

Summary Notes for Lecture One

- It's important to understand the pathology of a condition to determine the type of treatment.
- For every condition, look at the treatment protocol. It will vary depending upon the person you are treating.

We can use a general checklist to give us an approach in dealing with every condition treatable with medical massage.

History:

- Find out everything you possibly can about the patient.
- This includes past medical history, injuries, allergies, medication/herbs they are taking, lifestyle, occupation, MVA, family history, diet, exercise (including level, intensity, or lack of), etc.

Assessment:

- We need to provide the evidence to determine what condition the person has or what the patient doesn't have.
- To gather the evidence we need to perform orthopedic tests, palpate, perform ROM tests (active and passive – compare both sides.)

Patient Comfort & Bolstering:

- When treating, you want the muscles to be relaxed, so position the patient accordingly.

Hot/Cold Therapy:

- Heat – causes vasodilatation, increase blood flow, warms the area, increases pliability, softens the area, increases oxygen and nutrition to the area.
- Cold – causes vasoconstriction, numbs the area. Cold is also used to massively increase blood flow when it is used for a prolonged period of time. Ice could be used to desensitize an area so you could work deeper, e.g., tendonitis.

General Massage:

- Warm up the area
- Helps to develop trust while you introduce your hands to the area
- Helps to release endorphins
- Provides the therapist with the opportunity to palpate the muscle and feel for the quality of the tissue.

Specific Massage:

- Which type of treatment will address the issue? Examples include trigger point therapy, cross-fiber friction, compression, etc.

Stretching & Strengthening:

- Always stretch a muscle before you strengthen.
- Used depending upon what stage the patient is in at therapy.

Patient education/Self-Treatment:

- This is a big part. The therapist provides the patient with recommendations to follow to improve their condition.
- Educate on herbs, nutrition, importance of adequate hydration, etc.

- *Decrease stress* – e.g., yoga, breathing exercises, etc.
- *Ergonomics* – what can the patient change about their work, home, or recreational environment to prevent further injury and improve posture.
- *Balance re-training* – helps patients who have experienced loss of proprioception and helps with postural re-training. Use balance boards.

Referral:

- Referral to appropriate medical professionals as needed.