



FAQs

Q1. Explain how aquatic massage is performed?

Ans: . Aquatic massage is performed with recipients submersed or floating in a warm-water therapy pool. The massage subject may be fully or partially clothed or unclothed.

Q2. Explain how a massage practitioner should practice hygiene before delivering massage to the patient.

Ans: The practitioner should start preparation of himself/herself long before contact with the patient. Attention to personal appearance, hygiene and manicure are all important. As close contact will inevitably occur, the practitioner should wear protective clothing which is easily laundered and which allows freedom of movement while maintaining decency. Long hair must be restrained so that it cannot come into contact with the patient, equally necklace or other jewellery as well as wrist watches should also be discarded.

Q3. Explain different forms of hand exercise of the massage practitioner.

Ans: To obtain the full range of movement, the following exercises should be practiced.

1. Touch the finger tips of one hand with the finger tips of the other and press so that the thumb and little finger are separated widely.
2. Push the fist of one hand between two adjacent fingers of the other hand so that they are separated into wider abduction. Keep the fingers in the same plane and repeat for each finger.
3. Place the thumb together as in prayer and thumb resting on the chest, push wrist downward and extend them without separating the heel of the hand.
4. Reverse the hands, placing the backs together and push the elbow downward thus flexing the wrists.
5. Place the hands in the prayer position and keeping together turn them down and up trying to touch the abdomen and chest alternately at each rotation. Next move two hands alternately so that they pass one another at mid-point.

Q4. How should the environment condition of massage therapy room be maintained?

Ans: The treatment area should be well heated and well ventilated but not draughty. The padded treatment couch may be covered with fresh linen.

Q5. Explain the massage treatment couch.

Ans: Massage treatment couch should be of adjustable height and this couch should have an elevating mechanism at each end and a removable section to accommodate the nose when the patient is in prone lying position.

Q6. Explain two different types of contact material used in massage therapy.

Ans: Two different types of contact material used in massage therapy are as follows

Powder

1. Talcum powder is the commonest contact medium. It should be non perfumed if possible, or a baby powder may be selected.
2. Corn starch BP, which is sterilisable, is a heavy powder which absorb sweat very readily and should be used in the presence of profound sweating by either the patient or practitioner.

Oils

1. Pure lanolin-which has a drag effect on skin due to its thick and heavy texture, is used to obtain a slight pull on the skin. Lanolin cream which is a water based cream is used when less drag is required.
2. Liquid oil- the most commonly used liquid oil is probably olive oil, and liquid paraffin may also be used to provide a gliding effect and to lubricate the skin. The disadvantage of such oil is that they became rancid and if left in contact with the skin, can smell offensive.

Q7. Explain the preparation of patient for the treatment of upper limb and back massage.

- Ans:1. For treatment of the upper limb: Unclothe from the neck to finger tips and especially remove all straps.
2. For the treatment of the back: Unclothe from the head to the buttock. Pants/briefs can remain, but must be pulled down to leave the area above the gluteal cleft exposed

Q8. Explain the importance of examination of the part prior to massage treatment.

Ans: Before performing massage on either a model or patient, we should examine the part on which we are going to work. After carrying out a complete examination and assessment we are aware of the problems that the patient faces. The procedure of examination is as follows

Look: look at the skin state of dryness, oiliness wetness, hairiness and completeness. Apart from these observe for bruises, abrasion and laceration. Look also at the state of subcutaneous tissue, is the skin emaciated or well padded and if the skin is firm or taut, is there any oedema or excess reddening?

Feel: run the hand down the length of the part on every aspect. Think as we do so and be aware not only about the temperatures of each area, the degree of muscle tension and joint posture any flinching as painful or ticklish when touched. Make sure that problem area can be approachd with caution.

Q9. How can the ticklish patient be treated with massage therapy comfortably?

Ans: People who are ticklish can be massaged without discomfort to them provided we observe the rule of always putting our hand in very firm contact as we start working and never lifting the hands off by trickling i.e. by lifting our palm off first, than phalanx, until only our finger tips are in contact. We should never move one hand component especially fingers in relation to one another once we have placed our hand in contact.

Q10. Mention the classifications of massage manipulation.

Ans: The massage manipulation can be classified into

1. Stroking

2. Effleurage

- Light effleurage
- Deep effleurage
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3. The petrissage massage

- Kneading manipulation
 - i. Whole hand kneading
 - ii. Palmar kneading
 - iii. Flat finger kneading
 - iv. Finger pad kneading
 - v. Finger tip kneading
 - vi. Thumb pad kneading
 - vii. Thumb tip kneading
 - viii. Both hand or superimposed kneading
 - ix. Elbow kneading
 - x. Heel of hand kneading
- Picking up manipulation
- Wringing manipulation
- Rolling manipulation
 - i. Skin rolling
 - ii. Muscle rolling
- Shaking manipulation

4. The friction manipulation

- i. Circular friction
- ii. Transverse friction

5. Tapotment or percussive manipulation

- i. Clapping
- ii. Hacking
- iii. Vibration
- iv. Beating
- v. Pounding
- vi. Tapping