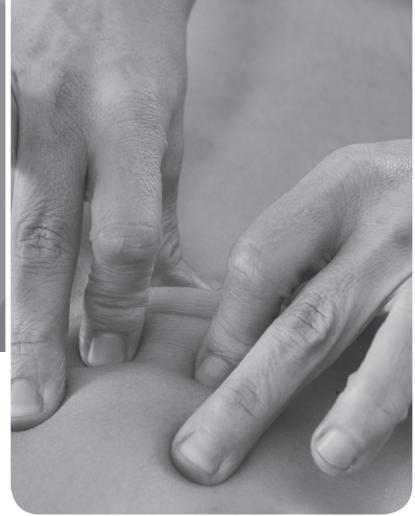


# Chapter 5



## Massage Cautions and Contraindications



Topic **5-1: Areas of Caution**



Topic **5-2: Medications and Massage**



Topic **5-3: Massage Contraindications**

### I. Learning Contracts

Learning contracts are an excellent way to create a personalized strategy to successfully learn new material. The learning objectives for Chapter 5 are listed here. Think about how you'll master each of these learning objectives and complete the chart with a plan for each objective. Use the example provided in Chapter 1 as a guide, but keep your own learning style and how you learn best in mind and get creative! You may be asked to create these learning contracts on your own, or your instructor may collaborate with you.

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<b>5-1.</b> Indicate on a diagram of the human body where areas of superficial anatomy are unprotected and constitute an area of caution.				
<b>5-2.</b> List the types of structures that might be superficial in areas of caution.				

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<b>5-3.</b> List three arteries, three bones, and three organs that are superficial and require caution.				
<b>5-4.</b> Describe the borders of the anterior, posterior, and femoral triangles.				
<b>5-5.</b> Describe massage adaptations that should be made for a client who is taking prescription non-narcotic analgesics.				
<b>5-6.</b> Define the term <i>contraindication</i> , and list the different types of contraindications.				
<b>5-7.</b> List four conditions that are absolute contraindications for massage.				
<b>5-8.</b> Compare and contrast a side effect with an adverse reaction.				
<b>5-9.</b> Define hypertension and describe when a physician's release is required to provide massage to a client with hypertension.				
<b>5-10.</b> Categorize integumentary conditions that are contraindicated, locally contraindicated, or require adaptive measures.				
<b>5-11.</b> Outline the critical thinking steps a therapist might take to rule out contraindications and ensure massage is safe for a client.				

## II. Glossary Terms

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Instructions: *Please write in a brief definition of each term.*

Adaptive measures \_\_\_\_\_

\_\_\_\_\_

Adverse reaction \_\_\_\_\_

\_\_\_\_\_

Anterior triangle \_\_\_\_\_

\_\_\_\_\_

Area of caution \_\_\_\_\_

\_\_\_\_\_

Axilla area \_\_\_\_\_

\_\_\_\_\_

Brachial plexus \_\_\_\_\_

\_\_\_\_\_

Contraindication \_\_\_\_\_

\_\_\_\_\_

Cubital region \_\_\_\_\_

\_\_\_\_\_

Drug \_\_\_\_\_

\_\_\_\_\_

Femoral triangle \_\_\_\_\_

\_\_\_\_\_

Flare up \_\_\_\_\_  
\_\_\_\_\_

Hypertension \_\_\_\_\_  
\_\_\_\_\_

Insulin shock \_\_\_\_\_  
\_\_\_\_\_

Medication \_\_\_\_\_  
\_\_\_\_\_

Physician's release \_\_\_\_\_  
\_\_\_\_\_

Popliteal region \_\_\_\_\_  
\_\_\_\_\_

Posterior triangle \_\_\_\_\_  
\_\_\_\_\_

Side effect \_\_\_\_\_  
\_\_\_\_\_

### III. True or False?

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**Instructions:** *Indicate whether each of the following statements is true or false.*

1. \_\_\_\_ Because bones are found so far below the skin, they are not considered delicate structures.
2. \_\_\_\_ The lumbar plexus is a network of nerves located in the upper extremity that requires caution.
3. \_\_\_\_ The vagus nerve is a pair of cranial nerves and is the primary parasympathetic nerve.
4. \_\_\_\_ Tapotement techniques on the posterior body can damage the kidneys.
5. \_\_\_\_ Some side effects to medications may inhibit a client's ability to give accurate feedback about pressure.

6. \_\_\_\_ Because vitamins and herbal supplements do not usually cause negative interactions with massage, therapists do not need to include them on their health history forms.
7. \_\_\_\_ Massage techniques can sometimes bruise a client, but have never resulted in a broken bone.
8. \_\_\_\_ A blood pressure reading of 115/80 is classified as normal.
9. \_\_\_\_ Any area of broken skin is a local contraindication.
10. \_\_\_\_ Massage is contraindicated for any client with type 2 diabetes.

#### IV. Matching

Instructions: *Match the correct answer to its description.*

- |                 |                      |
|-----------------|----------------------|
| A. Drug         | F. Pharmacology      |
| B. Lymph nodes  | G. Axilla            |
| C. Hypertension | H. Contraindications |
| D. Cubital      | I. Styloid Process   |
| E. Dermatitis   | J. Diabetes          |
1. \_\_\_\_ Can become enlarged when working to fight an infection
  2. \_\_\_\_ The area of the armpit
  3. \_\_\_\_ The area of the elbow
  4. \_\_\_\_ Pointed piece of the temporal bone that is located behind the ear
  5. \_\_\_\_ The science and study of drugs
  6. \_\_\_\_ Conditions that make massage inadvisable or dangerous
  7. \_\_\_\_ High blood pressure
  8. \_\_\_\_ Group of related conditions that result in elevated levels of blood sugar
  9. \_\_\_\_ Describes many types of skin inflammation
  10. \_\_\_\_ Synthesized chemical prescribed by a physician to treat a condition

#### V. Sentence Completion

Instructions: *Fill in the blanks with the correct answer.*

1. Parts of the body where structures like nerves, blood vessels, bones, organs, and lymph nodes are more superficial that others are called areas of \_\_\_\_\_ .
2. Weaker than arteries, \_\_\_\_\_ in some areas of the body can be damaged by heavy pressure when the stroke works against the direction of blood flow.

3. The client may feel pain, numbness, or tingling when a \_\_\_\_\_ is compressed, pinched, or pressed up against a bony structure.
4. When the \_\_\_\_\_ nerve is injured or compressed, it causes pain that can burn and shoot all the way down the leg. This condition is called \_\_\_\_\_.
5. The \_\_\_\_\_ nerve carries sensations from the face, while the \_\_\_\_\_ nerve controls facial expressions.
6. Not working on someone's lower leg because they recently had a mole removed there is an example of a \_\_\_\_\_ contraindication.
7. An \_\_\_\_\_ contraindication means a client should not receive massage.
8. Low blood sugar can cause \_\_\_\_\_ shock.
9. A condition is \_\_\_\_\_ when it moves suddenly from a chronic stage to an acute stage with intense symptoms.
10. A long-standing massage motto is, "When in doubt, \_\_\_\_\_."

## VI. Short Answer Questions

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Instructions: Complete all of the following short answer questions.

### Topic 5-1: Areas of Caution

1. List the six types of structures of the body that are delicate and can be damaged if strokes are applied too forcefully or for prolonged periods of time in areas of caution.

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2. What area of caution contains the carotid arteries, internal jugular veins, vagus nerve, hyoid bone, trachea, and thyroid gland?

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What three landmarks define the boundaries of this area of caution?

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- 3. What area of caution contains the external jugular vein, lymph nodes, brachial plexus, subclavian arteries, and subclavian veins?

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What three landmarks define the boundaries of this area of caution?

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- 4. What is the brachial plexus?

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Where does a client feel numbness, discomfort, or tingling if the brachial plexus is compressed?

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- 5. What area of caution contains the inguinal lymph nodes, femoral artery and vein, and femoral nerve? Also indicate whether this area is located on the anterior or posterior body.

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What three landmarks define the boundaries of this area of caution?

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- 6. What area of caution contains the common peroneal nerve, popliteal artery and vein, and tibial nerve? Also indicate whether this area is located on the anterior or posterior body.

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What three landmarks define the boundaries of this area of caution?

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**Topic 5-2: Medications and Massage**

1. What are side effects? Are they common or rare? Give one or more examples of a side effect:

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2. What is an adverse effect? What four situations can cause an adverse effect to occur?

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**Topic 5-3: Massage Contraindications**

1. Match all of the items listed to the appropriate type of contraindication.

- |                              |                      |
|------------------------------|----------------------|
| A. Absolute contraindication | F. Pharmacology      |
| B. Local contraindication    | G. Axilla            |
| C. Advanced understanding    | H. Contraindications |
| D. Physician's release       | I. Styloid process   |
| E. Use caution               | J. Diabetes          |

- 1. \_\_\_\_ One area of the body is avoided during a massage session.
- 2. \_\_\_\_ Therapist must receive permission before giving the massage.
- 3. \_\_\_\_ Client is not contraindicated for massage, but the massage must be adapted for the client.
- 4. \_\_\_\_ Only therapists with specialized training should give the massage.
- 5. \_\_\_\_ The client should not receive massage.

2. What is blood pressure? What is the instrument used to measure it? Is massage contraindicated for someone with high blood pressure?

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3. Define the following terms:

*Systolic pressure:*

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*Diastolic pressure:*

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When blood pressure is written as 140/90, the number representing systolic pressure is \_\_\_\_\_, and the diastolic pressure is \_\_\_\_\_.

*Fill in the parameters for each type of blood pressure:*

Less than \_\_\_\_\_/\_\_\_\_\_

Prehypertension: \_\_\_\_\_/\_\_\_\_\_

Stage 1 hypertension: \_\_\_\_\_/\_\_\_\_\_

Stage 2 hypertension: \_\_\_\_\_ and above/\_\_\_\_\_ and above

4. List the eight critical thinking steps a therapist might take to rule out contraindications and ensure a massage is safe for a client.

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## VII. Case Studies

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### Topic 5-1: Areas of Caution

You are working on a client's neck in the student clinic and all of a sudden the client gasps and says he feels a shooting "nervy" pain down his arm. What do you do?

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### Topic 5-2: Medications and Massage

A client arrives for her massage session slurring her words and stumbling a bit. You have worked with this client before and this is not her normal behavior. What do you do?

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### Topic 5-3: Massage Contraindications

One of your regular clients has type 2 diabetes. She normally has no complications during her massage session, but halfway through today's massage her skin becomes clammy and she reports feeling weak and shaky. What do you do?

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## VIII. Activities

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### Topic 5-1: Areas of Caution

For the following questions, work with a fellow student and quiz each other on the areas of caution, using the figures in Chapter 5 as a reference. After you've gone through them a few times, write the answers below, without checking the text.

1. Name the structures of the head and face that require caution.

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2. Name the structures of the anterior triangle that require caution.

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3. Identify the structures of the posterior triangle that require caution.

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4. Identify the structures of the trunk that require caution.

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5. Identify the structures of the upper extremity that require caution.

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6. Identify the structures of the lower extremity that require caution.

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7. Working on your own or with a group, create flash cards and memory aids to help you remember the areas of caution in the body. Flash cards can be made on index cards or on your computer with a program like PowerPoint. Memory aids are anything that helps you remember information and provide a fun opportunity to explore your creativity. Some students create songs, mnemonic devices, or use visual aids to help them remember information. Share your memory aids and study tips with the other members of the group.

Write about why you would want to memorize the areas of caution as a massage therapist, and describe your favorite strategy for remembering important information.

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**Topic 5-2: Medications and Massage**

1. A client may come for a massage session after taking a full dose of an over-the-counter analgesic (pain medication). Because the client's response to pain and pressure would be numbed by the analgesic, keeping the client from responding normally to the intensity of the strokes, you might overwork the client as a result and cause bruising, tissue damage, or increased pain and soreness after the massage. Imagine you are working with a client who has taken a full dose of an over-the-counter analgesic and he is asking you for a deep tissue massage. You know you should not give him a deep tissue massage. How would you respond to his request? What specific language would you use? What would you say if he tells you to go ahead and do a deep tissue massage anyway? In the lines below, write down the explanation you would provide to him and any other client in this situation. Practice giving the explanation to your classmates until you feel comfortable giving a client this feedback. Preparing for these kinds of situations in advance can help you develop the confidence you need to communicate clearly with clients in various situations.

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2. Describe the process you will use to ensure you have adequately researched all of the prescription medications, over-the-counter medications, vitamins and herbal supplements each of your clients is taking.

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3. To familiarize yourself with the process of researching medications, complete the following activity. Create a list of at least five prescription or over-the-counter medications that you, a family member, or a friend takes. Using Table 5-1 in your textbook and a current drug reference book, look up each of the medications and create a table that includes the medication name, effects, possible side effects, and massage considerations. Summarize what you have learned, and what you want to remember.

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**Topic 5-3: Massage Contraindications**

1. Using Table 5-2 in the textbook, identify all of the conditions that are absolute contraindications for massage. Familiarize yourself with all the conditions and the corresponding contraindications by reading Table 5-2 often and creating flash cards for each condition. Write about what you have learned, and how you might explain contraindications to clients seeking massage.

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2. Identify at least five conditions from Table 5-2 in the textbook that you are unfamiliar with. Research the conditions and provide a description, including how you might respond as a massage therapist to an affected client.

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3. In your own words, describe why it is important for massage therapists to have a solid understanding of contraindications and have current references available to them. How does having this information affect your practice? How does it affect your clients' safety?

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## IX. Rubrics

Learning Objective	Excellent	Good	Needs Improvement
<b>5-1. Indicate on a diagram of the human body where areas of superficial anatomy are unprotected and constitute an area of caution.</b>	The student is able to identify on a diagram of the human body all of the areas where superficial anatomy are unprotected and constitute an area of caution.	The student is able to identify on a diagram of the human body some, but not all, of the areas where superficial anatomy are unprotected and constitute an area of caution.	The student is not able to identify on a diagram of the human body any of the areas where superficial anatomy are unprotected and constitute an area of caution.
<b>5-2. List the types of structures that might be superficial in areas of caution.</b>	The student is able to accurately identify all six (6) of the types of structures that might be superficial in areas of caution.	The student is able to accurately identify three (3) to six (6) of the types of structures that might be superficial in areas of caution.	The student is only able to accurately identify fewer than three (3) of the types of structures that might be superficial in areas of caution.
<b>5-3. List three arteries, three bones, and three organs that are superficial and require caution.</b>	The student is able to list more than three arteries, three bones, and three organs that are superficial and require caution.	The student is able to list three arteries, three bones, and three organs that are superficial and require caution.	The student is not able to list three arteries, three bones, and three organs that are superficial and require caution.
<b>5-4. Describe the borders of the anterior, posterior, and femoral triangles.</b>	The student accurately describes all of the borders of all three (3) triangles—the anterior, posterior, and femoral.	The student can describe some, but not all, of the borders of the anterior, posterior, and femoral triangles, or can describe all of the borders of one or two of the triangles, but not all three.	The student is not able to accurately describe any of the borders of the anterior, posterior, or femoral triangles.
<b>5-5. Describe massage adaptations that should be made for a client who is taking prescription non-narcotic analgesics.</b>	The student is able to give a clear description of the massage adaptations that should be made for a client who is taking prescription non-narcotic analgesics.	The student can give a partial description of the massage adaptations that should be made for a client who is taking prescription non-narcotic analgesics.	The student is not able to describe the massage adaptations that should be made for a client who is taking prescription non-narcotic analgesics.
<b>5-6. Define the term <i>contraindication</i>, and list the different types of contraindications.</b>	The student can give a comprehensive definition of the term <i>contraindication</i> and accurately list the different types of contraindications.	The student can either give a comprehensive definition of the term <i>contraindication</i> or accurately list the different types of contraindications, but not both.	The student cannot give a comprehensive definition of the term <i>contraindication</i> or is able to list some, but not all, of the different types of contraindications.
<b>5-7. List four conditions that are absolute contraindications for massage.</b>	The student is able to list more than four conditions that are absolute contraindications for massage.	The student is able to list four conditions that are absolute contraindications for massage.	The student is not able to list four conditions that are absolute contraindications for massage.
<b>5-8. Compare and contrast a side effect with an adverse reaction.</b>	The student can accurately compare and contrast a side effect with an adverse reaction.	The student may have an understanding of a side effect or an adverse reaction, but is not able to accurately compare and contrast the two.	The student is not able to compare and contrast a side effect with an adverse reaction and does not have a clear understanding of either term.
<b>5-9. Define hypertension and describe when a physician's release is required to provide massage to a client with hypertension.</b>	The student is able to accurately define hypertension and describe when a physician's release is required to provide massage to a client with hypertension.	The student is able to define hypertension, but cannot describe when a physician's release is required to provide massage to a client with hypertension.	The student cannot define hypertension or describe when a physician's release is required to provide massage to a client with hypertension.

Learning Objective	Excellent	Good	Needs Improvement
<p><b>5-10. Categorize integumentary conditions that are contraindicated, locally contraindicated, or require adaptive measures.</b></p>	<p>The student can categorize integumentary conditions that are contraindicated, locally contraindicated, or require adaptive measures.</p>	<p>The student can categorize integumentary conditions that are one or two of the following, but not all three: contraindicated, locally contraindicated, or require adaptive measures.</p>	<p>The student cannot categorize any integumentary conditions that are contraindicated, locally contraindicated, or require adaptive measures.</p>
<p><b>5-11. Outline the critical thinking steps a therapist might take to rule out contraindications and ensure massage is safe for a client.</b></p>	<p>The student can accurately outline and explain the critical thinking steps a therapist might take to rule out contraindications and ensure massage is safe for a client.</p>	<p>The student can accurately outline and explain about half of the critical thinking steps a therapist might take to rule out contraindications and ensure massage is safe for a client.</p>	<p>The student can outline only two or fewer of the critical thinking steps a therapist might take to rule out contraindications and ensure massage is safe for a client.</p>