Body Massage

NVQ Level 3
Beauty Therapy
Lecturer Copy

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History Of Massage

The origins of massage can be traced back to ancient times. The ancient Egyptians, Chinese, and Greeks all used massage techniques for various purposes. Massage was traditionally used for relaxation, health, and as a form of therapy.

Swedish Massage

Swedish massage is a type of deep tissue massage that is performed using slow, rhythmic movements. The therapist uses their hands and fingers to apply pressure to the client's muscles, stimulating blood flow and reducing muscle tension. This type of massage is often used to help clients relax and unwind.

Posture

The therapist needs to be able to recognise postural and skeletal conditions and adapt the routine to suit the individual conditions. This will ensure that:

- The therapist recognises any serious postural faults that cannot be treated. A serious fault should be referred to a doctor.
- The treatment will not cause harm or discomfort.
- The most effective treatment procedure is selected.
- If the client has a minor postural fault, advice can be given to prevent the condition from worsening.

When carrying out a postural check, attach a weighted plumb line or analogue pad to the client’s tracking. This will provide a straight line that should fall along with the client’s earlobe, centre of the shoulder, behind the hip joint, in front of the knee joint and in front of the ankle joint.

Contra-indications

Contra-indications are conditions that make it unsafe or inappropriate for the therapist to provide massage. These may include certain medical conditions, recent surgery, or skin conditions. It is important for the therapist to ask the client about any contra-indications before starting the massage.

Massage mediums

The massage medium is usually selected to benefit the client. Some mediums may be used to suit the therapist preference should be taken into consideration.

Preparation for massage

The preparatory steps before massage include:

- Preparation of the work area
- Consultation & record card keeping
- Sterilisation & hygiene
- Therapist posture
- Professional ethics
- Cost effectiveness
- Treatment planning
- Posture & postural faults
- Counter-indications
- Massage mediums

Body Massage

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33 Pre-heat treatments

Benefits of pre-heat treatments:
- Pre-heating the tissue prior to massage increases the effect of the massage so tissues are more flexible.
- Gyratory massage has a much deeper action than Percussion massage.
- Infra Red (IR) is used to stimulate tissue and reduce muscular tension.

Choice of pre-heat treatments:
- Pre-heat treatments can be varied using a variety of methods.
- The use of Percussion is particularly beneficial for the treatment of muscular aches and pains and also for relaxing congestion.

42 Gyratory massage

Gyratory massage

Introduction to treatment:
This is one of the most widely used mechanical massage machines which produces a much deeper massage than manual or infrasonic massage. It is particularly beneficial for the treatment of muscular aches and pains and also for relaxing congestion.

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This is one of the most widely used methods of mechanical massage which produces a much deeper massage than a manual massage, audio-sonic or percussion massage. It is particularly beneficial for the treatment of muscular areas of the body or on areas of adipose tissue. The treatment feels like a body massage only much deeper and with a permanent vibrating sensation. A full body treatment is applied for 45 minutes with a partial body treatment being applied for 20-30 minutes. If the client wishes to obtain specific results they will need to attend 2 times per week for 6-10 weeks and then recommend a maintenance treatment once every 4 weeks.

This piece of equipment is more commonly referred to the G5, which is a trademark of a French manufacturer called Monsieur Henri Cuiner who created the model in the 1960's.
Introduction To Massage

History Of Massage

For thousands of years massage has been used to soothe the body and mind and relieve sickness. The earliest evidence of massage was found in the early fifth century BC by Hippocrates, the "father of medicine" who said that massage or rubbing could aid problems of a joint.

After the fall of Rome in the fifth century AD, little progress was made in Europe. However, the Arabs continued the teachings with an eleventh century philosopher called Aveicenna, leading the research. There is historical evidence of illustrations of massage application in China, Japan and Egypt. This indicates that the eastern world was also making their own continuous discoveries of the benefits of massage. Massage as we know it today, was developed at the beginning of the nineteenth century by a Swede called Per Henrik Ling. He developed a system from his knowledge of gymnastics and physiology and from Chinese, Egyptian, Roman and Greek techniques to produce what is known as the Swedish massage.

Swedish Massage

The definition of Swedish massage is 'A manipulation of the soft tissue of the body for therapeutic purposes'. The Swedish massage is traditionally applied using talcum powder as it enables the therapist's hands to slide over the client whilst applying a deep pressure. The Swedish massage uses a combination of flowing movements, deep pressure and brisk, vigorous techniques.
**Sterilisation And Hygiene**

A therapist must be aware that high standards of hygiene are essential to prevent cross infection and secondary infection occurring.

**Cross infection** occurs due to certain contagious micro-organisms (germs such as fungus, virus or bacteria) being transferred through direct or indirect contact.

**Secondary infection** occurs because germs enter a cut or broken skin. For example, if the client has a small graze and you use unhygienic practices, the graze could become infected.

**Sterilisation and sanitisation**

<table>
<thead>
<tr>
<th>Sterilisation</th>
<th>The total destruction of all living micro-organisms and their spores.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanitisation</td>
<td>The destruction of some, but not all micro-organisms. It inhibits their growth.</td>
</tr>
<tr>
<td>Disinfecting</td>
<td>Is to use a chemical that kills micro-organisms but not their spores. They keep the micro-organisms at an acceptable level.</td>
</tr>
</tbody>
</table>
Task
List the hygienic practices that are used during a body massage treatment.

- Always wash hands before and after each client. You should thoroughly wash your hands (it takes up to 3 minutes to destroy all germs).
- All towels must be boil-washed after each client.
- If wooden spatulas are used for the removal of products, they should be disposed of after each client.
- Only use spatulas to remove products from any containers, never fingers.
- Replace lids straight away on all products.
- Dispose of waste correctly.
- Therapist’s hair is secured away from the face if it is long. If hair is shorter, it should be presented in a way that does not interfere with the treatment. If the hair is touched at any time during the treatment, the therapist must wash their hands.
- Nails are short, clean and free from enamel.
- Cuts on the therapist’s hands are covered with a waterproof plaster.
- Clean and wipe over all surfaces with a detergent or surgical spirit.
- Audio sonic applicator heads should be wiped with surgical spirit, and then placed in the UV cabinet for at least 20 minutes or until ready for use.
- Gyratory vibrator heads are cleaned in hot water and detergent. Plastic/rubber applicators are then wiped over with surgical spirit. Washable covers can also be purchased to apply over the sponge applicators.
Disposal of waste
All waste must be placed straight into a bin which has a lid and contains a bin liner. At the end of the day/session, this should then be sealed and disposed of immediately into the main bin liner. Any waste that has met body fluids should be placed into a yellow bin liner if a large item, otherwise into a yellow 'sharps' container. This will then be collected and incinerated at a suitable site.

Surfaces and floors
Clean surfaces and floors daily with hot water and detergent and then disinfect with surgical spirit or a similar product. In a training environment, the top of the trolley should be wiped over before use every time. If the client's bare feet are to come into contact with the floor, either bed roll should be placed on the floor or disposable protective footwear should be provided.

Hygiene when treating the client
Before commencing treatment, you must ensure that the client has no contagious diseases or disorders. You should then sanitise the area. The client may shower first or alternatively sanitise the skin with a skin cleansing substance such as witch hazel or antiseptic. Always remove clients make-up before massaging the face using a suitable cleanser.

When carrying out a body massage treatment, you must ensure that the genital area is covered. If the client does not have suitable clothing then disposable paper pants should be provided. This is to ensure that no body fluids from the client come into contact with any of the towels.
Therapist Posture

A massage is a very physical treatment and therefore it is important that you prepare appropriately and have good posture throughout the treatment. If you have poor posture you will find:

- That you suffer from aches and pains.
- The treatment will be more difficult to perform.
- You will tire more easily.
- You become easily irritated.
- Usually the massage is less effective.
- You may develop Repetitive Strain Injury (RSI).

To prevent the above from occurring you should use the following techniques when carrying out a massage treatment:

1. **Stride stance** - used when working across the body. Keep the back straight and bend your knees.

2. **Walk stance** - used when working along the body. Place one foot in front of the other and use a rocking motion from one foot to the other whilst moving along the body. Again, you should keep the back straight.

3. **Good posture** - remember to keep your back straight, shoulders pushed back where possible, do not over stretch, do not hyper extend the knees and keep your weight as evenly balanced as possible.

RSI is caused by injury to the soft tissues resulting from overuse. The symptoms include pain, tingling and weakness in the wrist and fingers. It is important that you perform mobilising and stretching exercises for your hands and wrists prior to massage to prevent any repetitive strain injuries from occurring and to enable a more successful massage to be performed. Take regular breaks and ensure you are working with the correct posture. It is also advantageous to stretch the muscles of your back, shoulders and arms to avoid muscle damage.
Professional Ethics

As a therapist, it is important that you follow a code of professional ethics. This is to ensure that you provide a professional treatment and do not offend anybody. Clients will wish to receive their treatment in a relaxed and professional environment.

Task
List examples of professional ethics that you should comply with.

• Do not talk about sex, religion or politics.
• Do not speak badly of another colleague or salon.
• Do not discriminate.
• Only use appropriate language.
• Do not entice clients away from another therapist or salon.
• Do not keep clients waiting for a treatment. If this is unavoidable then apologise to the client and keep them informed.
• Clients’ details are confidential and should not be discussed with other clients etc.
• Always give an honest opinion to the client when advising on treatments and products.
• Give the client the opportunity to make the decision to talk through the treatment. Some clients like to have a chat, others don’t.
• When treating a minor (Under 16) a parent or guardian should be present due to nature of a body massage treatment.

Treating minors
If you are performing a massage treatment on a client who is under 16 years of age you will need a parent or guardian present during the consultation and throughout the treatment. They will need to sign the record card as consent for the treatment to go ahead. This is a legal requirement and you would be breaking the law if you were to provide the treatment without consent.
Minimising waste

For a business to run cost effectively and make a profit, it is important that all wastage is minimal. To work cost effectively:

- Use the minimal amount of product to produce the desired outcome.
- Split tissues, bedroll and cotton wool.
- Use minimal amount of towels.
- Place tops back on products to work hygienically and prevent spillages.
- Always turn off taps and don’t run the water excessively.
- Store products correctly – usually in the dark, cool, dry and upright.
- Turn out lights when not in use.
- Switch electrical equipment off when not in use.

Timing of treatments

A calculation is made for how long each treatment should take to ensure that the price charged for each treatment is correct and profitable. It is important that you complete the service within the set time because:

- It prevents time wastage within the salon.
- Clients can calculate the time required for the treatment.
- Clients are not left waiting.
- An effective appointment system is guaranteed.

Task

Complete the timings for each treatment excluding consultation:

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full body massage including face and head</td>
<td>1 hour 15 minutes</td>
</tr>
<tr>
<td>Full body gyratory vibratory massage</td>
<td>45 minutes - 1 hour</td>
</tr>
<tr>
<td>Infra red treatment to pre-heat an area</td>
<td>Additional 15 minutes</td>
</tr>
<tr>
<td>Back massage or partial body massage</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>
You should prepare your work area by considering the following points:

1. **Appropriate ventilation** or **heating** will be required as the client will be undressed throughout the treatment - the room temperature should be slightly warmer than normal. The room temperature should be able to be adjusted throughout the treatment as required. Adequate ventilation should also be provided to prevent cross infection of viruses and diseases, carbon dioxide saturated air, stale smells and odours.
2. Subtle lighting is recommended, the lighting should be dim so that it is not bright in the client's eyes: the client needs to be able to relax.

3. Ambience, the room should smell pleasant, you may need to use aromatherapy oils or air fresheners. You should also consider the use of appropriate relaxing background music during the treatment (the radio would be inappropriate for a body massage treatment).

4. Two chairs will be required.

5. An adequate supply of freshly laundered towels will be needed.

6. Blankets and pillows/bolsters may be needed to keep the client warm and comfortable during the treatment. Alternatively, some salons use a heated electrical blanket underneath the bed cover to keep the client warm.

7. A supply of bedroll, cotton wool and tissues should be available.

8. Shower and toilet facilities should be clean and in working order.

9. An empty, lined bin should be available for your use.

10. Treatment couch should be protected with clean linen. It should also be in full working order and safe.

11. Electrical equipment should be checked to ensure that all plugs, wires and switches are safe, all dials are on zero and that the equipment is working correctly.

12. The trolley should be disinfected with appropriate product or surgical spirit.

13. All products should be available; containers should be clean and contain an adequate quantity of product.

14. Record card and pen should be placed on the bottom shelf of the trolley. Check details of the client's previous treatments prior to their arrival.
Consultation And Record Cards

One of the most important parts of the treatment is the consultation. At this point, you will discuss the client’s needs and decide what is required to meet those needs. In order for the client to be satisfied with the treatment you must know what is expected. As a therapist, you must be able to put the client at ease and be good at encouraging clients to give you the required information. Considerations:

- **Good communication skills** - both verbal and non-verbal; examples of good body language are good posture, eye contact, smiling and encouraging head nods. You need to speak clearly, varying your tone and at the appropriate pace. Use words that your client will understand and always look at the client when you are talking to them.
- **Good questioning techniques** - this is vital to gain the information that you require to carry out the treatment. You will need to mainly use open questioning techniques.
- **Allow the client time to ask questions** - this will give the client the opportunity to clarify any concerns or worries and makes them feel valued.
- **Good observation skills** - you need to be able to read your client’s body language as it will help you to understand how your client is feeling.
- **Visual and manual assessment** - you will need to assess the client in order to select suitable treatment applications and products, also to consider any special requirements such as extra towels or bolsters.
- **Reference to other records** - you should obtain any previous record cards and check previous treatment and product details to provide a background about the client’s treatment history. You may also need to check medical conditions and establish if any contra-indications have been given previous medical consent.
- **Adapting your consultation** - you should adapt your consultation for each individual client taking into consideration their age, gender, previous knowledge of massage treatments, culture, religion and any disabilities.
If the consultation is carried out ineffectively:
• You would be less likely to meet the client’s requirements.
• The client would not relax during the treatment, as they do not feel confident in your service.
• You would not give a professional image to the client.
• You would feel less confident performing the treatment, as you do not have all the required information.
• The client may be dissatisfied with the result.
• If you did not obtain important information such as client signature or check for contra-indications then you could put the client at risk. This could result in the client taking legal action against the salon.
• You would not get repeat business from the client.
• They would not recommend the salon to friends etc.
• All the above would have a negative effect on the salon’s takings.

Record keeping
A record card should be completed for all treatments and contains confidential personal information about each client that is specific to each treatment. They should be stored in alphabetical order by surname in a locked metal filing cabinet or box. This should be easily accessible to the therapist, when ready to perform a treatment. This information could also be updated onto a computerised system.

Task
What information should a record card contain for a body massage treatment?
• Personal details
• Doctors name and telephone number
• Any medical details
• Contra-indication check list
• Treatment aims and outcomes
• Treatment plan on which to base future treatments
• Client’s signature, or parent/guardian signature if client is a minor
• Current body products used
• Application time/techniques
• All products used
• Client’s physical characteristics
• Postural identifications
• Details on lifestyle
• Clients physical appearance
• Retail sales
Treatment Planning

When devising an individual treatment plan you will need to take into account different points; however, primarily the main reason for the client’s visit. An initial treatment plan is completed with the client during the consultation. All the details are noted on the record card and agreed to by the client. It is very important that you write down the contents of the treatment plan as important details can easily be forgotten. In addition, another therapist may need to refer to the treatment plan. The following information should be taken into consideration:

- **Skin condition** - you should record information on the client’s skin type to make sure that appropriate products and treatment are selected.

- **Weight** - should be checked as this will give you a guideline when deciding on the client’s fitness levels and ability. If a client is overweight, they may suffer from joint problems, immobility, breathing problems etc. A person’s weight is also linked strongly with blood pressure problems and diabetes which will restrict the treatment. If the client has a large amount of adipose tissue you will need to massage much deeper to relax muscular tension, and the opposite applies for a client with a low amount of adipose tissue. This is only a guideline, thus feedback must be gained to determine the amount of pressure required by the client. In addition a larger client
will need more strokes to cover the area and the opposite applies for a smaller person. The body size will also affect how much massage medium you require for an effective massage treatment. You may also have a choice of massage couches to use which may be suitable for a client with a larger frame. Finally you may need more towels for a larger client.

- **Height** - the client’s height should also be taken into account when deciding on your treatment application. A taller person will require longer effleurage and more strokes to cover the area and the opposite applies for a shorter person, therefore your procedure will need to be adapted. The body size will also affect how much massage medium you require for an effective massage treatment. You may need to get a foot stool to assist a shorter client onto the massage couch. More towels may be needed to cover a taller client.

- **Posture** – will need to be considered, this is discussed in more detail on page 16.

- **Muscle tone** - depending on the client’s muscle tone you will adapt your massage routine and movements to suit, usually a firmer pressure is required for a client with good muscle tone.

- **Age** – should be taken into consideration when applying your massage procedure. An elderly client may have frail bones and fragile skin that is prone to bruising and therefore additional care must be taken to ensure that your massage is gentle but still beneficial for the client’s needs. An elderly client may struggle to get up after lying on their stomach, try to adapt your massage so that they only lie on their stomach for 15 minutes. An elderly client would also benefit from more massage to their hands, feet and lower legs where circulation is often poor.

- **Health** – you will need to take into account any health implications and adapt the treatment for client comfort and to achieve optimum benefits. A less-able person may need assistance getting onto the massage couch or it would be more appropriate to use a hydraulic couch if available. They may prefer to have their massage seated or in a semi-reclined position.
Treatment objectives - this is the aim of the treatment for the client for example, uplifting, relaxation, stimulating, anti-cellulite or improved sense of wellbeing. Your treatment plan should always be in line with the client requirements, for example if the client wanted an uplifting treatment you would apply the movements at a brisker pace, use more tapotement, frictions and petrissage and less effleurage and stroking.

Lifestyle - the client’s lifestyle will affect how often the client can/should receive treatment, application techniques, effectiveness of treatment and the homecare advice given. All of the following points need to be discussed with the client and considered:

- Occupation
- Domestic situation
- Dietary and fluid intake
- Hobbies, interests and means of relaxation
- Exercise habits
- Smoking habits
- Sleep patterns

The client’s lifestyle often hinders the treatment plan in some way, as the client will not usually be able to attend as frequently as required. In addition to this, if the client has many negative factors in their life such as a stressful job, demanding family, poor diet and a smoker - you will find that the client will require more frequent treatments.

Contra-indications - may restrict how the treatment is applied or equipment selection and this would need to be taken into account.

Contra-actions - if a client has suffered from previous contra-actions to the treatment, you will need to adjust the treatment accordingly to prevent the contra-actions from re-occurring.

Area to be treated - this should be taken into consideration as the client may wish the therapist to concentrate on a specific area.

It is important that the treatment plan is realistic, as you will find that the client will follow the treatment plan, and the improved result will be far greater than that of a client who is trying to follow an unrealistic treatment plan. Remember, that you must always advise the client that the results will be far greater when combined with the use of exercises, a healthy eating plan and a good homecare routine.
Task
Please answer the following questions on treatment planning.

1. Why is it important that you write down the details of the treatment plan?

It is very important that you write down the contents of the treatment plan as important details can easily be forgotten. In addition, another therapist may need to refer to the treatment plan.

2. What physical conditions will you need to consider when devising the treatment plan?

The skin type and condition, muscle tone, areas of tension, client’s size, age, health and any specific problems are all taken into account.

3. Why should you consider the client’s skin type?

To make sure that appropriate products and treatment are selected to benefit the client’s skin type.

4. How might you need to adapt your treatment for a client with a larger frame?

A larger person will require more strokes to cover the area and will also require more massage medium. You may also have a choice of massage couches to use which may be suitable for a client with a larger frame. You may need more towels to maintain the client’s modesty.

5. What considerations should you make for a more mature client?

An elderly client may have frail bones and fragile skin that is prone to bruising and therefore additional care must be taken to ensure that your massage is gentle but still beneficial for the clients needs.
Posture

The therapist needs to be able to recognise postural and skeletal conditions and adapt the routine to suit the individual conditions. This will ensure that:

- The therapist recognises any serious postural faults that cannot be treated. A serious fault should be referred to a doctor.
- The treatment will not cause harm or discomfort.
- The most effective treatment procedure is selected.
- If the client has a minor postural fault, advice can be given to prevent the condition from worsening.

When carrying out a postural check attach a weighted plumb line or faradic pad and wire to the cubicle tracking. This will provide a straight line that should fall inline with the client's earlobe, centre of the shoulder, behind the hip joint, in front of the knee joint and in front of the ankle joint.

Good Posture

Points that indicate good posture are:
1. The head should not extend beyond the mid line.
2. When relaxed the arms should lie evenly at the sides.
3. The distance between the scapulas and spine is equal on both sides.
4. Scapulas are positioned equally horizontally.
5. The spinal column is straight.
6. The back has a natural curve.
7. The abdomen should appear flat.
8. The curves of the waist are level.
9. The buttocks should not protrude abnormally.
10. The legs should be equal in length, with knees facing forwards.
11. Body weight is evenly distributed.
12. The feet should face forwards and be slightly apart.
It is rare to find a person who has a perfect posture; there are some common postural faults that many people present, which are due to:

- Client lifestyle
- Occupation
- Driving
- Pregnancy
- Illness
- Ageing
- Carrying small children
- Carrying heavy shopping bags or shoulder bags
- Embarrassment of a certain aspect of body
- Respiratory conditions
- Muscle imbalance

Poor posture would be a deviation away from any of the points listed under good posture; it may only be a minor fault or could be a more predominant postural fault. Some common examples of postural faults are now outlined.

**Task**

Complete the cause section for the postural faults outlined within the table.

<p>| Postural Faults |
|-----------------|-----------------|-----------------|
| <strong>Fault</strong>       | <strong>Cause</strong>       | <strong>Treatment</strong>   |
| <strong>Dowagers hump</strong> | Fatty deposits are laid down and build up on the back of the neck to form a hump. | This condition is commonly associated with elderly people and occurs due to the person holding their head forward over long periods of time. |
|                 |                 | • The client should keep their head and neck in correct alignment. |
|                 |                 | • Recommend the client pushes the head &amp; neck backwards, holds for 1 second, releases and repeats. |
|                 |                 | • Petrissage &amp; tapotement movements may help to break down the fatty deposits over the back of the neck and shoulders. |</p>
<table>
<thead>
<tr>
<th>Fault</th>
<th>Cause</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| Winged scapulae        | This condition is common in people who carry backpacks over long periods. It may also occur (usually on one side) if the shoulder girdle has been damaged, always check if the client has had a recent injury and advise to seek GP. | • Advise the client about correct posture.  
• Additional tapotement movements should be applied over the pectorals to improve tone.  
• Additional effleurage and petrissage movements should be applied over the upper back to relax the muscles.  
Exercises are needed to tighten the pectoral muscles. |
| Kyphosis               | This condition is common in:  
• Females who are embarrassed about a large bust.  
• Office workers.  
• Drivers.  
• Frequent carriers of heavy shopping.  
• People who are embarrassed about their height. | • Advise the client about correct posture.  
• The application of tapotement movements to the upper back will help to strengthen the over stretched muscles.  
• Effleurage & petrissage movements over the chest area will help to stretch tightened muscles.  
• Recommend stretches for the pectoral muscles.  
• Exercises are required to strengthen the scapula adductors. |

The symptoms are rounded shoulders. The pectoral muscles tighten and the muscles over the thoracic region of the spine become stretched. In women, it can lead to sagging breasts.
<table>
<thead>
<tr>
<th>Fault</th>
<th>Cause</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| **Lordosis** | This condition is common with:  
- Women who have been pregnant.  
- Clients who wear high heeled shoes.  
- Gymnasts.  
- Ballet dancers.  
- People who are trying to appear taller. |  
- Advise the client about correct posture.  
- Additional tapotement movements to the abdominal muscles will help improve muscle tone.  
- Additional effleurage & petrissage movements to the lumbar area will help to relax tightened lower back muscles.  
- Recommend stretching exercises for the lower back.  
- Recommend exercises to help strengthen the abdominal muscles. |

Recognised by increased curvature to the lumbar area of the lower back. This causes the muscles of the lower back to tighten and over stretching of the abdominal muscles.

| **Scoliosis** | This condition is common with mothers who carry their children on one side of the hip, people who carry heavy bags on one side or people who stand with their body weight unevenly distributed. |  
- Advise the client about correct posture.  
- Application of effleurage & petrissage movements to relax the side of the body that is lower.  
- Application of tapotement movements to strengthen the over stretched muscles - the higher side of the trunk.  
- Recommend stretches to the shortened side, to lengthen the tightened muscles.  
- Recommend exercises to strengthen the stretched muscles - this would be the side of the body which is higher up. |

Recognised by a lateral curve of the spine, which could be either in a C or S shape. This causes the muscles on one side of the body to shorten which results in uneven shoulders, hips or waist.
Task
Please answer the following questions to demonstrate your knowledge on posture and postural faults.

1. Why does the therapist need to be able to recognise postural and skeletal conditions?

* The therapist recognises any serious postural faults that cannot be treated. A serious fault should be referred to a doctor.
* The treatment will not cause harm or discomfort.
* The most effective treatment procedure is selected.
* If the client has, a minor postural fault, advice can be given to prevent the condition from worsening.

2. List the points that would indicate good posture.

• The head should not extend beyond the mid line.
• When relaxed the arms should lie evenly at the sides.
• The distance between the scapulas and spine is equal on both sides.
• Scapulas are positioned equally horizontally.
• The spinal column is straight.
• The back has a natural curve.
• The abdomen should appear flat.
• The curves of the waist are level.
• The buttocks should not protrude abnormally.
• The legs should be equal in length, with knees facing forwards.
• Body weight is evenly distributed.
• The feet should face forwards and be slightly apart.

3. How would you recognise kyphosis?

The symptoms are rounded shoulders. The pectoral muscles tighten and the muscles over the thoracic region of the spine become stretched.

4. How would you recognise Lordosis?

Recognised by increased curvature to the lumbar area of the lower back.
Contra-indications

It is important that you can recognise a contra-indication so to prevent any further harm to the client, and to prevent cross-infection and secondary infection.

<table>
<thead>
<tr>
<th>Contra-indications that <strong>prevent</strong></th>
<th>Contra-indication that <strong>restrict</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep vein thrombosis</td>
<td>Epilepsy</td>
</tr>
<tr>
<td>If the client is receiving chemotherapy or radiotherapy treatment for cancer</td>
<td>Diabetes</td>
</tr>
<tr>
<td>Contagious skin conditions – i.e. impetigo, tinea, and scabies</td>
<td>Heart disease or disorder</td>
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<tr>
<td></td>
<td>High or low blood pressure</td>
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<tr>
<td></td>
<td>History of thrombosis or embolism</td>
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<td>Varicose veins</td>
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<td></td>
<td>Abdomen during menstruation</td>
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<td></td>
<td>Skin disorders</td>
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<td>Pregnancy</td>
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<td>Undiagnosed lumps and swellings</td>
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<td></td>
<td>Recent fractures or sprains</td>
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<tr>
<td></td>
<td>Product allergies</td>
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<td></td>
<td>Recent scar tissue</td>
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</tbody>
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**Task**

1. Why is it important that you recommend the client seek medical advice if contagious conditions are present?

If the client has a contagious conditions you must recommend that they seek medical advice and treatment before proceeding with the body massage. It is important that you do not just send the client home, as they need to receive treatment from their doctor in order to prevent the condition from worsening and to alleviate the condition.

2. Why is it important that you do not diagnose any of these conditions?

You should not diagnose as it is unprofessional and may worry or upset the client unnecessarily.
3. If you suspect the client has a contra-indication that prevents treatment what procedure, should you follow?

1. Inform the client that there is a possibility of a contra-indication and explain that you cannot carry out the treatment as it may cause harm to the client.
2. If the client wishes for the treatment to be carried out they must bring to you a doctors note.
3. Reassure the client.
4. Make a note on the record card.

Contra-indications Preventing Treatment

<table>
<thead>
<tr>
<th>Deep vein thrombosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>A blood clot forms in the deep veins, usually in the leg. The symptoms are warmth, redness, swelling of the leg and a noticeable pain or ache when standing/walking etc. Massage is not recommended as it could cause the blood clot to be dislodged, it may then travel and block a vital organ such as the heart or lungs and this could prove fatal.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Receiving treatment for cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>If a client has cancer, massage is not advisable as it may stimulate cancerous cells to spread due to the stimulation of the lymphatic system. If the client is terminally ill, massage is often recommended as a method of relaxation and pain relief, however this should only be carried out whilst liaising closely with the client’s physician.</td>
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<table>
<thead>
<tr>
<th>Contagious skin conditions</th>
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</thead>
<tbody>
<tr>
<td>• Impetigo - A highly contagious inflammatory infection that initially appears as red, itchy patches/spots and then small blisters appear which will leak serum and form honey coloured crusts.</td>
</tr>
<tr>
<td>• Tinea - A fungal infection of the body that is more commonly known as ringworm. Firstly, small red pimples appear and then a flat scaly ring-like lesion forms, this heals from the centre outwards.</td>
</tr>
<tr>
<td>• Scabies - Tiny itch mites burrow under the epidermis to lay their eggs. This results in redness, itching and swelling. Dirt often enters the site, which results in greyish lines forming in the skin.</td>
</tr>
</tbody>
</table>
Contra-indications Restricting Treatment Application

**Epilepsy**
A disorder that is due to an abnormal discharge of electrical impulses across the brain resulting in attention lapsing for short periods or more severe seizures, which may result in unconsciousness. The client would have to inform you if they were epileptic.

**Diabetes**
A diabetic has reduced healing, and suffers with problems of the lower leg/foot, i.e. bruising and blood vessel bleeding. Treatments that cause the body to perspire or the blood vessels to dilate will disturb the blood sugar balance in the body. The client should inform you of their condition. A diabetic person may feel dizzy or may go into a coma if their blood sugar level becomes too high or too low.

**High or low blood pressure**
You may be able to identify possible high blood pressure by high colouring in the face, however usually the client would have to inform you during the consultation. The client may feel faint or have palpitations during the treatment, to minimise this risk elevate the couch slightly. A client who suffers from blood pressure problems should be regularly reviewed.

**Heart disease**
The client would need to disclose a heart condition during the consultation stage. Prior to treatment, you will need to obtain doctors consent.

**History of a thrombosis or embolism**
Thrombosis is a blood clot in the veins of the legs producing symptoms such as pain or tenderness in the calf. An embolism can be an air pocket, lump of fat, cholesterol or bone marrow that travels in the blood. Treatments may disturb the clot, which would release it enabling it to travel around the body. It could then lodge into the blood vessels that supply a vital organ such as the heart, lungs or brain, which could be fatal.

**Abdomen during menstruation**
During heavy menstruation, the abdomen area should be avoided as treatment may be uncomfortable for the client.
Varicose veins
Varicose veins appear as a swollen and bulging blue/purple vein in the leg. Do not work over the area as it may cause discomfort or the veins to rupture. Adapt the treatment by avoiding the area.

Skin disorders
Certain skin disorders such as eczema, dermatitis or psoriasis may be present on areas of the body. During treatment, these areas should be avoided to prevent irritating the skin further.

Pregnancy
The client may have to inform you at earlier stages of pregnancy, it is always best to check as part of every consultation to avoid any embarrassment. If the client is pregnant, it is advisable not to lie on their stomach during the massage. You may need to massage the client’s back whilst they are in a seated position or lying on their side.

Undiagnosed lumps and swellings
This would be recognised as an area of tissue that is raised or swollen. It may also be accompanied by redness or bruising. The area should be avoided as treatment could cause further harm.

Recent fractures or sprains
If a client has a recent fracture or sprain you can carry out a massage treatment, however will need to adapt the procedure to avoid the injured area. Liaise closely with the client during the treatment.

Product allergies
If the client has had an allergic reaction to certain ingredients or products in the past, this should be noted on the record card. Use a massage medium that is least likely to trigger an allergic reaction.

Recent scar tissue
Recent scar tissue is less than 6 months old and appears as an area of shiny red skin that could be raised or indented. It should be avoided as secondary infection could occur, the scar could re-open or you may cause the client discomfort.
The massage medium is usually selected to benefit the client’s skin type; however client and therapist preference should also be taken into consideration.

- **Oil** gives the most slip and is usually vegetable, plant or mineral based. Oil can be used on all skin types, however is most suitable for normal skin and hairy areas.

- **Massage cream** will give a moderate amount of slip and is most beneficial on a dry skin type as it is richer in consistency.

- **Gel** is a water-based product that is suitable for normal to oily skins. It is very light in formulation and is beneficial for a client who does not like their skin to feel greasy after the treatment.

- **Emulsion** is an oil and water-based medium that is easily absorbed into the skin and may often require subsequent application during the treatment.

- **Powder** can be used if a deeper massage is required as it provides less slip. It is also the best massage medium to use on a greasy skin or on a client with a perspiration problem.

The quantities of product required will depend upon the area being massaged, the size of the client and the skin type. The general rule is to use the clients dress size and multiply it by 2 - this will give you the amount of mls required for a full body massage. For a male client you should use equal mls of product to the client’s chest size.
## Products

**Witch hazel or antiseptic** - to wipe over the clients skin if they have not showered.

**Surgical spirit** - to clean over the trolley, couch etc.

**Facial cleanser** - used to remove make-up from the client’s face prior to treatment.

## Non-product items

**Pre-heat treatment** - infrared, hot towels, sauna or steam.

**Plastic bowls** - to hold cotton wool.

**Cotton wool** - used to apply cleansing products to the skin.

**Tissues** - to cover over any items to be used on the body, also to blot the skin if required.

**Wooden spatulas** - used to remove products from containers.

**Bed roll** - used to protect the massage couch and may be placed onto the floor to avoid the client’s feet coming into contact with the floor.

**Towels** - used to protect the massage couch, cover the client during the massage treatment, support the body during the massage and for drying off after a shower.

**Bolsters** - necessary to provide additional support for the body during the treatment.

## Massage couch

The massage couch should be sturdy, of appropriate size to enable a client with a large frame to relax comfortably and ideally be height adjustable, to allow perfect positioning for each treatment. The couch should be lowered to enable easy access for the client and then raised to the correct height for the therapist. A face hole may also be available to allow the client to lie face down during a back massage. This is beneficial as it allows full access to the neck and shoulder area. Other alternatives are available if a face hole is not present such as towels, bolsters and horseshoe shaped supports.
Preparation For The Body Massage Treatment

1. Prepare the work area, including any pre-heat treatments.
2. Follow general safety precautions if using any electrical equipment.
3. Sterilise all applicator heads using appropriate methods.
4. Greet the client.
5. Explain the treatment procedure, benefits, timings and cost to the client.
6. Carry out consultation and complete record card - check verbally for contra-indications.
7. Allow the client time to ask any questions.
8. Instruct the client on how to prepare for the treatment:
   - Ask them to remove jewellery from the area and glasses if worn.
   - Clothing should be removed (explain what underclothes should be kept on).
   - Explain to the client how to lie on the couch.
   - Provide a large towel for covering the client.
   - Leave the client in privacy to prepare for the treatment.
9. On your return, you may wish to cover the client over with a large towel and blanket.
10. Wash hands.
11. Check visually for contra-indications.
12. Sanitise the skin and remove any make-up as required.
13. Conduct analysis and decide on appropriate treatment plan and products for the client's needs.
14. Perform any preparatory pre-heat treatments.

Verbal reassurance

Due to the nature of the treatment, you will find that clients require additional reassurance to that normally provided. You can reassure the client that:

• Only the area being treated will be exposed at any one time.
• They will feel more relaxed as they become used to their therapist. Generally, on the first visit the client will not be as relaxed as on subsequent visits due to the new surroundings and therapist.
• If they are uncomfortable at any time, they must let you know so that you can adapt the treatment.
• If the client does not feel comfortable having a certain area massaged, that area can be avoided.
Modesty, privacy and covering the client

You should maintain the client’s modesty throughout the treatment to comply with ethics and to ensure client comfort. To maintain modesty:

- You must ensure that the client is suitably covered at all times with appropriate towels (one for the upper trunk and one for the lower body), and that only the areas being treated are exposed.
- Whilst the client is changing, you must ensure that nobody enters the treatment area. This should also be maintained throughout the treatment with an exception to the therapist.
- Talk using quiet tones – particularly when in a training environment as conversations can easily be overheard.

Client positioning

Position the client on the couch ensuring maximum support and comfort. A pillow or towel roll should be supplied for support. The position of the client should be central to the bed and also allow the therapist access to the areas which are being treated. The client should be encouraged to lie straight and not cross their legs. Client positioning is important to enable the client to relax and prevent discomfort during the treatment, which could lead to muscular aches and pains.

- In the supine lying position (on the back) offer support under the neck or head and support may be required under the knees.

- In the prone lying position (on the front) the head is usually turned to the side and support can be provided under the ankles.

- This adaptation is ideal for a pregnant or elderly client. The client will sit on a chair and lean onto the protected couch. Encourage the client to lean forwards, placing their arms loosely folded and upwards for maximum comfort.
Task
Please answer the following questions to demonstrate your knowledge.

1. Which massage medium provides the most slip?
   Oil

2. What skin type is oil suitable for use on?
   All skin types, particularly normal skin

3. Which massage medium would you select for a dry skin?
   Cream

4. Which massage medium may require subsequent application because it is easily absorbed into the skin?
   Emulsion

5. What is the benefit of a gel based medium?
   It is very light in formulation and is beneficial for a client who does not like their skin to feel greasy after the treatment.

6. When would you select a powder?
   Powder can be used if a deeper massage is required as it provides more slip. It is also the best massage medium to use on a greasy skin or on a client with a perspiration problem.
7. What products can be used to wipe over the skin prior to treatment?

Witch hazel or antiseptic.

8. What is the benefit of a height adjustable couch?

It enables perfect positioning for each treatment and client. The couch can be raised to the correct height for the therapist. This allows the therapist to massage comfortably resulting in a more effective treatment. Long-term use will prevent the therapist from developing aches and pains,

9. What is the benefit of having a face hole in the treatment couch?

This enables the client to lie face down during a back massage. This is beneficial as it allows full access to the neck and shoulder area.

10. How should you instruct the client to prepare for the treatment?

- Ask them to remove jewellery from the area and glasses if worn.
- Clothing should be removed (explain what underclothes should be kept on).
- Explain to the client how to lie on the couch.
- Provide a large towel for covering the client.
- Leave the client in privacy to prepare for the treatment.

11. How can you reassure the client about the treatment?

- Only the area being treated will be exposed at any one time.
- They will feel more relaxed as they become used to their therapist. Generally, on the first visit the client will not be as relaxed as on subsequent visits due to the new surroundings and therapist.
- If they feel uncomfortable at any time, they must let you know so that you can adapt the treatment.
- If the client does not feel comfortable having a certain area massaged, that area can be avoided.
12. How can you maintain the client's modesty and privacy throughout the treatment?

- You must ensure that the client is suitably covered at all times with appropriate towels (one for the upper trunk and one for the lower body), and that only the areas being treated are exposed.
- Whilst the client is changing, you must ensure that nobody enters the treatment area. This should also be maintained throughout the treatment with an exception to the therapist.
- Talk using quiet tones – particularly when in a training environment as conversations can easily be overheard.

13. Explain the three positions for massage.

- In the supine lying position (on the back) offer support under the neck or head and support may be require under the knees.
- In the prone lying position (on the front) the head is usually turned to the side and support can be provided under the ankles.
- In a seated position the client will sit on a stool and lean onto the protected couch. Pillows or towels should then be placed over the couch. Encourage the client to lean forwards, placing their arms loosely folded and upwards for maximum comfort.

14. Why is it important that the client is in the correct position?

Client positioning is important to enable the client to relax and prevent the client from experiencing any discomfort during the treatment, which could lead to muscular aches and pains.
Male clients should be received in a polite and equal manner as female clients. However, the actual application of the body massage should be varied in the following ways:

- **Very specific instructions** should be given when asking the client to prepare for the treatment.
- Place one towel widthways across the chest, a towel folded into a double layer across the lower abdomen and finally a towel lengthways over the legs.
- **Usually larger and denser strokes** will be required.
- When massaging you should avoid the femoral triangle, working only up to a few inches above the knee. The abdomen and buttock area should also be avoided if a female therapist is massaging a male client.
- **Product choice** may be affected depending on the amount of hair growth in the area being treated.
- Most men prefer products that feel light on their skin, so where possible select gel or lotion based products throughout the treatment.
- Avoid highly perfumed products.
- Be aware of the client’s personal space, do not lean over unnecessarily.
- Always be respectful to a client and no suggestive comments or innuendo should be used.

**Note!** If a male therapist is massaging a female client the chest, abdomen and buttock area should be omitted from the routine to prevent any discomfort or embarrassment.
Pre-heat treatments

Benefits of pre-heat treatments

Heating the tissues prior to massage enhances the effect of the massage as it warms the tissues making them more relaxed. It will also dilate blood vessels & increase the circulation and the metabolic rate. The heat will also relieve pain and tension therefore promoting a deeper level of relaxation.

Please note that heat should not be used if the client is contra-indicated or suffers from any areas of swelling, oedema or acute injury. The heat source is normally applied for 15-20 minutes prior to the application of the massage & after cleansing the skin.

Choice of pre-heat treatments

The skin tissues can be warmed using a variety of methods:

Infra red - particularly beneficial for the treatment of muscular aches and pains.

Sauna - effectively warms the full body.

Steam cabinet - effectively warms the full body and assists with desquamation at the same time.

Steamer - beneficial for congested skins, particularly the back area.

Paraffin wax - this is a relaxing treatment to pre-heat the tissues and aid product penetration. Particularly beneficial for a dry skin, and is normally applied to a specific area, for example the back. Paraffin wax is not recommended for very hairy areas, as it may be uncomfortable to remove.

Hot towels - a quick and cheap method of warming a body area.
The uses of an infra-red treatment

- Promotes relaxation and assists with pain relief.
- Muscle tissue is affected by the rise in temperature, which relaxes and relieves tension and pain.
- Softens and lubricates the skin due to the stimulating effect on the sebaceous glands.
- Aids arthritis due to the heat created, therefore relieving aches and pains (should not be used if inflammation is present).
- Increases the skin’s capacity to absorb products, therefore increasing the effectiveness of any subsequent products applied.

Contra-indications to infra-red treatment

- Extensive bruised areas
- Migraines and headaches
- Diabetes – due to increased sensitivity
- Highly vascular conditions
- Low blood pressure
- Sunburn
- Areas of defective skin sensation and hypersensitive skin
- Circulatory problems
- Undiagnosed painful areas
- Heart conditions and circulatory problems
- Respiratory problems, colds and fevers
- Recent scar tissue
- Diabetes – due to increased sensitivity
- Sunburn
- Undiagnosed painful areas
- Recent scar tissue
Task
Provide a checklist of items that you will need to carry out an infra-red treatment.
• Record card
• Appropriate skin cleansing product
• Tape measure
• Skin testing kit – test tubes, orange stick and cotton wool
• Infra-red lamp
• Cotton wool
• Lined bin
• Towels – light in colour to reflect the rays
• Goggles

Infra-red treatment procedure
1. Follow safety precautions for electrical equipment and check for any dents in the reflector or bulb as this could cause hot spots. Pre heat the lamp as required.
2. Prepare work area with towels and paper roll.
3. Follow usual consultation procedures.
4. Instruct client on how to prepare for the treatment and reinforce importance of removing jewellery and contact lenses/glasses.
5. Ensure client comfort and cleanse area to be treated to ensure that no products remain on the skin (shower or wiping over with suitable product) - check visually for contra-indications.
6. When applying to the back, the client should lie on their side, supported by pillows.
7. Carry out a skin sensitivity test - hot and cold test tubes and cotton wool and orange wood stick are applied to the skin to check if the client can distinguish between the sensations.
8. Explain the sensation to the client and re-affirm importance of notifying the therapist if any discomfort is experienced.
9. Cover all areas not being treated including the head and top of the neck. Goggles may need to be worn by the client.
10. Position the lamp to ensure that the rays are hitting the skin parallel, at a 90° angle. Ensure that the lamp is not placed directly above the client, that it is stable and that the lamp arm is not extended over the base as this could cause the lamp to fall over.
11. Measure the distance of the lamp from the client, a safe distance of 18-36 inches. Apply for 5-20 minutes. Always refer to manufacturer’s instructions as procedures and times vary from lamp to lamp.
12. Wear protective goggles if staying with the client.
13. Monitor the client closely during the treatment, obtain feedback and
observe skin reaction.
14. Turn off the lamp and apply a towel over the metal arm to prevent you
from burning yourself as you remove the lamp. Place in a safe area.
15. Follow with massage treatment.

Inverse square law
This law states that light intensity decreases with the square of distance from the light
source. If you double the distance between the lamp and the client’s skin then only one quarter
of the original intensity will reach the skin. The inverse square law also determines the duration
of the treatment. To produce the same effect as exposure at one minute placed 50cm away from the skin you will need
to expose the client for 4 minutes when the lamp is placed 100cm away.

Precautions
Task
Produce a list of precautions to follow when applying the treatment

- Always check lamp surfaces to ensure they are clean and free from
dents, or hot spots will result.
- Ensure plugs, leads etc. are in full working order.
- Check that the angle-poise joints are tight; this ensures that the arm
stays in the correct position.
- Ensure clients and therapist’s eyes are protected from the rays – it
may be necessary to wear goggles.
- Never touch the lamp when it is switched on as it becomes hot,
therapist should use a towel to protect their hand from the heat.
- Never place the lamp over the client as the bulb may fall onto the
client and burn their skin.
- Do not place flammable liquids near the lamp.
- Monitor the client closely throughout the treatment.
- Never exceed recommended treatment times.
- Never use infra-red to treat a sprain as it would worsen the condition.
- Protect the working area with a screen so that others do not walk into
the lamp accidentally when it is switched on.
- Allow the lamp to cool down in a safe place.
- Ensure that the skin is fully cleansed of any products prior to
treatment otherwise a reaction may occur.