

Massage Mastery Study Guide: Chapter 1 Answer Key

Massage from Past to Present

I. Learning Contracts

For strategies, students should include reading, note taking, and discussion; for evidence, specifics such as written notes; for verification, specific actions that demonstrate accomplishment, such as submitting essay and notes, participating in class discussions, succeeding on test questions or practice exams related to this objective. Instructors may want to give more specific guidance. Answers will vary.

II. Glossary Terms

Andreas Vesalius: A Flemish anatomist (1514-1564 CE) who wrote *On the Workings of the Human Body* in 1543, which became one of the most influential books on human anatomy during that period.

CAM therapies: Complementary and Alternative Medicine (CAM) include such diverse forms of practice as acupuncture, Tai Chi, biofeedback, chiropractic medicine, meditation, dance therapy, aromatherapy, art therapy, ayurvedic medicine, Traditional Chinese Medicine, hypnosis, and many others. The term “complementary medicine” describes alternative healing practices used in conjunction with conventional medicine

Ebers Papyrus: A lengthy scroll dating from ancient Egypt (1550 BCE) containing approximately 700 formulae and remedies. It demonstrates the ancient Egyptians’ advanced understanding of human anatomy, probably related to the practice of mummification.

Galen: Claudius Galenus of Pergamum (129-200 CE), known in English as Galen, was a Greek physician who built on the theories of Hippocrates. Eventually Galen moved to Rome where he lectured, conducted experiments on animals to develop his understanding of anatomy, and wrote twenty-two volumes. He wrote *The Elements According to Hippocrates* to expand on the idea of the four humors.

Hippocrates:A Greek physician (460-377 BCE) widely regarded as the “Father of Western Medicine” because he based his medical practice on observation and an extensive study of anatomy

Ibn Sina: Arab physician ((980–1037 CE) also known as Avicenna. His *The Canon of Medicine* brought together and organized all existing medical knowledge, including the works of Hippocrates and Galen, advances from the medical academies, and his own observations. He was the first to successfully distill essential oils (used in aromatherapy), although at the time the distillation process focused on the flower water produced, and the essential oil was an unwanted by-product.

Ida Rolf: An American biochemist working in the 1940s, who extensively researched musculoskeletal components and founded structural integration (also “Rolfing”). Her methods continue to profoundly influence massage today.

Johann Mezger: A Dutch physician (1839–1909) who classified massage manipulations in categories familiar to us today (effleurage, petrissage, etc)

NCCAM:National Center for Complementary and Alternative Medicine.

Per Henrik Ling:An Austrian (1776-1839) credited with creating medical gymnastics, he built on the work of many other people to develop a structured movement system called Swedish massage.

III. True or False?

1. True
2. False
3. False
4. True

5. False
6. True
7. True
8. False
9. True
10. True

IV. Matching

1. D
2. F
3. A
4. H
5. J
6. B
7. G
8. C
9. E
10. I

V. Sentence Completion

1. reflexology
2. pediatrics
3. ayurveda
4. somatic
5. Swedish
6. acupressure
7. spa
8. cost, time
9. Complementary, Alternative

10. research

VI. Short Answer Questions

Answers will vary in exact phrasing but should contain the essence of the following short answers.

Topic 1-1: The History of Massage

| Culture | How sweat was used in treatment of disease |
|-----------------|--|
| Mayan& Aztec | Used the <i>temazcal</i> , or sweat bath, to represent the womb of Temazcalteci (the Grandmother of the baths) where health, healing, introspection, and rebirth took place. |
| Native American | Used sweat lodges for purification by heating the body and exposing it to medicated steams. |

Topic 1-2: Overview of Techniques, Systems, and Approaches

1. The three components of Per Henrik Ling's Swedish movements:

| Component | Description |
|------------------------------------|--|
| 1. Active Movements | Patients stood in lines and performed lunging and isometric exercises in military fashion. |
| 2. Passive Movements | An attendant would move and stretch the patient's body while the patient relaxed. Passive treatments also included soft-tissue manipulation with techniques known as "holding," "pressing," "shaking," "clapping," and "sawing." |
| 3. Active-passive Movements | The patient attempted to move in a certain manner while the attendant resisted this movement. |

2. Massage and bodywork:

The terms "massage" and "bodywork" are not interchangeable. The term "bodywork" may include massage, but it includes techniques and systems that are not technically massage but also work to change the body's soft tissue.

3. Difference between a massage technique and a massage or bodywork system:
A massage technique is a specific procedure. A massage or bodywork system is a collection of techniques organized into a group used together to attain a specific goal.

4. Differences between wellness and healthcare massage:
Wellness massage is used to decrease stress, promote relaxation and support the body's natural restorative mechanisms. Healthcare massage is outcome-based and focuses on addressing chronic soft-tissue holding patterns the lead to dysfunction, soft-tissue injury, or chronic pain.

Topic 1-3: Contemporary American Massage

1. People are often confused by the terms "complementary medicine," "alternative medicine," and "integrative medicine." What are the differences between each of these categories of healthcare?

| Category | Definition |
|------------------------|---|
| Complementary Medicine | Complementary medicine refers to healing practices done in conjunction with conventional medicine. |
| Alternative Medicine | Alternative medicine refers to treatments that are done as an alternative to conventional care, if conventional care is not working or the patient chooses not to receive conventional care. |
| Integrative Medicine | Integrative medicine refers to the use of both conventional and alternative medicine to address physical, psychological, social, and spiritual aspects of health in a collaborative approach to patient care. |

VII. Case Studies

None for Chapter 1.

VIII. Activities

Topic 1-1: The History of Massage

1. Beliefs of different cultures:

| Culture | Cause of Disease | Treatment |
|------------------------|---|--|
| Ancient Egypt | Evil spirits or their poisons | Spells Prayers to the gods Aromatic plant potions Amulets |
| Aboriginal Australia | "Soul loss" through the influence of evil spirits | Sucking the sick person and spitting out a <i>yarda</i> , a wooden object covered in blood Massage and singing over the body during rituals |
| Ancient Maya | Natural and supernatural causes | Natural causes: herbs, infusions, poultices, ointments Supernatural: ritual and spells |
| Aztec | Astronomical events Punishment for incorrect behavior (sins) | Medicinal plants Ritual offerings and confessions Massage Sweat bath, or <i>temazcal</i> |
| Native North Americans | Expression of subtle forces involving body, mind, spirit One's relationship with the community Environment Lifestyle | Sweat lodge Smudging Chanting Singing Dancing Praying Massage |
| Greeks/Hippocrates | Imbalance in four humors (blood, phlegm, yellow bile, and black bile) | Bloodletting Vomiting Massage towards the core of the body |

Topic 1-2: Overview of Techniques, Systems, and Approaches

1. *There is not one set answer here, as some states have a scope of practice, some do not, and the scopes that do exist change. Any specific information we include here as an answer for instructors would be out of date and considered incorrect.*

2. *This answer will be unique to each student.*

Topic 1-3: Contemporary American Massage

1. *This answer will be unique to each student.*

IX. Rubrics

| Learning Objective | Excellent | Good | Needs Improvement |
|---|--|--|---|
| 1-1. Identify one reason why the study of history is important to contemporary massage practice. | The student is able to clearly articulate at least one reason the study of history is important to contemporary massage practice. | The student can give a partial description of why the study of history is important to contemporary massage practice, but does not include all of the key points. | The student is unable to articulate a clear 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. | The student names and accurately describes the content of at least one ancient document and conveys its importance to our current understanding of medicine or massage. | The student is able to give partial information. For example, the student is able to do some, but not all, of the following: provide the name of an ancient document, describe its content, or convey its importance to our current understanding of medicine or massage. | The student is unable to name, describe or convey the importance of any ancient documents. |
| 1-3. Explain the contribution of one historical figure to medicine or massage. | The student names and provides an accurate and detailed description of the contribution to medicine or massage of at least one historical figure. | The student is able to give some, but not all, of the information requested. The student is able to name an historical figure, but can only partially describe his/her contribution or is able to correctly describe someone's contribution, but not provide his/her name. | The student is unable to name or describe an historical figure and his/her contribution to medicine or massage. |
| 1-4. Analyze the contribution of one culture to either medicine or massage and explain its relevance for a contemporary massage practice. | The student is able to name at least one culture, describe its contributions, and the relevance of those contributions for a contemporary massage practice. The student's explanation reflects understanding and analysis of the information learned through reading and class discussion. | The student can name and partially describe the contributions of a culture to either medicine or massage, but their explanation lacks clarity and details. | The student is unable to accurately name a culture, describe its contributions to medicine or massage, or explain the relevance of that culture's contributions to a contemporary massage practice. |
| 1-5. Distinguish among the terms "massage," "bodywork," "technique," "system," and "approach" in relation to the massage profession. | The student correctly defines each term and is able to accurately describe how each term relates to the others. | The student is able to correctly define 3-4 of the terms, but not all and is not able to express how all of the terms relate to each other. | The student is able to correctly define 0-2 of the terms and is not able to express how any of the terms relate to each other. |
| 1-6. Compare and contrast | The student is able to | The student has a general | The student does not have |

| | | | |
|---|--|---|---|
| the approach of conventional medicine to the body with that of alternative medicine. | correctly define conventional and alternative medicine and accurately compare and contrast each type of medicine's approach to the body. | understanding of conventional and alternative medicine, but is not able to accurately compare and contrast their approaches to the body. | enough of an understanding to define conventional medicine or alternative medicine or compare and contrast their approaches to the body. |
| 1-7. Describe the role of the National Center for Complementary and Alternative Medicine in today's healthcare environment. | The student is able to accurately describe the role of the National Center for Complementary and Alternative Medicine in promoting research between conventional physicians and CAM therapists and providing reliable information to the public. | The student is aware of the National Center for Complementary and Alternative Medicine but cannot accurately describe its role in today's healthcare environment. | The student is not able to demonstrate knowledge of the National Center for Complementary and Alternative Medicine or its role in today's healthcare environment. |
| 1.8. Outline one way that massage fits into today's healthcare system. | The student is able to correctly outline at least one way massage fits into today's healthcare system. His/her response includes detail and examples. | The student is able to give a general understanding of one way massage fits into today's healthcare system, but his/her response lacks detail. | The student is unable to outline even one way that massage fits into today's healthcare system. |
| 1.9. Give at least two reasons why consumers seek massage therapy today. | The student describes more than two reasons why consumers seek massage therapy today while citing information from the surveys included in Chapter 1. | The student provides only two reasons why consumers seek massage therapy, and his/her answer lacks detail. | The student is not able to provide two reasons why consumers seek massage therapy today. |
| 1.10. List two benefits or effects of massage that are verified by recent research. | The student accurately lists at least two benefits or effects of massage with as much detail about the research as was given in Chapter 1. | The student is able to list one or two benefits or effects of massage that are verified by recent research, but is not able to give any specific information. | The student is unable to list any of the 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. | The student correctly lists more than three different environments in which massage therapists work and is able to accurately describe the types of massage offered in each. | The student is able to list up to three environments in which massage therapists work and his/her description of the types of massage offered in each lacks detail and clarity. | The student is unable to list any of the environments in which massage therapists work. |