



FAQs

Q1. Define the terms caution, local contraindication and total contraindication.

Ans: **Caution** – A situation in which a massage practitioner may proceed with the treatment but will need to modify techniques in the light of the client's condition e.g., using lighter pressure or refraining from the use of percussive techniques.

Local Contra-indication: A situation in which a local area of the patient's body should not be massaged under any circumstances. This could be for the patient's own comfort, to avoid spreading infection or to avoid further injury.

Total Contra-Indications – A situation in which no massage at all is appropriate. This is usually for reasons of practitioner protection and safety of patients.

Q2. Explain the different types of fractures.

Ans: The different types of fractures are:-

- **Partial fracture** is in which the bone is not completely broken.
- **Simple fracture** is where there is a clean break that does not damage surrounding tissues or the skin.
- **Compound fracture** is where the broken ends protrude through soft tissues and the skin.

Q3. How massage is helpful in healing after subsiding the acute stage of sprain?

Ans: After the acute stage has subsided, draining strokes can be helpful to disperse swelling

Q4. Explain bursitis with example.

Ans: Inflammation of a bursa through pressure, friction or injury, leading to pain that is aggravated by movement, e.g. prolonged kneeling can lead to housemaid's knee

Q5. Explain how massage can be applied to an osteoporotic patient with caution.

Ans: Massage should be gentle, with no stretches, joint manipulations or use of percussive strokes. The main intention is to help the patient relax.

Q6. Explain Osteomalacia.

Ans: Osteomalacia is the softening of the bone, in the absence of Vitamin D, the bones soften and swell.

Q7. Explain Osteoarthritis.

Ans:Osteoarthritis is the wear and tear of the joints, especially the weight bearing joints, mostcomm only hips and knees. Hyaline cartilage thins and is worn away, cracks appear, and bony growths can develop so that bone rubs on bone. Joints are stiff, often with pain, swelling and sometimes inflammation.

Q8. Explain the term Tennis elbow.

Ans:Tennis elbow is tendonitis of the muscles of the back of the forearm, at their insertion, causedby excessive hammering or sawing type movements, or a tense, awkward grip on a tennis racquet.

Q9. How long massage is contraindicated in deep vein thrombosis (DVT) patient.

Ans:Massage is totally contra-indicated for 3–6 months after diagnosis in the case of a deep vein thrombosis (DVT) patient.

Q10. Explain why guidelines of contraindication of massage is important.

Ans: Guidelines of contraindication of massage is important to:

1. promote the professional image of the institute by providing consistent information to patient.
2. protect patient by ensuring a consistent and safe approach of Practitioners.
3. ensure that treatment is not unnecessarily refused by Practitioners