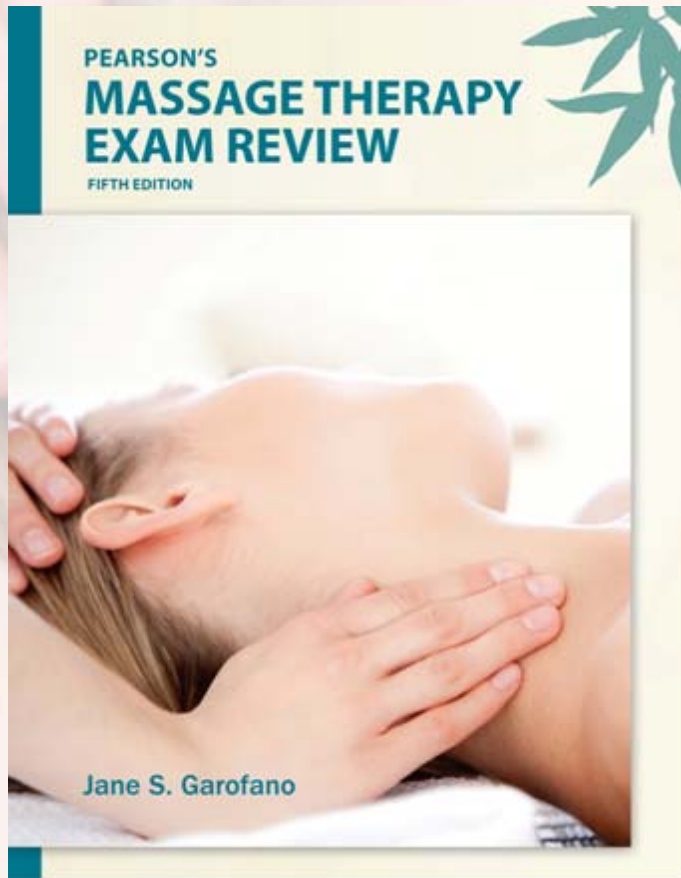


PEARSON'S MASSAGE THERAPY EXAM REVIEW

FIFTH EDITION



Basic Massage Strokes

Swedish Massage

- Swedish massage is a form of *contemporary western massage*.
Techniques include:
 - Effleurage
 - Petrissage
 - Friction
 - Tapotement
 - Vibration
 - Compression
 - Nerve Stroke

Effleurage

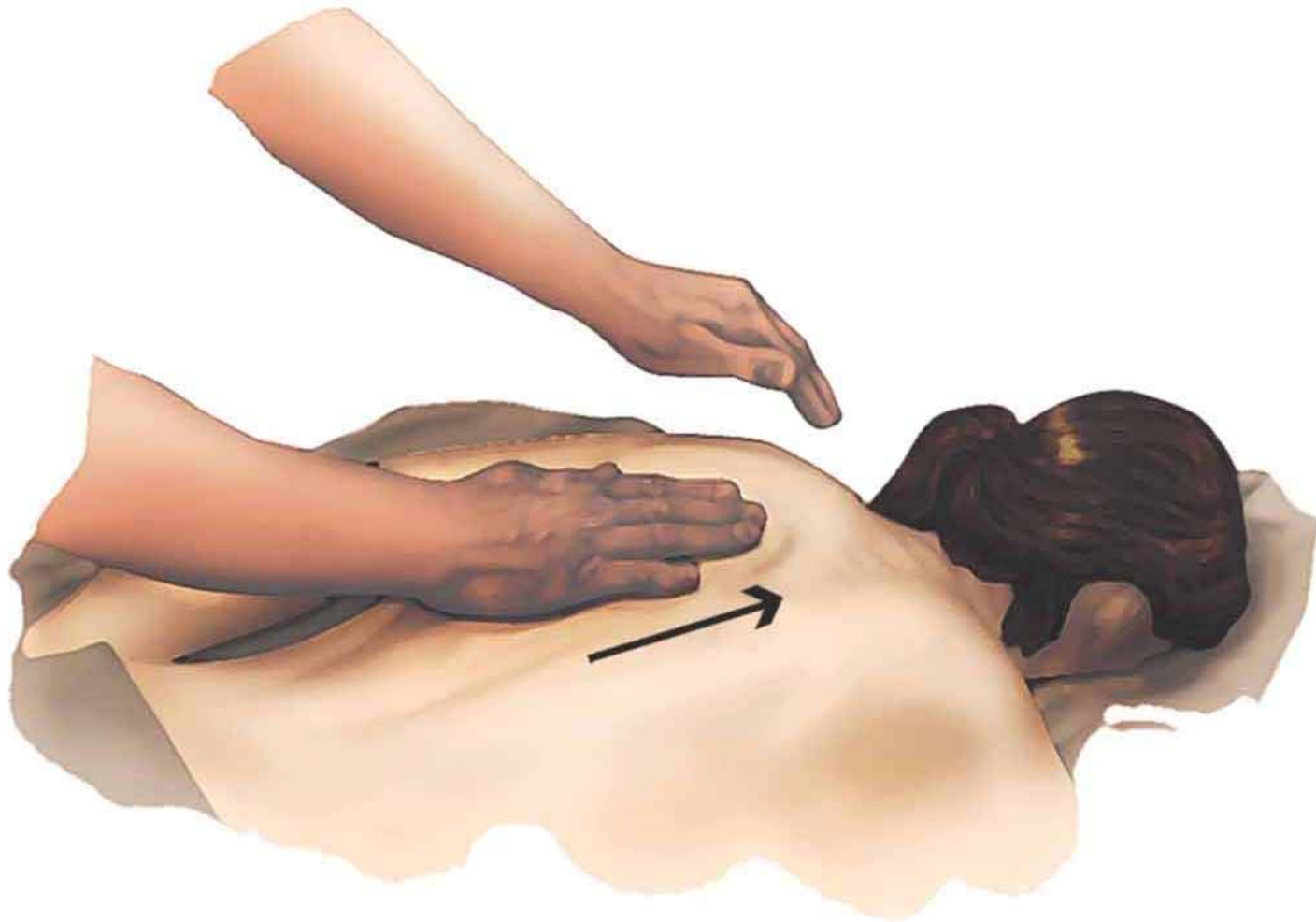
- Gliding—palms, v-form, using forearm
- Long strokes applied toward heart
- Pressure in one direction
 - Archer stance
 - Use good body mechanics



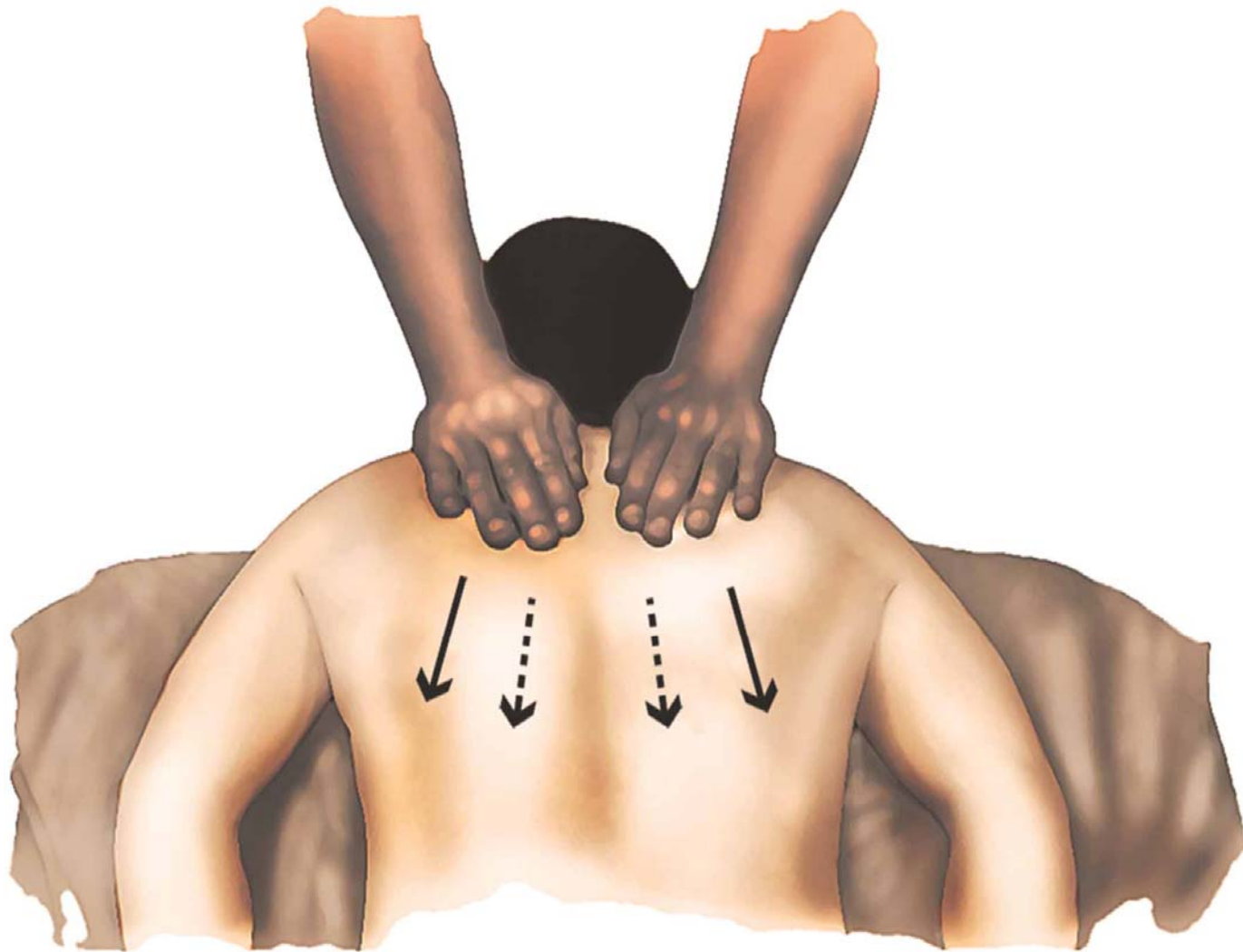
Basic Sliding Effleurage Using the Palms of the Hands Provides Full Contact with the Leg.



Basic Sliding Effleurage Using the Forearm Applies Broad, Deep Pressure to an Area.



Shingles Effleurage with Hands Parallel to the Spine and to the Direction of Movement



Bilateral Tree Stroking across the Back

Effects of Effleurage Stroke

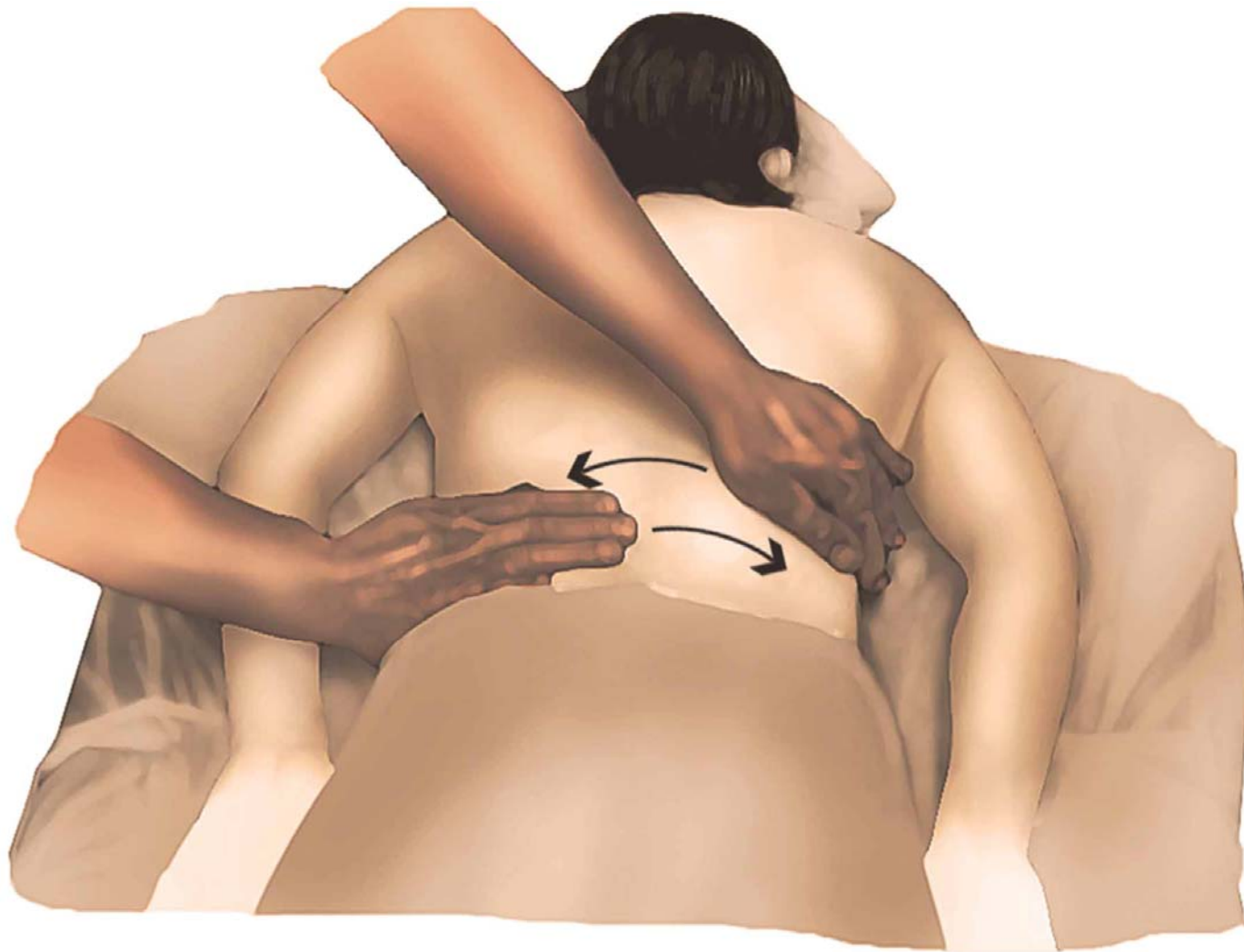
- Increases rate of circulation
- Relaxes blood vessels and lowers blood pressure
- Prepares for deeper work
- Brings blood to area
- Stimulates oil and sweat glands (good for skin)
- Eases spasms

Effects of Effleurage Stroke

- Decreases swelling (edema)
- Drains waste from tissue (detox) via venous flow to heart and kidney
- Relaxes nervous system
- Enhances lymph flow (detox)

Petrissage

- Pumping, wringing, kneading stroke
- Involves rolling and lifting tissue
- Horse stance—good body mechanics
- Pulls muscle from bone
- Cross fiber, squeeze muscle as compression
- Move full hand in figure eight



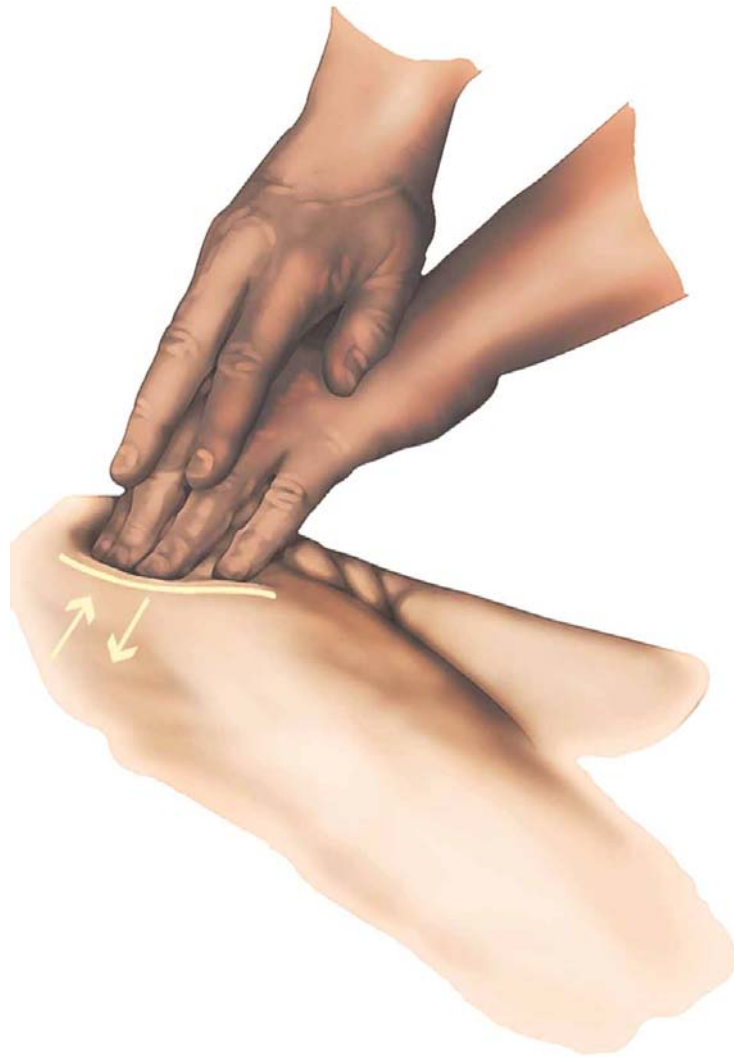
Horizontal Stroking across the Lower Back

Effects of Petrissage Stroke

- Reduces fatigue
- Is restorative
- Mimics muscle action to pump blood
- Promotes deep venous and lymphatic flow
- Loosens adhesions and scar tissue
- Stretches muscle and fascia connective tissue under skin
- Promotes flexibility

Friction

- Local action, “cross-fiber friction”
- Fingers move tissue beneath skin fascia and muscle
- Short stroke, no lubricant (J. Cyriax)



Cross-Fiber Friction to the Paraspinal Muscles

Effects of Friction Stroke

- Promotes healing with no scar tissue
- Is good for adhesions
- Promotes local hyperemia
- Promotes flexibility

Tapotement

- Percussion strokes, slap, cup, hack, tapping
- Usually at end of routine or special massage; e.g. sports massage
- Springy blows to tissue at fast rate

Effects of Tapotement Stroke

- Increases blood to area
- Is good for respiratory ailments—
cupping back
- Stimulates and softens muscle
- Is good for sports massage

Vibration

- Shake or jostle limb, body
- Can be done slowly or fast

Effect of Vibration Stroke

- Can be stimulating or act as sedative

Compression

- Used in recent years for on-site and sports massage
- Allows therapist to work over clothes without lubricant
- Compression disconnects from the body with each lift
- Involves pressing rhythmically into connective tissue perpendicular to tissue

Compression

- Avoid hyperextension or hyperflexion of wrist; proceed downward into tissue
 - Hand compression
 - Thumb compression
 - Forearm compression
 - Double hand compression

Effects of Compression

- Promotes muscle relaxation
- Improves blood flow
- Loosens connective tissue

Nerve Stroke

- Feather-gentle touch to area or body
- Ending

Effect of Nerve Stroke

- Is soothing
- Stimulates the sympathetic nervous system

Stretching during Massage Routine

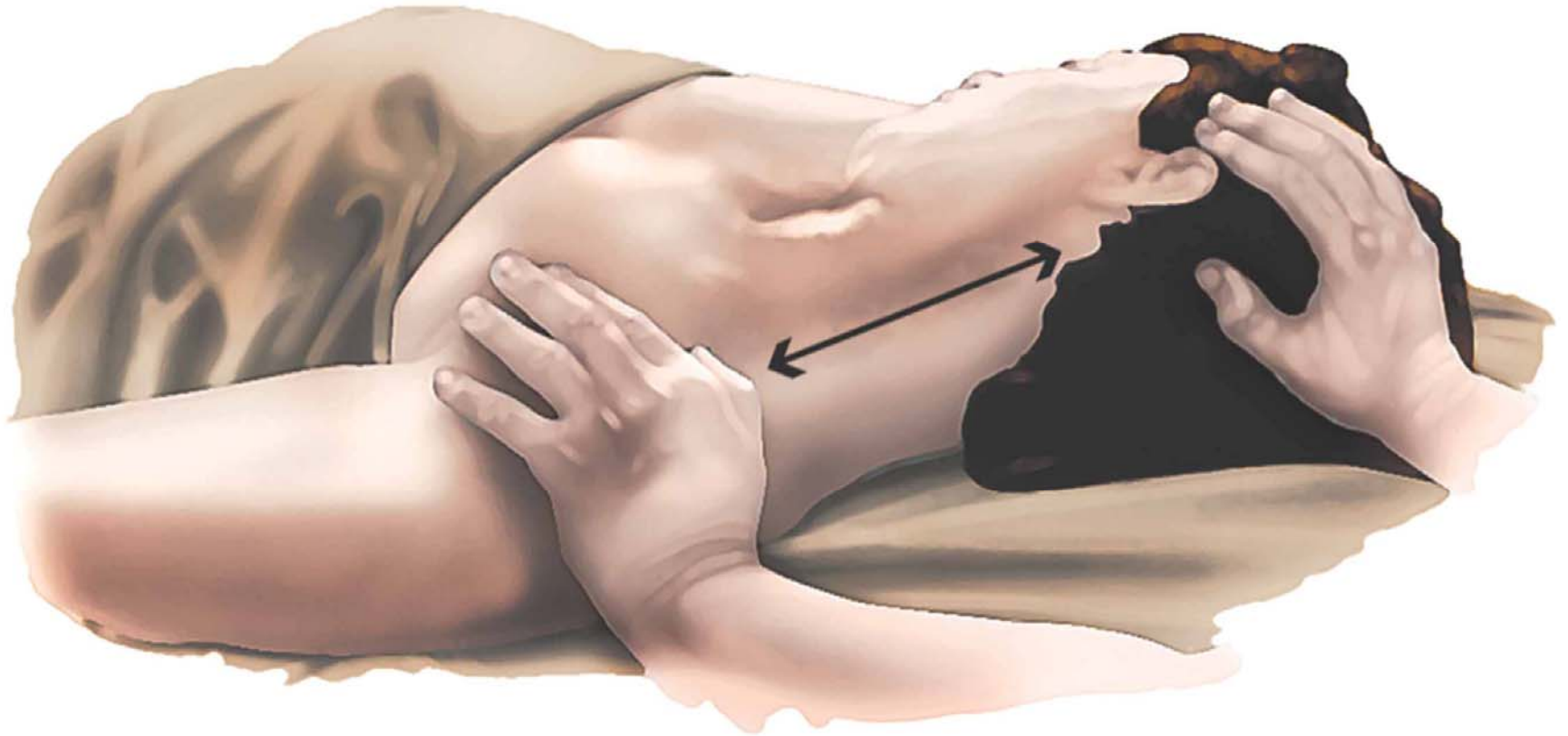
Range of Motion (ROM)

- Active
 - Assisted by client
- Passive
 - Unassisted by client
- Stretch until resistance—“end feel,” soft or hard
 - Arm, neck, ankles

Stretching during Massage Routine

Range of Motion (ROM)

- Promotes lengthening of muscles or joints
 - Neck, vertebrae stretch



Stretch of Trapezius and Cervical Muscles with Neck in Lateral Flexion

Rocking (Start or End)

- Used to relax muscle groups – calming
- Used to get in tune with rock of body and return to original position
- Is most effective relaxation