

THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 5TH EDITION BY MARK BECK–2006 TO 2010 EDITION REVISION SYNOPSIS

THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 5th Edition	THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 4th Edition	SYNOPSIS OF CHAPTERS
<p>PART I: HISTORY AND ADVANCEMENT OF THERAPEUTIC MASSAGE Chapter 1 – The Historical Overview of Massage Objectives:</p> <ul style="list-style-type: none"> - Explain why massage is known as one of the earliest remedial practices for the relief of pain and discomfort - Explain why massage is a natural and instinctive remedy for some illnesses and injuries - Identify three historic Greeks who professed the benefits of exercise and massage - Explain how developments in the 19th century influenced modern massage therapy - Describe the basic differences in massage systems - Explain why it is important for massage practitioners to understand massage history 	<p>PART I: HISTORY AND ADVANCEMENT OF THERAPEUTIC MASSAGE Chapter 1 – The Historical Overview of Massage Objectives:</p> <ul style="list-style-type: none"> - Explain why massage is known as one of the earliest remedial practices for the relief of pain and discomfort - Explain why massage is a natural and instinctive remedy for some illnesses and injuries - Explain the use of massage from ancient to modern times as an aid to physiologic and psychological well-being - Describe the basic differences in massage systems - Explain why it is important for massage practitioners to understand massage history 	<p>2006/2010: Both editions cover essentially the same information, including an introduction to the field of massage therapy, the history of massage, and an introduction to different massage systems. 2010: This edition adds information on the Federation of State Massage Therapy Boards (FSMTB) and corresponding MBLEx exam as well as a list of reference Web sites.</p>
<p>Chapter 2 – Requirements for the Practice of Therapeutic Massage Objectives:</p> <ul style="list-style-type: none"> - Explain the educational and legal aspects of scope of practice - Explain how state legislation defines the scope of practice of therapeutic massage - Explain why the massage practitioner must be aware of laws, rules, regulations, restrictions, and obligations governing the practice of therapeutic massage - Explain why it is necessary to obtain a license to practice therapeutic body massage - Explain the difference between certifications and licenses - Give reasons why a license to practice massage might be revoked, canceled, or suspended 	<p>Chapter 2 – Requirements for the Practice of Therapeutic Massage Objectives:</p> <ul style="list-style-type: none"> - Explain the educational and legal aspects of scope of practice - Explain how state legislation defines the scope of practice of therapeutic massage - Explain why the massage practitioner must be aware of laws, rules, regulations, restrictions, and obligations governing the practice of therapeutic massage - Explain why it is necessary to obtain a license to practice therapeutic body massage - Explain the difference between certifications and licenses - Give reasons why a license to practice massage might be revoked, canceled, or suspended 	<p>2006/2010: Both editions cover essentially the same information, including scope of practice; legal aspects of massage; the laws, rules, regulations, restrictions, and obligations governing the practice of therapeutic massage; requirements for obtaining a license to practice massage; the differences between licensure and certification; and why licenses might be revoked, canceled, or suspended. 2010: Includes state licensure requirements for Maine, New Mexico, and Nebraska. 2010: Updates the states requiring licensure, information about the MBLEx, and continuing education.</p>

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<p>Chapter 3 – Professional Ethics for Massage Practitioners Objectives:</p> <ul style="list-style-type: none"> - Define the meaning of professional ethics - Explain how the practice of good ethics helps build a successful massage practice - Differentiate between personal and professional boundaries - Designate at least eight areas to consider when establishing professional boundaries - Define a therapeutic relationship and client-centered relationship - Explain the effects of a power differential in the therapeutic relationship - Explain the effects of transference, counter-transference, and dual relationships in the therapeutic setting - Discuss why sexual arousal might occur during a massage session and what to do if it does - Discuss why and how to desexualize the massage experience - Define supervision and its importance to the massage professional - Discuss the importance of good health habits and professional projection - Discuss the importance of human relations and success attitudes - Discuss ways to build a sound business reputation 	<p>Chapter 3 – Professional Ethics for Massage Practitioners Objectives:</p> <ul style="list-style-type: none"> - Define the meaning of professional ethics - Explain how the practice of good ethics helps build a successful massage practice - Differentiate between personal and professional boundaries - Designate at least eight areas to consider when establishing professional boundaries - Define a therapeutic relationship and client-centered relationship - Explain the effects of a power differential in the therapeutic relationship - Explain the effects of transference, counter-transference, and dual relationships in the therapeutic setting - Discuss why sexual arousal might occur during a massage session and what to do if it does - Discuss why and how to desexualize the massage experience - Define supervision and its importance to the massage professional - Discuss the importance of good health habits and professional projection - Discuss the importance of human relations and success attitudes - Discuss ways to build a sound business reputation 	<p>2006/2010: Both editions cover essentially the same information, including professional ethics; boundaries; the therapeutic and client-centered relationship; the power differential; the effects of transference, countertransference, and dual relationships; sexual arousal and desexualizing massage, ethical touch, supervision, good health habits, human relations and success attitudes, and ways to build a sound business reputation.</p> <p>2010: This revision adds the code of ethics for the National Certification Board for Therapeutic Massage and Bodywork.</p>
<p>PART II - HUMAN ANATOMY AND PHYSIOLOGY Chapter 4 – Overview Objectives:</p> <ul style="list-style-type: none"> - Explain the meanings of the important terms indicated in boldface that are listed in this chapter - Explain why a massage therapist should have a good understanding of anatomy, physiology, and pathology 	<p>PART II - HUMAN ANATOMY AND PHYSIOLOGY Chapter 4 – Overview Objectives:</p> <ul style="list-style-type: none"> - Explain the meanings of the important terms indicated in boldface that are listed in this chapter - Explain why a massage therapist should have a good understanding of anatomy, physiology, and pathology 	<p>2006/2010: Both editions cover essentially the same information. Including the definitions of anatomy, physiology, pathology, kinesiology and histology, the physiologic and psychological effects of stress and pain, the healing functions of the body including inflammation and tissue repair, the wellness model, and medical terminology.</p>

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<p>Chapter 4 – cont’d.</p> <ul style="list-style-type: none"> - Explain the physiologic and psychological effects of stress and pain and the role of massage therapy in the management of stress and pain - Describe the healing functions of the body in terms of inflammation and tissue repair - Describe the wellness model and how massage may be a part of that model - Be able to derive the meaning of medical terms by breaking the terms into their parts and defining the parts 	<p>Chapter 4 – cont’d.</p> <ul style="list-style-type: none"> - Explain the physiologic and psychological effects of stress and pain and the role of massage therapy in the management of stress and pain - Describe the healing functions of the body in terms of inflammation and tissue repair - Describe the wellness model and how massage may be a part of that model - Be able to derive the meaning of medical terms by breaking the terms into their parts and defining the parts 	
<p>Chapter 5 – Human Anatomy and Physiology Objectives:</p> <ul style="list-style-type: none"> - Demonstrate knowledge of basic human anatomy and physiology as a requisite in mastering the theory and practice of therapeutic massage - Name the anatomical planes, regions, cavities, and parts of the body - Name the 10 most important body systems - Explain the structures and functions of the various body systems 	<p>Chapter 5 – Human Anatomy and Physiology Objectives:</p> <ul style="list-style-type: none"> - Demonstrate knowledge of basic human anatomy and physiology as a requisite in mastering the theory and practice of therapeutic massage - Name the anatomical planes, regions, cavities, and parts of the body - Name the 10 most important body systems - Explain the structures and functions of the various body systems 	<p>2006/2010: Both editions cover essentially the same information, including basic human anatomy and physiology; the anatomical planes, regions, cavities, and parts of the body; and the function of the organs and the 10 most important body systems, including the integumentary, skeletal, muscular, circulatory, nervous, endocrine, digestive, respiratory, excretory (including urinary), and reproductive systems.</p> <p>2010: “Venereal disease” has been changed to “Sexually Transmitted Disease.”</p> <p>2010: Adds sesamoid bone to list of bone shapes.</p>
<p>PART III - MASSAGE PRACTICE Chapter 6 – Effects, Benefits, Indications, and Contraindications of Massage Objectives:</p> <ul style="list-style-type: none"> - Explain the physiologic effects and benefits of massage - Explain the psychological effects and benefits of massage - Describe the effects of massage on the circulatory, muscular, and nervous systems of the body - Describe the effects of massage on the skin - Explain the main contraindications - Differentiate among absolute, regional, and conditional contraindications - Identify the major endangerment sites of the body 	<p>PART III - MASSAGE PRACTICE Chapter 6 – Effects, Benefits, Indications, and Contraindications of Massage Objectives:</p> <ul style="list-style-type: none"> - Explain the physiologic effects and benefits of massage - Explain the psychological effects and benefits of massage - Describe the effects of massage on the circulatory, muscular, and nervous systems of the body - Describe the effects of massage on the skin - Explain the main contraindications for massage 	<p>SUBSTANTIVE CHANGES</p> <p>2006/2010: Both chapters cover the benefits and effects of massage on the body, contraindications, and endangerment sites. However, there are the following changes:</p> <p>2010: Adds hyperemia to muscles, adds the term centripetal, and adds a summary of pregnancy contraindications.</p> <p>“Massage for Pregnancy”, “Massage for the Critically Ill”, “Precautions for Working with HIV-Infected Individuals”, and “Massaging People with Cancer” have been moved to Chapter 19.</p>

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<p>Chapter 7 – Equipment and Products Objectives:</p> <ul style="list-style-type: none"> - Prepare a checklist of supplies and equipment needed for therapeutic massage - Describe various products and their use - Select a massage table - Check and adjust lighting for the massage room - Check all equipment for safety and readiness 	<p>Chapter 7 – Equipment and Products Objectives:</p> <ul style="list-style-type: none"> - Prepare a checklist of supplies and equipment needed for therapeutic massage - Describe various products and their use - Select a massage table - Check and adjust lighting for the massage room - Check all equipment for safety and readiness 	<p>2006/2010: Both chapters cover essentially the same content, including what equipment and products are required for massage practice, the massage room environment, and safety requirements.</p> <p>2010: Replaces the 2002 study with a 2007 study on the statistics related to place of business, appropriate dimensions of table list, and adds a summary of the chapter.</p>
<p>Chapter 8 – Sanitary and Safety Practices Objectives:</p> <ul style="list-style-type: none"> - Explain the need for laws that enforce the strict practice of sanitation - Sanitize implements and other items used in massage procedures - Explain the difference between pathogenic and nonpathogenic bacteria - Explain the importance of personal cleanliness and cleanliness of surroundings as protection against the spread of disease - Explain how various disinfectants, antiseptics, and other products are used most effectively - Explain the role of safety in the massage therapy business 	<p>Chapter 8 – Sanitary and Safety Practices Objectives:</p> <ul style="list-style-type: none"> - Explain the need for laws that enforce the strict practice of sanitation - Sanitize implements and other items used in massage procedures - Explain the difference between pathogenic and nonpathogenic bacteria - Explain the importance of personal cleanliness and cleanliness of surroundings as protection against the spread of disease - Explain how various disinfectants, antiseptics, and other products are used most effectively - Explain the role of safety in the massage therapy business 	<p>2006/2010: Both editions cover essentially the same content, including laws and practice of sanitation, pathogens and infection, how to sanitize the massage areas and equipment, hand washing, and safety practices.</p> <p>2010: Adds congenital, trauma, or autoimmunity as a cause of disease or illness; adds fomite as a disease-spreading object; and adds ventilation and temperature to summary of precautions.</p>
<p>Chapter 9 – Consultation and Documentation Objectives:</p> <ul style="list-style-type: none"> - Explain the importance of the consultation before a massage - Demonstrate how to screen clients while making appointments - Demonstrate how to determine the needs and expectations of the client - Explain why it is important to set policies during the first consultation - Define a treatment plan - Explain what records should be kept and why it is important to keep them updated 	<p>Chapter 9 – The Consultation Objectives:</p> <ul style="list-style-type: none"> - Explain the importance of the consultation before a massage - Demonstrate how to screen clients while making appointments - Demonstrate how to determine the needs and expectations of the client - Explain why it is important to set policies during the first consultation - Define a treatment plan - Explain what records should be kept and why it is important to keep them updated 	<p>2006/2008: Both editions cover essentially the same content, including the importance and aspects of consultation, documentation, and keeping records.</p> <p>The chapter title has been changed from “The Consultation” to “Consultation and Documentation.”</p> <p>2010: Adds a brief discussion of confidentiality and HIPAA and a chapter summary.</p>

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<p>Chapter 10 – Classical Massage Movements Objectives:</p> <ul style="list-style-type: none"> - Describe the six major categories of massage movements - Explain Swedish (classic) massage techniques - Demonstrate mastery of basic massage movements - Demonstrate passive and active joint movements - Explain and demonstrate rhythm and pressure as applied to therapeutic body massage 	<p>Chapter 10 – Classification of Massage Movement Objectives:</p> <ul style="list-style-type: none"> - Describe the six major categories of massage movements - Explain Swedish (classic) massage techniques - Demonstrate mastery of basic massage movements - Demonstrate passive and active joint movements - Explain and demonstrate rhythm and pressure as applied to therapeutic body massage 	<p>2006/2010: Both editions cover essentially the same content, including the classification of classic massage movements and rhythm and pressure during massage.</p> <p>2010: Adds the effect and benefits of certain massage movements.</p>
<p>Chapter 11 – Application of Massage Technique Objectives:</p> <ul style="list-style-type: none"> - Demonstrate mastery of various hand exercises specifically for the benefit of massage practitioners - Demonstrate correct standing posture and movements specifically for the benefit of massage practitioners - Explain why it is necessary and desirable for the massage practitioner to develop coordination, balance, control, and stamina - Explain why it is necessary and desirable for the massage practitioner to develop strong, flexible hands - Describe the concepts of grounding and centering and how these practices benefit the massage practitioner 	<p>Chapter 11 – Application of Massage Technique Objectives:</p> <ul style="list-style-type: none"> - Demonstrate mastery of various hand exercises specifically for the benefit of massage practitioners - Demonstrate correct standing posture and movements specifically for the benefit of massage practitioners - Explain why it is necessary and desirable for the massage practitioner to develop coordination, balance, control, and stamina - Explain why it is necessary and desirable for the massage practitioner to develop strong, flexible hands - Describe the concepts of grounding and centering and how these practices benefit the massage practitioner 	<p>2006/2010: Both editions cover essentially the same content, including hand and body exercises, body mechanics and posture, and grounding and centering.</p> <p>2010: Adds a section on table mechanics.</p>
<p>Chapter 12 – Procedures for Complete Body Massages Objectives:</p> <ul style="list-style-type: none"> - Demonstrate the steps in preparing a client for a massage session - Demonstrate correct procedures for draping the client - Explain the importance of assisting a client on and off a massage table - Demonstrate a basic body massage - Demonstrate massage variations 	<p>Chapter 12 – Procedures for Complete Body Massages Objectives:</p> <ul style="list-style-type: none"> - Demonstrate the steps in preparing a client for a massage session - Demonstrate correct procedures for draping the client - Explain the importance of assisting a client on and off a massage table - Demonstrate a basic body massage - Demonstrate massage variations 	<p>2006/2010: Both editions cover essentially the same content, including proper draping procedures, assisting clients on and off the table, sample massage routines, and protocol following the massage.</p> <p>2010: Adds client-assistive draping; the general massage sequence has been slightly modified; massages 1 and 2 have been modified slightly with a few additional notes and different guidelines for drinking water following a massage.</p>

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<p>Chapter 12 – cont’d.</p> <ul style="list-style-type: none"> - Use correct anatomic terms when describing the part of the body being massaged - Demonstrate professional courtesy toward clients before, during, and after massage - Understand when and where certain massage movements should and should not be applied - Answer client questions concerning any after-effects of massage 	<p>Chapter 12 – cont’d.</p> <ul style="list-style-type: none"> - Use correct anatomical terms when describing the part of the body being massaged - Utilize correct posture and stances for the massage practitioner - Demonstrate professional courtesy toward clients before, during, and after massage - Understand when and where certain massage movements should and should not be applied - Answer client questions concerning any after-effects of massage 	
<p>Chapter 13 – Hydrotherapy</p> <p>Objectives:</p> <ul style="list-style-type: none"> - Explain hydrotherapy as a therapeutic aid - Explain the effects of different water temperatures on the body - Explain the use of heat and cold in body treatments - Define cryotherapy and demonstrate at least three ways to apply it - Describe at least five ways of applying heat to the body - Describe the effects of various water treatments on the body - Explain contraindications, safety rules, and time limits for various hydrotherapy treatments 	<p>Chapter 14 – Hydrotherapy</p> <p>Objectives:</p> <ul style="list-style-type: none"> - Explain the use of heat and cold in body treatments - Describe types of apparatus that may be approved for use by the massage practitioner - Describe the types of apparatus that may not be approved for use by the massage practitioner - Describe at least five ways of applying heat to the body - Define cryotherapy and demonstrate at least three ways to apply it - Explain hydrotherapy as a therapeutic aid - Explain the effects of different water temperatures on the body - Describe the effects of various water treatments on the body - Explain contraindications, safety rules, and time limits for various bath treatments 	<p>SUBSTANTIVE CHANGES</p> <p>2006/2010: Both editions contain essentially the same content, including the effects and uses of heat and cold applications, the procedures for various hydrotherapy treatments, and the effect varying temperatures have on the body. However there are many changes.</p> <p>2010: The chapter has been rearranged. The introduction and contraindications have been slightly expanded. The use of electrical modalities has been removed. A section on the effects of temperature on the body has been added, as well as cold compresses, addition of the term thermotherapy, and adds the ways heat is transferred. Other additions include rice packs, hot compresses and paraffin baths, body wraps, showers, and sprays. A slightly different list of necessary items and procedures for baths, steam baths and saunas, steam cabinets, and canopies have been added. Russian baths have been removed, and a chapter summary has been included.</p>

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<p>Chapter 14 – Massage in the Spa Setting Objectives:</p> <ul style="list-style-type: none"> - Describe the historical development of spas - Describe the current state of the spa industry, including customer demographics and the various types of spas in which therapists work - List and describe the most popular spa services performed by massage therapists - Describe the most important attributes of an effective spa massage - Demonstrate an ability to perform a spa exfoliation procedure and a spa body wrap procedure - Describe the specialized hydrotherapy equipment and other apparatuses used in modern spas - List and describe the qualities that make a massage therapist a good candidate for hiring by a spa, including customer service and other non-massage-related skills - Describe the job potentials for massage therapists in spas, including possible career paths over time 	<p>Chapter 15 – Massage in the Spa Setting Objectives:</p> <ul style="list-style-type: none"> - Describe the historical development of spas - Describe the current state of the spa industry, including customer demographics and the various types of spas in which therapists work - List and describe the most popular spa services performed by massage therapists - Describe the most important attributes of an effective spa massage - Demonstrate an ability to perform a spa exfoliation procedure and a spa body wrap procedure - Describe the specialized hydrotherapy equipment and other apparatuses used in modern spas - List and describe the qualities that make a massage therapist a good candidate for hiring by a spa, including customer service and other non-massage-related skills - Describe the job potentials for massage therapists in spas, including possible career paths over time 	<p>2010: Chapter has been rearranged slightly. Newer studies have replaced the studies in 2006 edition. A myth about doing 10 massages in a row has been added. Lomi Lomi and reflexology have been included in massage techniques found in spas. Other changes include: basalt rock qualities and contraindications/cautions, and stone massage procedures in stone massage section; the discussion on spa technicians has been deleted; more essential oils have been added to chart. The procedure for sea salt glow has been removed (it is similar to other exfoliation procedures). The introduction to body wraps has been simplified. The “test massage” has been replaced with the “interview massage.” The “Spa Finder” has been replaced with the “Luxury Spa Finder.” “Spa Work: A Massage Therapist’s Guide to Success in the Spa Industry” and “The Spa Encyclopedia” have been removed, and the “Complete Spa Book for Massage Therapists” has been added to the spa resources list. Mentions of www.spas.about.com and www.pwsuccesssystems.com have been removed, and www.discover-spas.com and www.wynnebusiness.com have been added to the resource list for beginning practitioners.</p>
<p>Chapter 15 – Clinical Massage Techniques Objectives:</p> <ul style="list-style-type: none"> - Describe techniques used in neuromuscular therapy - Define a trigger point and describe its location - Differentiate between central trigger points and attachment trigger points - Describe how to treat trigger points - Describe the techniques used in muscle energy technique - Differentiate between post-isometric relaxation and reciprocal inhibition - Define passive positioning and the bodywork styles that incorporate passive positioning - Demonstrate how to determine a position of ease when performing position release technique - Differentiate between superficial fascia and deep fascia 	<p>Chapter 18 – Other Therapeutic Modalities Objectives:</p> <ul style="list-style-type: none"> - Explain the benefits of prenatal massage - Explain contraindications for prenatal massage - Explain the benefits of lymph massage - Describe the basic functions of the lymphatic system - Explain the purpose of structural integration - Define a trigger point and describe its location - Describe how to treat trigger points - Describe techniques used in neuromuscular therapy - Describe the techniques used in muscle energy technique - Define passive positioning and the bodywork styles that incorporate passive positioning - Explain the basic philosophy of acupressure and acupuncture 	<p>SUBSTANTIVE CHANGES</p> <p>2010: This chapter has changed significantly. Prenatal massage sections have been moved to Chapter 19, “Massage for Special Populations.” Lymph massage has been moved to Chapter 16, “Lymph Massage,” and acupressure, shiatsu, and reflexology have been moved to Chapter 21, “Additional Therapeutic Modalities.” Much of the information on trigger points and trigger-point therapy, neuromuscular therapy, muscle energy techniques, and passive positioning techniques comes from Chapter 18, but the structure of Chapter 15 is different and includes the following techniques (history and more in-depth description and application):</p> <ul style="list-style-type: none"> Neuromuscular Techniques Trigger-Point Therapy Muscle Energy Techniques

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<p>Chapter 15 – cont’d.</p> <ul style="list-style-type: none"> - Describe and demonstrate three myofascial techniques - Describe the craniosacral system 	<p>Chapter 18 – cont’d.</p> <ul style="list-style-type: none"> - Describe shiatsu as related to pressure points of the body - Define reflexology 	<p>Passive Positioning Techniques Incorporating Positional Release Techniques in the Massage Practice Myofascial Techniques Craniosacral Therapy Deep Tissue Techniques</p>
<p>Chapter 16 – Lymph Massage Objectives:</p> <ul style="list-style-type: none"> - Name three people who have been influential in the development of lymph massage - Describe lymph circulation and differentiate between blood and lymph circulation - Describe the function and location of lymph nodes - List the major contraindications to lymph massage - Describe and demonstrate the primary technique used in lymph massage - Describe and demonstrate the sequence of movements for lymph massage on an area of the body 	<p>Chapter 18 – Other Therapeutic Modalities Objectives:</p> <p>Related objectives (see above for complete list of unrelated objectives)</p> <ul style="list-style-type: none"> - Explain the benefits of lymph massage - Describe the basic functions of the lymphatic system 	<p>2010: This chapter is a new chapter that pulls information from Chapter 18 (2006). The information on lymph massage is essentially the same as in Chapter 18.</p> <p>2010: Add “Any condition that could be made worse” to list of contraindications.</p>
<p>Chapter 17 – Therapeutic Procedure Objectives:</p> <ul style="list-style-type: none"> - Describe the four parts of the therapeutic procedure - Demonstrate a client intake procedure for a therapeutic massage session - Perform posture and gait assessment - Demonstrate assessment by passive, active, and resisted movement - Identify soft tissue barriers - Palpate and differentiate tissue layers and textures - Explain how assessment findings are used to develop session strategies - Determine performance strategies specific to a client’s needs - Demonstrate how to identify and release constrictions in hypertonic tissue - Explain the importance of evaluation 	<p>Chapter 13 – Therapeutic Procedure Objectives:</p> <ul style="list-style-type: none"> - Describe the four parts of the therapeutic procedure - Demonstrate a client intake procedure for a therapeutic massage session - Perform posture and gait assessment - Demonstrate assessment by passive, active, and resisted movement - Identify soft tissue barriers - Palpate and differentiate tissue layers and textures - Explain how assessment findings are used to develop session strategies - Determine performance strategies specific to a client’s needs - Demonstrate how to identify and release constrictions in hypertonic tissue - Explain the importance of evaluation 	<p>2006/2010: Both editions contain essentially the same content, including therapeutic procedure, client intake and assessment techniques, posture and gait assessment, soft tissue barriers and dysfunction, and determining performance strategies.</p> <p>2010: Adds a list of health history questions; “Resisted Movement” has been changed to “Active Resisted Movement”; mentions other orthopedic tests; “anatomical” has been changed to “anatomic” (throughout the text); treatment plan goals have changed slightly; adds muscle strain and fibromyalgia to conditions that respond to soft tissue intervention; adds postural versus phasic muscles; adds techniques that address soft tissue conditions; removes the demonstration of massage techniques (now in Chapter 15); and adds a summary of the chapter.</p>

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<p>Chapter 18 – Athletic/Sports Massage Objectives:</p> <ul style="list-style-type: none"> - Define athletic/sports massage - Explain the purposes of athletic massage - Explain the causes of muscle fatigue - Explain the major benefits of athletic massage - Explain contraindications for athletic massage - Describe the three basic applications of athletic massage and the goals of each - Demonstrate massage techniques commonly used in pre- and post-event athletic massage - Explain the importance of warm-up exercises and massage to the athlete’s performance - List the therapeutic modalities used in restorative massage - Demonstrate how to locate stress points of the body - List the therapeutic modalities used in rehabilitative athletic massage - Explain the relationship of certain athletic or sports activities to possible injuries - Differentiate between acute, subacute, and chronic athletic injuries and the treatment choices for each stage of injury 	<p>Chapter 16 – Athletic/Sports Massage Objectives:</p> <ul style="list-style-type: none"> - Define athletic/sports massage - Explain the purposes of athletic massage - Explain the causes of muscle fatigue - Explain the major benefits of athletic massage - Explain contraindications for athletic massage - Locate the major stress points of the body - Explain the importance of warm-up exercises and massage to the athlete’s performance - Explain the relationship of certain athletic or sports activities to possible injuries - Describe the four basic applications of athletic massage and the goals of each - Demonstrate massage techniques commonly used in athletic massage - Identify the presence of soft tissue injury 	<p>2006/2010: Both editions contain essentially the same content, including the benefits and purpose of athletic massage, the history of athletic massage, athletic massage techniques, athletic injuries and massage to treat injuries, and contraindications of athletic massage.</p> <p>2010: The chapter has been rearranged slightly. Adds intra-event massage; pre-event, post-event, and intra-event massage are grouped into event massage in the applications of athletic massage; adds rationale/considerations to questions asked after an event; adds goals for restorative massage; massage protocols have changed slightly; metatarsal cramp has been removed; “thigh, calf, and knee” has been replaced with “front of leg”; golf knee has been removed; strain to hamstrings has been moved to hip, leg, buttock, and groin section; section on calf has been added; racquetball shoulder and the chest and abdomen sections have been removed; adds modalities used in rehabilitative massage; adds the stages of healing. Adds treatment goals and massage considerations (including a chart); removes the anatomy of skeletal muscles and muscle tissue; and adds a summary of the chapter.</p>
<p>Chapter 19 – Massage for Special Populations Objectives:</p> <ul style="list-style-type: none"> - Explain the benefits of prenatal massage - Explain contraindications for prenatal massage - Demonstrate proper draping when massaging a pregnant woman during each trimester - Describe various maternal concerns by trimester that are considerations for massage - Describe the benefits of infant massage - Explain special considerations of providing massage services to children - Differentiate considerations of working with elders who are frail and those who are robust 	<p>Chapter 6 & 18 Objectives:</p> <p>Related objectives:</p> <ul style="list-style-type: none"> - Explain the benefits of prenatal massage - Explain contraindications for prenatal massage 	<p>SUBSTANTIVE CHANGES</p> <p>2010: This is a new chapter that incorporates information about HIV, critically ill, and cancer from Chapter 6 (2006) and about prenatal massage from Chapter 18 (2006).</p> <p>This chapter includes massage considerations and information about prenatal (much more than in the 2006 edition) and infant massage, children and elderly massage, massage for disabled people, and massage for people who are critically ill, have cancer, or are infected with HIV.</p>

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<p>Chapter 19 – cont’d.</p> <ul style="list-style-type: none"> - Explain accommodations and considerations for providing massage to people with various disabilities - Explain the considerations when providing massage to people with critical illnesses such as HIV/AIDS or cancer 		
<p>Chapter 20 – Massage in Medicine Objectives:</p> <ul style="list-style-type: none"> - Explain the historical significance massage has played in medicine - Explain how massage re-emerged in the United States as alternative medicine - Differentiate among alternative, complementary, and integrative medicine - Explain the role of massage in integrative medicine - Describe the role of the patient in integrative medicine - Define CAM - Explain how massage may fit into a hospital setting - Define medical massage - Demonstrate billing insurance for massage 	<p>Chapter 17 – Massage in Medicine Objectives:</p> <ul style="list-style-type: none"> - Explain the historical significance massage has played in medicine - Explain how massage re-emerged in the United States as alternative medicine - Differentiate among alternative, complementary, and integrative medicine - Explain the role of massage in integrative medicine - Describe the role of the patient in integrative medicine - Define CAM - Explain how massage may fit into a hospital setting - Define medical massage - Demonstrate billing insurance for massage 	<p>2006/2010: Both editions contain essentially the same content, including the historical significance massage has played in medicine; the development of alternative medicine in the U.S.; the definitions of alternative, complementary, and integrative medicine; the role of massage in integrative medicine, CAM, massage in the hospital setting; medical massage; and billing insurance for massage.</p> <p>2010: Discussion of the statistics of alternative medicine usage has been removed from the beginning of the alternative and complementary medicine section; movement therapies and progressive relaxation have been added to list of CAM modalities. Adds new research on integrative medicine; removes massage for cancer and adds physiologic and psychological benefits and injury (and other conditions) treatment in a hospital setting; removes section on massage as an aid in nursing practice; removes CPT code 97139. The term “HCFA 1500 Form” has been changed to “1500 Insurance Claim Form.”</p>
<p>Chapter 21 – Other Somatic Therapies Objectives:</p> <ul style="list-style-type: none"> - Describe basic chair massage techniques and demonstrate a simple chair massage routine - Define reflexology, be able to locate reflexology points on the feet and hand maps, and demonstrate a simple reflexology sequence - Explain the basic philosophy of acupressure and acupuncture - Describe shiatsu as related to pressure points of the body - Describe the locations of the seven chakras 	<p>Chapter 18 – Therapeutic Modalities Objectives:</p> <p>Related objectives:</p> <ul style="list-style-type: none"> - Explain the basic philosophy of acupressure and acupuncture - Describe shiatsu as related to pressure points of the body - Define reflexology 	<p>2010: This is a new chapter that incorporates information from Chapter 18 (2006) on energetic manipulations and includes acupressure and shiatsu, chair massage, and reflexology.</p> <p>This chapter expands the information and techniques/routines for acupuncture, acupressure and shiatsu, chair massage, and reflexology from Chapter 18 (2006) and adds chakra energy work.</p>

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<p>PART IV – MESSAGE BUSINESS ADMINISTRATION Chapter 22 – Business Practices Objectives:</p> <ul style="list-style-type: none"> - Differentiate between being employed and self-employed - Create a résumé and cover letter for a prospective employer - Explain the relationship between attitude, self-image, and business success - List the major expenses related to starting a massage business - Explain the difference between a partnership, a corporation, and a sole proprietorship - Explain the advantages and disadvantages of operating your own business - List the various permits and licenses required to operate a massage business and where to obtain them - List the types of insurance a massage business owner should carry to protect the business - Describe a physical layout for a beginning business operation - Explain the importance of business location to the success of a personal service business - Explain why careful planning is important before opening a business - Explain why keeping accurate records is necessary in a successful business - List the major ingredients of a basic bookkeeping system - Explain the importance of marketing to business success - Define target market - Make a checklist of factors to consider before opening a business 	<p>PART IV – MESSAGE BUSINESS ADMINISTRATION Chapter 19 – Business Practices Objectives:</p> <ul style="list-style-type: none"> - Explain the relationship between attitude, self-image, and business success - List the major expenses related to starting a massage business - Explain the difference between a partnership, a corporation, and a sole proprietorship - Explain the advantages and disadvantages of operating your own business - List the various permits and licenses required to operate a massage business and where to obtain them - List the types of insurance a massage business owner should carry to protect the business - Describe a physical layout for a beginning business operation - Explain the importance of business location to the success of a personal service business - Explain why careful planning is important before opening a business - Explain the application of rules of professionalism in a business practice - Explain why keeping accurate records is necessary in a successful business - List the major ingredients of a basic bookkeeping system - Explain the importance of marketing to business success - Define target market - Make a checklist of factors to consider before opening a business 	<p>2006/2008: Both editions contain essentially the same content, including the aspects, rules, permits and licenses for running a massage practice; planning aspects of the massage business; record-keeping; marketing; and defining a target market. 2010: This chapter has been rearranged slightly. Additions include: potential locations for employment, creating a résumé and cover letter, interviewing and finding prospective employers. Adds more information on being an independent contractor, including the definition of independent contractor versus employee; recommends contacting lawyer to look over the lease if renting; adds resources such as the Small Business Association (SBA) and SCORE; adds advice in contacting a lawyer or SBA when deciding on being a corporation, etc. Includes licenses and permits and professional fees to expenses; adds factors affecting the price of a business if buying, as well as transitioning tips; adds property insurance as an option to fire and theft insurance; removes the section on office management; adds date of service and statement of appreciation for client's business for lending credit; adds profit and loss/income statement section; and adds change of mileage deduction to 57 cents.</p>