



FREE CPE OPPORTUNITY

Knowledge of Classical Massage Movements

CHALLENGE

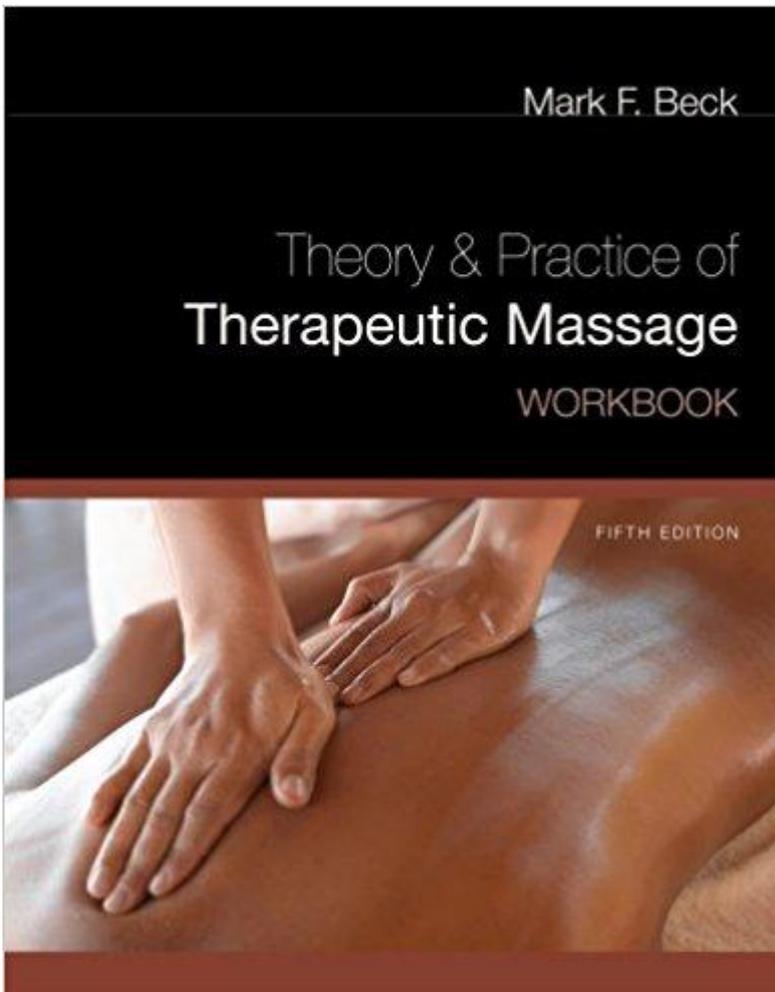
Complete all Questions In the workbook exam paper attached

Send in your Answers

office@maa.org.au

Collect 20 CPE Points for 90% - 100% correct

A copy of the correct answers will be sent to you on receipt of your completed exam paper.



Chapter 10

Classical Massage Movements

Variety of tests

Completion

Identification

Matching

True or False

Multiple Choice

Word Review

Time has past ...you have been very busy..HOW MUCH DO YOU REMEMBER FROM YOUR ORIGINAL FOUNDATION TRAINING?

Find the answer. Take the test.

NAME:

MEMBER Number:

90% - 100%: 20 CPE

70% - 89%: 15 CPE

50% - 69%: 10 CPE



0% - 49%:

Try Again

CHAPTER 10

Classical Massage Movements

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

- Three physical factors that control the results of a manipulation are the _____, _____, and _____ of the movement.
- Another important factor that affects the outcome of a technique or massage is the _____ with which it is given.
- In Swedish massage, most movements are directed _____ the heart.
- Massage strokes are directed toward the heart to affect the flow of _____ and _____.
- The six major categories of massage movements are _____, _____, _____, _____, _____, and _____.

IDENTIFICATION: Identify the classification of massage manipulation described in each statement by writing the classification next to the appropriate description in the space provided.

- _____ applied in the direction of the venous and lymphatic flow
- _____ lifts, squeezes, and presses the tissues
- _____ used to distribute any lubricant and to prepare the area for other techniques

1.



- _____ 4. manipulation of the articulations of the client
- _____ 5. generally, the first and last contact the practitioner has with the client
- _____ 6. placing of the practitioner's hand or fingers on the client without movement in any direction
- _____ 7. rapid striking motion against the surface of the client's body
- _____ 8. moving more superficial layers of flesh against the deeper tissues
- _____ 9. moving a body part through a range of motion
- _____ 10. the stationary contact of the practitioner's hand and the client's body
- _____ 11. moving the hand over some portion of the client's body with varying amounts of pressure
- _____ 12. used to assist a client to restore mobility or increase flexibility in a joint
- _____ 13. raising tissues from their ordinary position and then squeezing, rolling, or pinching with firm pressure
- _____ 14. manipulating one layer of tissue over or against another



MATCHING: Match the touch and gliding techniques listed below with the best clinical situation. Write the letter or letters of the appropriate technique(s) in the space provided.

- | | |
|----------------------|------------------------|
| A. superficial touch | C. superficial gliding |
| B. deep touch | D. deep gliding |

- _____ 1. Client has moderately high blood pressure.
- _____ 2. Client is nervous and irritated.
- _____ 3. Client is in pain from severe arthritis.
- _____ 4. Client is healthy and has thick, heavy musculature.
- _____ 5. Client has trigger points in the neck and shoulders.
- _____ 6. Client is critically ill with lymphoma.
- _____ 7. Client has stress points in the tendons around the elbow and knee.
- _____ 8. Client complains of insomnia.
- _____ 9. This is the main technique used in foot reflexology.
- _____ 10. This technique is used when applying oil to the body.
- _____ 11. Client requests a deep relaxing massage.
- _____ 12. This is the main technique used in shiatsu.
- _____ 13. Client is generally tired.
- _____ 14. Client is visibly nervous and tense.



MATCHING: Match the term in the first column with the best description in the second column. Write the letter of the best description in the space provided.

- | | |
|---|---|
| _____ 1. hacking | A. rhythmic pumping action directed into the muscle perpendicular to the body part |
| _____ 2. skin rolling | B. a stroke with enough pressure to have a mechanical effect |
| _____ 3. aura stroking | C. applied in a transverse direction across the muscle, tendon, or ligament fibers |
| _____ 4. active, assistive joint movements | D. the natural weight of the practitioner's finger, fingers, or hand held on a given area of the client's body |
| _____ 5. superficial gliding | E. quick, striking manipulations with the ulnar border of the hand |
| _____ 6. cross-fiber friction | F. help from the practitioner as the client moves a limb |
| _____ 7. kneading | G. moving the skin in a circular pattern over the deeper tissues |
| _____ 8. friction | H. a continuous shaking or trembling movement transmitted from the practitioner's hand or an electrical appliance |
| _____ 9. superficial touch | I. very light fingertip pressure with long, flowing strokes |
| _____ 10. circular friction | J. moving more superficial layers of flesh against deeper tissues |
| _____ 11. tapping | K. applying pressure with no other movement |
| _____ 12. active, resistive joint movements | L. picking the skin and subcutaneous tissue up between the thumbs and fingers and rolling it |
| _____ 13. feather stroking | M. moving a flexible, firm hand lightly over an extended area of the body |
| _____ 14. compression | N. raising the skin and muscular tissues from their ordinary position and squeezing with a firm pressure, usually in a circular direction |
| _____ 15. deep touch | O. quick, striking manipulations with the tips of the fingers |
| _____ 16. passive joint movements | P. moving a client's joint while his muscles are relaxed |
| _____ 17. deep gliding | Q. the practitioner's resistance of a client's movement |
| _____ 18. vibration | R. hands gliding over a body part without touching |



16. The preferred technique to reduce fibrosis and the formation of scar tissue at the site of a soft tissue injury is _____
- a) deep touch
b) deep gliding
c) active joint movements
d) transverse friction massage
17. A mechanical vibrator that has a back-and-forth movement is called _____
- a) orbital
b) oscillating
c) vertical
d) horizontal
18. A mechanical vibrator that has a circular movement is called _____
- a) oscillating
b) round
c) orbital
d) global
19. When doing passive joint movements, the change in the quality of movement as the limb reaches the extent of its possible range is termed _____
- a) range of movement
b) stretch
c) end feel
d) pathologic barrier
20. _____ is classified as a friction movement in Swedish massage. _____
- a) Fulling
b) Hacking
c) Compression
d) Gliding
21. The technique of lifting and squeezing a part of the body is considered _____
- a) kneading
b) friction
c) compression
d) deep gliding
22. The first technique in developing a therapeutic relationship between a massage therapist and a client is _____
- a) superficial gliding strokes
b) the consultation
c) introducing yourself
d) touch
23. The intention with which a manipulation is applied influences its _____
- a) pressure
b) duration
c) effect
d) all of the above
24. A rhythmic, perpendicular pumping action to the muscle body describes _____
- a) lymphatic pump
b) compression
c) hacking
d) beating
25. A technique often used to relieve muscle spasms, stress points, and trigger points is _____
- a) light touch
b) superficial gliding
c) deep touch
d) cross-fiber friction



26. Beating, slapping, and tapping are all examples of which type of massage movement? _____
- a) friction
 - b) gliding
 - c) percussion
 - d) touch
27. The preferred technique to reduce fibrosis and the formation of scar tissue at the site of a soft tissue injury is _____
- a) deep touch
 - b) deep gliding
 - c) active joint movements
 - d) transverse friction massage
28. The movement of a joint from one extreme of the articulation to the other is _____
- a) range of motion
 - b) active joint movement
 - c) passive joint movement
 - d) stretching
29. The primary indication of tension or dysfunction in muscle or soft tissue is _____
- a) pain
 - b) fibrous bands of tissue
 - c) trigger points
 - d) all of the above
30. _____ is/are done centrifugally with only the fingertips. _____
- a) Tapotement
 - b) Superficial touch
 - c) Aura strokes
 - d) Feather strokes

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

active joint movements

anatomic barrier

aura stroking



beating

chucking

circular friction

compression

cross-fiber friction

cupping

effleurage

end feel



feather strokes

friction

gliding

hacking

jostling

kneading

passive joint movements

pathologic barrier



percussion

petrissage

physiologic barrier

range of motion

rocking

rolling

shaking

skin rolling



slapping

superficial gliding

tapping

touch

vibration

wringing
