

DocJohn's A&P Lecture on December 4, 2007 - Body Systems

Medical Terminology (Page 57 of Massage book)

Anatomical Position

Anatomy

Contraindication

Deep

Distal

Endangerment Sites

Indication

Inferior

Pathology

Pharmacology

Physiology

Posterior

Prone

Proximal

Superficial

Superior

Supine

Side-Lying

Word Elements

Roots: (Page 59 of Massage book)

- a. Organs
 - a. Hepat
 - b. Cardio
- b. Anatomical structures
 - a. Brachi
 - b. Costo
 - c. Myo
- c. Body regions
 - a. Abdomino
 - b. Thraco
- d. Diseases
 - a. Carcin
 - b. Toxic
 - c.
- e. Muscle:
 - Myelo
 - Sclera

Prefixes (Page 61 of Massagebook)

Numbers or amounts

- a. Bi-means two
- b. Hper means too much
- c. Hypo
- d. Semi
- e. Tri
- f. Quad

Directions and Positions

- a. Ab
- b. Ad
- c. Ante
- d. Endo
- e. Post
- f. Pre
- g. Syn
- h. Trans

Changes

- a. A
- b. Anti
- c. Contra
- d. Dis

Comparisons

- a. Infra
- b. Iso
- c. Micro
- d. Ortho
- e. Pseudo
- f. Re

Suffixes: (Page 63 in Massage book)

Noun indications

- A. -ALGIA
- B. -esthesia
- C. -iatry
- D. -ism
- E. -it
- F. -logy

Description indications

- a. -ac
- b. -al
- c. -form
- d. -oid
- e. -ous
- f. -es
- g. -nges

Example

Root: "electr" means electricity

Root: "cardi" means heart

Root "gram" means record

So Electrocardiogram = what? Electric Heart Record

Note If you question whether massage should or should not be applied, withhold massage treatment until the appropriate healthcare professional can examine and diagnose the condition.

Remember the rule: When in doubt maybe you should refer out.

Terminology (Page 85 in Massage book)

Acute: a condition that developed very quickly and severely or has been present for 1 to 3 days.

Subacute: the period from about 3 days to 3 weeks after a condition has started.

Chronic: refers to a condition in which persists longer than 3 weeks

Contraindications: a condition in which massage is inappropriate and should be avoided

Indication: a condition for which massage could be beneficial and is recommended

Some conditions are considered **Local Contraindications** for massage, meaning that massage should be avoided in the affected area.

There are also **Systemic Contraindications** which are health conditions in which massage should be avoided altogether because massage could worsen the condition or spread disease.

Note: diagnosing and prescribing are not in the massage therapist's scope of practice (perfection).

Integumentary (Skin) Conditions: (Page 111 and 112)

Open wounds or Sores: An open wound or sore is any injury to the skin that breaks the surface and leaves it open for bacteria to enter and possible infection to occur.

Types:

- a. cuts
- b. Holes
- c. Abrasions
- d. Blisters
- e. Ulcers

You can recognize these conditions by a crust or scab at the site of the injury except in the case of ulcers, which remain open.

Superficial Scar tissue: Is new tissue growth that occurs during the acute stage of an injury because bacteria could enter any break or tear in the skin.

Note: Be aware that scar tissue may have reduced sensation: In the sub acute and chronic stage of a skin injury Massage is indicated and can be very beneficial

Postural Deviations: (Page 136 in Massage book)

Over developed curves in the spine.

- a. Kyphosis
- b. Lordosis
- c. Scoliosis

Note: structural deviations which are usually congenital

Note: Massage is indicated for scoliosis to reduce muscle and soft tissue tensions and pain.

Treatment for postural deviation may include physical therapy for exercise, Chiropractic care for relieving pressure in the spine.

Fractures: (Page 136 in Massage Book)

A fracture is any type of cracked or broken bone.

A fracture is usually accompanied by increased pain.

Sprains: (Page 137 in Massage book)

Know the difference between sprains and strains!

Note: Massage is locally contraindicated during the acute stage of a severe sprain. But the client's entire body will benefit from the relaxing and restorative qualities of massage therapy.

Osteoarthritis

Means inflammation of the bone AND joint. Specifically it is a condition that occurs when repetitive wear and tear of synovial joint structures result in irritation and inflammation.

There may be redness and inflammation of the affected joint.

Note: Fingers , thumbs knees and hip are common joints affected.

Note: massage can also help treat trigger points in the surrounding muscle that are splinting the joint.

Muscular system Conditions:

Abnormal posture is often accompanied by muscles that are out of balance.

Note: you will see hypertonic, muscles, spasms, (cramps, trigger points. Fibromyalgia, strain and tendonitis in your massage practice.

Hypertonic Muscles (Page 150 of Massage book)

Symptoms:

- a. Pain
- b. Discomfort
- c. Restrictions in functional, movement, and compensation patterns.

Pain Spasm Cycle:

- a. Pain
- b. Hypertonicity causes ischemia
- c. Ischemia causes pain
- d. Pain causes hypertocity

Note: Injury and stress lead to Pain which leads to Spasm which leads to Ischemia which leads to pain, to spasm to ischemia, to pain....etc..

Fibromyalgia:

Also know as Fibrositis, Myofibrositis or Fibromyositis
Is a chronic muscle pain syndrome

Note: A syndrome is not a pathological condition.

Muscle Strain: Page 151 Note: Massage is indicated for muscle strains to hel break up adhesions and scar tissue, to reduce edema (swelling), and to restore range of motion to the joint nearest the strain

Tendinitis: Note: Massage is locally

Nervous System Conditions (Page 167 of Massage book)

Sciatica: Note: Massage is locally contraindicated for true sciatica that stems form the spinal cord or nerve root

Headaches:

A pain in the head and neck region that can be classified as

1. Muscular (tension)
2. Vascular (congestions)
3. Traction inflammatory (pathological)

Tensions Headaches:

Most common type of headache caused by muscular tension or hypertonic muscle

Note Massage is indicated for tension headaches at all stages!!!!!!

Thoracic Outlet Syndrome:

Impingement of the brachial plexus nerve bundle and the blood vessels going to and from the arm.

Note: Massage is indicated for TOS if the impingement is caused by muscle tightness or spasm. If it is related to any other cause, massage will be locally contraindicated at the problematic area.

Circulatory System Conditions: (page 177)

Major benefits of massage therapy are the mechanical effect of increased circulation.

INCREASED CIRCULATION IS THE KEY TO HEALING.

Bruise: (page 178) A broken capillary or multiple capillaries in a localized area from which red blood cells seep out into the tissues, resulting from an injury such as a bump or fall.

Varicose Veins: Massage should be avoided over varicose veins.

High Blood Pressure (hypertension):

Edema: Lymphatic condition that occurs when excess fluid is retained between the cells.

Fever: Note - During fever, massage is strictly contraindicated because the body is going through an acute healing process.

Respiratory System Conditions: The common cold (page 183) is a viral infection

Reproductive System

Breast Cancer (Page 196)

Massage for cancer patients is a controversial subject.

Note: Many physicians will advise against massage

WARNING: WITH BREAST CANCER PATIENTS, THE LYMPH NODES, ESPECIALLY IN THE ANXILLARY AREA, SHOULD BE AVOIDED!

Pregnancy: Is not a pathology or a major medical emergency.

Test Hints for Next Week

1. What is the Rule about being in doubt
2. Terms
 - a. acute
 - b. subacute
 - c. chronic
 - d. indication
 - e. contraindication
 - f. systemic contraindication
3. Local contraindication
4. Scar Tissue
5. Overdeveloped spine
6. How can I help Scoliosis
7. Osteoarthritis
8. What is a syndrome?
9. Massage therapy for muscle strains
10. 3 Classes of headache (Both Terms)

11. Most common type of headache
12. Thoracic Outlet Syndrome
13. Bruise
14. What is hypertension
15. Name of condition where fluid is retained
16. Breast Cancer
17. What is Pregnancy (Pathology)
18. Can we diagnose or prescribe
19. Sprain or strain
20. Chronic muscle pain syndrome
21. Key to healing?
22. When in doubt?