

Theory & Practice of THERAPEUTIC MASSAGE

Fifth Edition Workbook

Mark F. Beck

to be used with
Theory & Practice of Therapeutic Massage
Fifth Edition

**Theory & Practice of
Therapeutic Massage
Workbook 5th Edition
by Mark F. Beck**

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How to Use This Workbook

This *Theory & Practice of Therapeutic Massage Fifth Edition Workbook* has been written to meet the needs, interests, and abilities of students receiving training in therapeutic massage.

This workbook should be used together with *Theory & Practice of Therapeutic Massage, Fifth Edition*. This workbook directly follows the information found in the student textbook.

Students are to answer each item in this workbook with a pencil after consulting their textbook for the correct information. Items can be corrected and/or rated during class or individual discussions, or on an independent study basis.

A variety of question formats are included to emphasize essential facts found in the textbook and to measure the student's progress.

Part 1

**The History
and Advancement
of Therapeutic Massage**

Historical Overview of Massage

CHAPTER 1

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. The term *massage* was first used in American or European literature to denote using the hands to apply manipulations to the soft tissues during the _____ century.
2. Two terms the Chinese use for systems of massage are _____ and _____.
3. There is documentation that the Chinese have practiced massage since _____.
4. The Japanese style of massage that uses finger pressure is _____.
5. A sacred book of the Hindus written around 1800 B.C. is the _____.
6. The Hindu practice of bathing and massage that included kneading the extremities, tapotement, frictioning, anointing with perfumes, and cracking the joints of the fingers, toes, and the neck was known as _____.
7. The _____ is a code of ethics for physicians and those about to receive medical degrees that binds them to honor their teachers, do their best to maintain the health of their patients, honor their patients' secrets, and prescribe no harmful treatment or drug.
8. The word that Hippocrates used to denote the art of rubbing upward, not downward, is _____.

MATCHING: Match the name with the best description. Write the letter of that name in the space provided.

- | | | |
|------------------------|--------------------------|---------------------------|
| A. Asclepius | G. Dr. Douglas O. Graham | M. Mathias Roth |
| B. Avicenna | H. Hippocrates | N. Charles Fayette Taylor |
| C. Celsus | I. Albert J. Hoffa | O. George Henry Taylor |
| D. Dr. James H. Cyriax | J. Per Henrik Ling | P. Dr. Emil Vodder |
| E. Elizabeth Dicke | K. Dr. Johann G. Mezger | Q. John Harvey Kellogg |
| F. Maria Ebner | L. Ambroise Paré | |

- _____ 1. Popularized use of the word *massage* in America
- _____ 2. Credited with popularizing the terms *effleurage*, *petrissage*, *tapotement*, and *friction*
- _____ 3. The Greek physician later worshipped as the “god of medicine” who founded the first gymnasium
- _____ 4. The Greek physician who became known as the father of medicine
- _____ 5. The name of the Roman physician who wrote *De Medicina*
- _____ 6. The Persian philosopher/physician who wrote the *Canon of Medicine*
- _____ 7. The French barber/surgeon who was one of the founders of modern surgery and who described in his publications the positive effects of massage in the healing process
- _____ 8. Known as “the father of physical therapy”; developed a system of movements he called “medical gymnastics”
- _____ 9. The English physician who published the first book in English on the Swedish movements
- _____ 10. Established the first institute in England to teach Swedish movement gymnastics
- _____ 11. The New York physician who introduced the Swedish movements to the United States in 1858
- _____ 12. Physician’s brother who published the first American textbook on the Swedish movements
- _____ 13. Acknowledged by many of the authors of his day as “the founder of scientific massage”
- _____ 14. Considered by some to be “the father of Swedish massage in the United States”
- _____ 15. The distinguished German physician who published *Technik Der Massage*

- _____ 16. The Austrian who developed a method of lymph massage
- _____ 17. Developed *Bindegewebsmassage*
- _____ 18. An author, magazine editor, and the director of the Battle Creek Sanitarium.
- _____ 19. Popularized *Bindegewebsmassage* in England
- _____ 20. The English orthopedic physician credited with popularizing deep transverse friction massage

MATCHING: Match the term with the best description. Write the letter of the appropriate term in the space provided.

- | | | |
|----------------|------------|--------------------|
| A. acupressure | C. Rolfing | E. sports massage |
| B. reflexology | D. shiatsu | F. Swedish massage |

- _____ 1. Based on the Western concepts of anatomy and physiology, and uses effleurage, petrissage, vibration, friction, and tapotement
- _____ 2. A method based on the traditional Oriental medical principles for assessing and treating the physical and energetic body order to regulate *chi* (the life force energy)
- _____ 3. A finger pressure method based on the Oriental concept that the body has a series of energy (*tsubo*) points
- _____ 4. A method of massage especially designed to prepare an athlete for an upcoming event and to aid in the body's regenerative and restorative capacities following a rigorous workout or competition
- _____ 5. Developed out of the technique of structural integration, it aligns the major body segments through manipulation of the fascia or the connective tissue
- _____ 6. A method based on the idea that stimulation of particular points on the surface of the body has an effect on other areas or organs of the body

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. The oldest professional massage organization in the United States is _____
_____.
2. The first time that massage was offered at the Summer Olympics was _____.
3. Chair massage or seated massage was developed by _____ and introduced to the profession in the year _____.

1. The systematic manual or mechanical manipulation of the body's soft tissues is called _____
 - a) shiatsu
 - b) massage
 - c) physical therapy
 - d) chiropractic
2. Increased circulation, muscle relaxation, and pain relief are _____
 - a) problems of massage
 - b) benefits of massage
 - c) medical conditions
 - d) massage movements
3. Massage has been part of Western medical traditions for at least _____
 - a) 10 years
 - b) 200 years
 - c) 3000 years
 - d) 10,000 years
4. Modern Chinese massage is called _____
 - a) *anmo*
 - b) shiatsu
 - c) *chi gong*
 - d) *tui-na*

5. The use of the term *massage* to denote the practice of manipulating the soft tissues first appeared in American or European literature around _____
a) 1875 c) 1774
b) 1925 d) 1850
6. A finger pressure technique used by the Japanese is called _____
a) shiatsu c) *tsubo*
b) *tui-na* d) acupuncture
7. The popularity of bathing and massage lessened with the _____
a) decline of the Roman Empire c) invention of electricity
b) invention of hot tubs d) Inquisition
8. Much of Greco-Roman culture was preserved by the _____
a) Spanish c) Turks
b) Romans d) Persians
9. The father of physical therapy is _____
a) Charles Fayette Taylor c) Asclepius
b) Hippocrates d) Per Henrik Ling
10. The Swedish Movement Cure was brought to the United States by _____
a) Douglas Graham c) the Taylor brothers
b) Ambroise Paré d) Dr. Johann Mezger
11. The Greek physician/priest credited with founding the first gymnasiums in the seventh century B.C. was _____
a) Homer c) Herodicus
b) Hippocrates d) Asclepius
12. Much of modern massage terminology is based on terms from this language: _____
a) Italian c) Greek
b) Chinese d) French
13. Public interest in massage began to reemerge in the United States around _____
a) 1950 c) 1960
b) 1970 d) 1980
14. National certification in massage and bodywork has been available in the United States since _____
a) 1961 c) 1985
b) 1972 d) 1992

-

Bindegewebsmassage

chirurgie

craniosacral therapy

deep transverse friction massage

Esalen massage

Federation of State Massage Therapy Boards (FSMTB)

Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations

gymnasium

Hippocratic Oath

MBLEx

manual lymph drainage

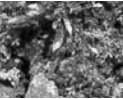
massage

medical gymnastics

National Center for Complementary and Alternative Medicine (NCCAM)

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

neuromuscular therapy



Polarity therapy

Rolfing

shiatsu

Swedish Movement Cure

Touch Research Institute

Trager method

tsubo

tui-na



CHAPTER 2

Requirements for the Practice of Therapeutic Massage

SHORT ANSWER: In the spaces provided, write short answers to the following questions.

1. What is meant by “the scope of practice”?

2. In states that have massage licensing, how is the scope of practice defined?

3. In the United States, which jurisdiction might oversee regulations for massage?

4. What is the major reason for licensing massage therapists?

5. What is the role of national or state regulatory boards?

6. Besides massage licensing laws and ordinances, what other laws must be followed when operating a massage business?

TRUE OR FALSE: If the following statements are true, write *true* in the space provided. If they are false, write *false*.

- _____ 1. If a massage therapist is nationally certified, she can practice anywhere in the United States.
- _____ 2. Reciprocity means that if a massage therapist has a license in one place, she can practice anywhere.
- _____ 3. In a state that has massage licensing, if a licensed nurse or chiropractor wants to practice massage, she must obtain a massage license.
- _____ 4. The scope of practice for massage is clearly defined by national standards.

SHORT ANSWER: Of the following statements, put a check mark in front of the ones that may be grounds for revoking, canceling, or suspending a massage license.

- _____ 1. Having been convicted of a felony
- _____ 2. Being guilty of fraudulent or deceptive advertising
- _____ 3. Being engaged currently or previously in any act of prostitution
- _____ 4. Practicing under a false or assumed name
- _____ 5. Being accused of making sexual advances or attempting sexual acts during the course of a massage
- _____ 6. Prescribing drugs or medicines (unless you are a licensed physician)
- _____ 7. Charging extremely high fees for the services provided
- _____ 8. Being addicted to narcotics, alcohol, or like substances that interfere with the performance of duties
- _____ 9. Being guilty of fraud or deceit in obtaining a license
- _____ 10. Selling nutritional products or other non – massage-related items
- _____ 11. Being willfully negligent in the practice of massage so as to endanger the health of a client

COMPLETION: In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. A _____ is issued by a state or municipal regulating agency as a requirement for conducting a business or practicing a trade or profession.
2. A document that is awarded in recognition of an accomplishment or for achieving or maintaining some kind of standard is a _____.
3. Ongoing training that is required to renew a license or certification is termed _____.

MULTIPLE CHOICE: Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. *Scope of practice* defines _____

a) legally acceptable professional activities	c) specific techniques
b) medical ethics	d) geographical boundaries
2. If a client's condition is outside the massage technician's scope of practice, the technician should _____

a) schedule extra sessions	c) take more training
b) refer the client to the proper professional	d) refer to textbooks
3. The main reason for massage licensing is _____

a) to make sure that only people who graduate from special schools practice	c) to protect the health, safety, and welfare of the public
b) to ensure that only certain kinds of massage are practiced	d) to close down massage parlors
4. Testing and licensing of massage professionals is generally overseen by _____

a) a regulatory board	c) a professional massage association
b) the legislature	d) a local law enforcement agency
5. Being licensed in one city or state _____ validation in another location. _____

a) does not guarantee	c) guarantees
b) requires	d) assumes

6. The education standard recommended by the National Certification for Therapeutic Massage and Bodywork is
 - a) 300 hours
 - b) 150 hours
 - c) 1000 hours
 - d) 500 hours
7. A document awarded in recognition of achieving or maintaining a set standard is a/an
 - a) recommendation
 - b) license
 - c) certificate
 - d) diploma
8. Completing a course of study or passing an examination results in
 - a) certification
 - b) licensing
 - c) a diploma
 - d) job security
9. Certificates can be awarded by
 - a) schools
 - b) professional organizations
 - c) institutions
 - d) all of the above
10. A document issued by a regulatory agency that is required to practice a trade or profession is a
 - a) certification
 - b) permit
 - c) ordinance
 - d) license
11. A document awarded for achieving or maintaining some standard or accomplishment is a
 - a) commendation
 - b) certificate
 - c) license
 - d) promotion
12. *Scope of practice* is defined in
 - a) textbooks
 - b) licensing regulations
 - c) professional organizations
 - d) medical dictionary

WORD REVIEW: The student is encouraged to write down the meaning of each of the following words and titles. This list can be used as a study guide for this unit.

certification

continuing education

license

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

National Certification Examination for Therapeutic Massage and Bodywork (NCETMB)

scope of practice

Professional Ethics for Massage Practitioners

CHAPTER 3

COMPLETION: In the space(s) provided, write the word(s) from the list below that correctly complete(s) each statement.

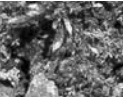
confidential	fairness	a satisfied customer
courtesy	honest	sexual
ethics	professional	tactful

1. The standards and philosophy of human conduct or code of morals of an individual, group, or profession is known as _____.
2. One of the best forms of advertising in a personal service business is _____.
3. A person engaged in a vocation or occupation requiring advanced training to gain knowledge and skills is considered a _____.
4. All clients should be treated with _____ and _____.
5. All communications with clients should be _____ and _____.
6. Be respectful of the therapeutic relationship and maintain appropriate _____ boundaries.
7. To handle a client who is overly critical, finds fault, and is hard to please, the therapist must be _____.

MATCHING: Match the term with the best description. Write the letter of the appropriate term in the space provided.

- | | | |
|-----------------------------|-----------------------|------------------------|
| A. personal boundary | D. dual relationship | G. countertransference |
| B. professional boundary | E. power differential | H. supervision |
| C. therapeutic relationship | F. transference | |

- _____ 1. A client-centered relationship in which all activities benefit and enhance the client's well-being
- _____ 2. A relationship in which one person is more vulnerable
- _____ 3. Defined by our experiences, beliefs, and upbringing
- _____ 4. Practitioner personalizes the relationship with the client
- _____ 5. Practice that protects the client and therapist
- _____ 6. A shame-free environment in which to sort out emotional or boundary issues
- _____ 7. Client projects attributes of someone from a former relationship onto the practitioner
- _____ 8. A social or romantic relationship outside or beyond the therapeutic relationship
- _____ 9. Practitioner/client relationship free of physical, emotional, or sexual impropriety
- _____ 10. Parent/child, therapist/client, teacher/student relationships exhibit this characteristic
- _____ 11. Provide a framework to function safely in the world
- _____ 12. Client seeks more out of the relationship than is therapeutically appropriate
- _____ 13. Creates a safe environment and stable framework from which to practice
- _____ 14. Unconscious phenomena that occur in therapeutic relationships in which there is a power differential
- _____ 15. A secondary relationship that extends beyond the massage practitioner/client relationship
- _____ 16. Conferring with a mentor, a colleague, or a peer group regarding ethical issues



SHORT ANSWER: In the spaces provided, write short answers to the following questions.

1. List nine attributes that are helpful for developing good communication between therapist and client.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____

2. The most effective tool to prevent or clarify boundary issues is

_____.

3. List eight major areas to consider when establishing professional boundaries.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

4. Name three ways to stay current in the massage profession.

- a. _____
- b. _____
- i. _____

MULTIPLE CHOICE: Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. The code of morals of a profession, group, or individual person is called _____
 - a) values
 - b) attitudes
 - c) morals
 - d) ethics
2. A person in an occupation that requires advanced training to gain skills and knowledge is considered a _____
 - a) journeyman
 - b) professional
 - c) skilled laborer
 - d) veteran
3. A massage therapist's best method of advertising is _____
 - a) satisfied clients
 - b) newspaper
 - c) radio
 - d) Internet
4. Intimate or sexual relationships between client and practitioner are _____
 - a) avoided
 - b) done only with full consent
 - c) not done in the massage facility
 - d) done only for therapeutic reasons
5. Keep your knowledge current by _____
 - a) attending seminars
 - b) reading trade journals
 - c) joining professional associations
 - d) doing all the above
6. Professional standards are determined by educational requirements, codes of ethics, and _____
 - a) standards of practice
 - b) scope of practice
 - c) state and local regulations
 - d) all of the above
7. Guidelines that help to define us emotionally and spiritually, are determined by our experiences and beliefs, and act as a safety net and personal protection are _____
 - a) personal boundaries
 - b) codes of ethics
 - c) morals
 - d) professional boundaries

8. _____ are preliminarily outlined in policy and procedure statements and protect the safety of the client and the therapist. _____
- a) Codes of ethics c) Standards of practice
b) Professional boundaries d) Personal boundaries
9. A(n) _____ relationship is a practitioner/client relationship that is client centered, in which all activities are to benefit and enhance the client's well-being and maintain or promote their welfare. _____
- a) intimate c) therapeutic
b) unhealthy d) medical
10. In a practitioner/client relationship, the foundation that provides an environment of safety, trust, and respect for the client to relax, open, release, and heal is _____
- a) confidentiality c) clear policies and procedures
b) a thorough assessment d) being well educated
11. A relationship in which more authority is held by the person on one side of the relationship, whereas the other person is in a more vulnerable or submissive role is _____
- a) an abusive relationship c) a power differential
b) a therapeutic relationship d) countertransference
12. When a client unconsciously projects attributes of someone from a former relationship onto a therapist or seeks more out of the relationship than is therapeutically appropriate, it is called _____
- a) countertransference c) fantasizing
b) projecting d) transference
13. When a practitioner begins to personalize or take a therapeutic relationship with the client personally it is called _____
- a) transference c) countertransference
b) a power differential d) unethical
14. Any situation that combines the therapeutic relationship with a secondary relationship that extends beyond the massage practitioner/client relationship is _____
- a) unethical c) a dual relationship
b) therapeutic d) illegal
15. In a therapeutic relationship, whose responsibility is it to maintain appropriate boundaries? _____
- a) the therapist or practitioner c) both the client and therapist
b) the client d) all of the above

16. When a therapist becomes involved in instances of transference, countertransference, or dual relationships, she should _____
- | | |
|---------------------------------|---------------------|
| a) discontinue the relationship | c) feel ashamed |
| b) quit her practice | d) seek supervision |

WORD REVIEW: The student is encouraged to write down the meaning of each of the following words and titles. This list can be used as a study guide for this unit.

boundaries

Code of Ethics

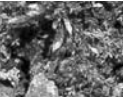
confidentiality

countertransference

dual relationship

duty to warn and protect

ethics



personal boundaries

power differential

professional

professionalism

professional boundaries

supervision

therapeutic relationship

transference
