatment.</li> <li>➤ Medical settings             <ul style="list-style-type: none"> <li>▪ A few examples: chiropractors' offices, hospital oncology wards, sports medicine clinics</li> </ul> </li> <li>➤ Cruise ships             <ul style="list-style-type: none"> <li>▪ Wellness massage is offered, enhanced with luxurious touches.</li> </ul> </li> <li>➤ On-site massage             <ul style="list-style-type: none"> <li>▪ Seated massage is given through the client's clothing without lubricants.</li> </ul> </li> <li>❖ Some massage therapists focus their career on a particular type of client, such as:             <ul style="list-style-type: none"> <li>➤ Pregnancy and infant massage</li> <li>➤ Sports massage</li> <li>➤ Animal massage</li> </ul> </li> </ul>						
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*Legend:* SG: Study Guide; PPT: PowerPoint