Intro to Orthopedic and Integrative Massage 1

Lowe Foreword and Chapter 1
Lesson Plan:
Intro to Orthopedic and Integrative Massage 1

- 5 minutes: Attendance and Breath of Arrival
- 50 minutes: Intro to Orthopedic and Integrative Massage 1
Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
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Intro to Orthopedic and Integrative Massage 1

Lowe Foreword and Chapter 1
Orthopedic massage  Organized and effective approach for treating pain and injuries affecting tissues of the musculoskeletal system.

Integrative massage:

- Helping the client feel integrated both in terms of structure and energy.
- Therapist integrates multiple modalities based on client need and want (e.g. Orthopedic Massage, Deep Massage, Deep Tissue, Sports, and Swedish)
Levels of healthcare in massage therapy, each ideally including the former:

1. Wellness (Swedish)

2. Clinical (Sports, Deep Tissue, Orthopedic, and Swedish)

3. Integrative (helps client feel both structurally and energetically integrated along with remedying particular problems (Deep Massage, Sports, Deep Tissue, Orthopedic, Swedish))
Deep massage (the Lauterstein method)  A unique soft tissue therapy which works consciously and simultaneously to enhance energy flow as well as structural integrity. Deep Massage combines myofascial and neurological release.

Deep tissue  Soft tissue work usually employing more pressure and slower work into problem areas - may include: trigger points, cross-fiber, myofascial release, facilitated stretches, active release techniques, and Deep Massage (without the energetic intent).
It is absolutely **not** required that students purchase the source text for this section:

Foreword to *Orthopedic Massage*
What are the characteristics of non-specific massage?

- Aims to achieve relaxation and promote well-being
- Is non-invasive and almost totally safe
- Has very few contraindications
- Produces consistently beneficial outcomes
What therapeutic intervention strategies does orthopedic massage employ?

Cryotherapy  External therapeutic application of cold.

Thermotherapy  External therapeutic application of heat.

Myofascial release  Tangential force applied to the fascia without moving the treatment hands and waiting for working signs or a subtle sensation of tissue release.
What therapeutic intervention strategies does orthopedic massage employ?

**Trigger point deactivation**  Hyper-irritable spot in skeletal muscle. Painful when compressed and can give rise to characteristic referred pain, referred tenderness, and motor dysfunction. Deactivated by sustained compression for 8-10 seconds using the steps of a fulcrum.

**Stretches and joint mobilizations**

**Enhancement of lymphatic and venous drainage**
What are the requirements of an orthopedic massage treatment?

- Caution (due to pathology, inflammation, or pain)
- Comprehensive, validated, and systematic approach
- Assessment and treatment of musculoskeletal (locomotor) pain or injury
- Safety is more important than effectiveness
- Reduction in the adaptive load with which the body is coping
- Enhancement of self-regulatory mechanisms of the body
What is Orthopedic Massage?
Why should we learn to address musculoskeletal disorders?

- They are the second most common reason for doctor visits
- Repetitive stress injuries account for 56% of occupational injuries
- Recreation and daily activities result in many soft-tissue injuries
- 60% of visits to massage therapists are for musculoskeletal conditions
- Soft-tissue therapies are effective and affordable options
What is orthopedic massage?

Orthopedic massage  Organized and effective approach for treating pain and injuries affecting tissues of the musculoskeletal system.

What are the four components of orthopedic massage?

- Orthopedic assessment
- Matching injury physiology with physiological effects of treatment
- Treatment adaptability
- Rehabilitation protocol
What is the difference between assessment and diagnosis?

**Assessment**  The systematic and ongoing process of gathering information to make informed decisions about treatment.

**Diagnosis**  The identification and labeling of a disease, illness, or condition made by a licensed medical professional.

**Note:** You may discuss the tissues that you believe are involved and how, but never tell a client that they have a specific condition.
What information is gained by the use of orthopedic assessment?

- Tissues involved: muscle, fascia, tendon, ligament, joint capsule, nerve cartilage, or bursa.

- Status of the tissues: tears, hypertonicity, trigger points, strains, sprains, nerve conduction impairment, etc.

- Biomechanical forces involved: compression, tension, or shear

- Appropriateness of massage for the client
What are the 5 basic tools of assessment?

- History
- Observation
- Palpation
- Joint mobilization and resistance testing
- Special tests
Transverse friction of the transverse carpal ligament can be effective for relieving the entrapment of the median nerve found in carpal tunnel syndrome, but it would significantly exacerbate the symptoms.

A treatment for carpal tunnel syndrome that matches the physiology of the injury would be deep longitudinal stripping to the wrist flexor muscle group.
What does treatment adaptability in orthopedic massage mean?

- Being skilled in the basic treatment techniques most frequently used.
- Ability to choose the most appropriate technique for the situation.
Rehabilitation protocol  Course of injury management to support recovery.

What are the 4 steps of the rehabilitation protocol?

- Normalize soft-tissue dysfunction
- Improve flexibility
- Restore proper movement patterns
- Strengthening and conditioning
How is soft-tissue dysfunction normalized?

- Apply knowledge of soft-tissue anatomy and physiology
- Massage, cryotherapy, and thermotherapy
- Sometimes stretches and joint mobilizations
How is flexibility improved?

- Joint mobilizations
- Stretching
What about restoration of proper movement patterns?

- Injury can result in dysfunctional compensating neuromuscular patterns.
- This results in protective muscle spasms or biomechanical imbalance.
- Restoring proper movement patterns usually follows normalization of soft-tissue and improvement of flexibility.
- Postural corrections need to be repeated regularly and frequently.
How are strengthening and conditioning achieved in a rehabilitation protocol?

- Exercise should not be introduced until the first 3 steps are accomplished.

- It may be necessary to work alongside a health care professional who is licensed to provide supervised exercise programs.
Intro to Orthopedic and Integrative Massage 2

Lowe Chapters 2, 4, and 5
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Intro to Orthopedic and Integrative Massage 2

Lowe Chapters 2, 4, and 5
What tissues are addressed using orthopedic massage?

- Muscle
- Tendon
- Ligament
- Joint Capsule
- Fascia
- Nerve
- Cartilage
What dysfunctions can occur with muscle tissue?

Lowe Chapter 2
What dysfunctions can occur with muscle tissue?

**Hypertonicity**  Greater than normal tone in resting muscle. Causes:

- Increased rate of contraction stimulus
- Mechanical stress from postural distortion
- Chemical stress, such as excessive caffeine
- Psychological stress
**What dysfunctions can occur with muscle tissue?**

**Trigger points**  Localized areas of hyperirritability. Painful when compressed and can give rise to characteristic referred pain, referred tenderness, and motor dysfunction. Causes:

- Repetition of any activity
- Direct trauma
- Disease and disorders
- Stress and fatigue
**Atrophy**  Wasting of tissues. Causes:

- Disuse
- Denervation
Strain  Tearing of a muscle and/or tendon. Muscles that cross more than one joint are most susceptible to strain. Causes:

• Excessive tensile stress usually during eccentric contraction
What dysfunctions can occur with muscle tissue?

**Contusion**  Mechanical injury to muscle fibers and their neurovascular supply resulting in hemorrhage beneath unbroken skin (bruise)
What dysfunctions can occur with tendons?
**What dysfunctions can occur with tendons?**

**Tendinosis**  
Degeneration and break down of collagen in the tendon fibers.  
Results in chronic pain and significant loss of tensile strength in tendon. Inflammation is usually not present. Causes:

- Repetitive mechanical load
Tenosynovitis  Inflammation between a tendon and its tendon sheath.

Results in rough spots on the tendon surface leading to the development of fibrous adhesion and possibly crepitus. Causes:

- Chronic overloading
- Excess friction
What dysfunctions can occur with tendons?

**Adhesion**  The joining or uniting of two surfaces. Layers of connective tissue may adhere, which limits movement and increases the risk of injury.

**Crepitus**  Crackling sound resembling the noise heard when rubbing hair between the fingers.
What dysfunctions can occur with ligaments?
Sprain  Ligament fiber stretching or tearing. Types:

- **Plastic deformation**  Permanent change in ligament length due to stretching it past its initial level of pliability. Results in joint instability and hypermobility.

- **Torn ligament**  Sudden tensile loads that exceed plastic deformation.
What dysfunctions can occur with joint capsules?
Tears to the outer supporting ligamentous structure caused by:

- Joint dislocation
- Significant joint stress

Fibrous adhesion of the capsule to itself similar to adhesive capsulitis.
What dysfunctions can occur with fascia?
What dysfunctions can occur in the fascia?

Fascial tearing or perforation. Caused by extreme tensile stress.

Fascial shortening. Caused by prolonged periods of shortened fascia.
What dysfunctions can occur with nerve tissue?
What dysfunctions can occur in nerve tissue?

**Radiculopathy**  Nerve pathology that occurs at the nerve root. Examples:

- **Herniated disc**  Intervertebral disc pressing on the nerve root.

**Peripheral neuropathy**  Damage to peripheral nerves. Examples:

- Thoracic outlet syndrome
- Carpal tunnel syndrome
What dysfunctions can occur with cartilage?
What dysfunctions can occur with cartilage?

**Compressive stress**  Results in a breakdown of the tissues. Caused by heavy loads over long periods of time. Example:

- Articular (hyaline) cartilage on the epiphyses of long bones
- Intervertebral disc in the lumbar spine (fibrocartilage)
- Medial meniscus of the knee (fibrocartilage)