



39a Pathology: Lymph and Immune System



39a Pathology: Lymph and Immune System

Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	43a Outside Massage Forms
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total



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Class Reminders

Assignments:

- 41a Review Questions (A: 165-178)
- 43a Swedish: Outside Massages (A: 57-62)

Quizzes:

- 42a Quiz (35a, 36a, 37a, 38a, 39a, 40a, and 41a)
- 42b Kinesiology Quiz
 - adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris
- 44a Quiz (33b, 37b, 41b, 42b, and 43a)

Practical Exam:

- 44b Integration Massage: Practical Exam (60-minute Swedish, Passive Stretches, and BMTs)

Preparation for upcoming classes:

- 40a A&P: Reproductive System
 - Trail Guide: piriformis and quadratus femoris
 - Packet E: 83-86
 - RQ Packet A-174
- 40b BMTs: Guided Full Body
 - Packet F: 85-86



Classroom Rules

Punctuality - everybody's time is precious

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

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



43a Outside Massage Forms or Case Studies

Details on the student support page:

<https://www.tlcmassageschool.com/outside-massage-forms/>

We created case studies during the pandemic when going out to massage clients may not have been available or the right choice for a student.

Since then, we have decided to give you an option to do either outside massage forms or case studies.

Each assignment is a total of 4 pages. 2 case studies/ outside massage forms and 2 SOAP notes.



43a Outside Massage Forms

Outside Massages are done on clients in at least 50 minute sessions.

OMF #1 is Full body Swedish

OMF # 2 is Stretches and BMTs only

These sessions may be done on one client. After each session, have your client fill out the feedback section.

Outside Massage Form #1: Full Body Swedish Only

Client _____ Due Date _____ Class 43a _____

Student _____ Group _____ Date _____

Client Feedback:

Information you supply about your own particular experience of this massage will be important for the student's education. In the space below please be specific about how the massage felt to you and what changes you notice in your body, mind, or spirit as a result. Any suggestions you have will be appreciated. Thank you.



43a Outside Massage Forms

You will fill out the therapist feedback section and complete SOAP notes, one for each session, regardless if you worked on the same client.

Student Notes:

In this space the student records information about the session when finished. Impressions, objective and subjective information, remarks about how you feel the massage went, etc. Include any questions that may have come up for you. What did you learn?

1. Turn in 2 OMFs and 2 SOAP notes
2. Finish assignment in classmarker

43a Case Studies

If you are unable to work on a client, you may opt to do a case study instead.

Case Study #1 is Full body Swedish

Case Study # 2 is Stretches and BMTs only

Complete these pages with the 5 client specific questions, treatment plan and modifications, and expected outcomes.

Outside Massage Form #1: Full Body Swedish Only

Client _____ Due Date Class 43a

Student _____ Group _____ Date _____

Case Study #1:

Client is a 58-year-old disabled, morbidly obese person presenting with pain and stiffness in their right shoulder.

Write five client specific questions to ask during the interview:

1. _____

2. _____

43a Case Studies

Outside Massage Form #2: Passive Stretches and BMTs Only

Client _____ Due Date Class 43a

Student _____ Group _____ Date _____

Case Study #2:

Client is 64-years-old and presenting with rheumatoid arthritis (RA) affecting the left wrist and hand with periods of exacerbations and remissions. Currently in remission. Client recently started swimming for exercise.

Write five client specific questions to ask during the interview:

1. _____

Once you complete the case study, fill out the SOAP notes.

1. Turn in 2 case studies and 2 SOAP notes
2. Finish assignment in classmarker



How to turn in your assignment

You can complete one case study and one OMF if you would like but, you must complete one for **#1 Full Body Swedish Only** and one for **#2 Stretches and BMTs Only** plus 2 SOAP notes. Failure to turn in the correct pages will result in a late assignment deduction of 20 points.

- Type it up in an email
- Take a picture of each page and email it
- Scan it in and email it
- Give physical copy to your instructor before it is due

Email Instructions:

1. Please email your assignments to your instructor and Cristelm@tlcschool.com
2. Sign into classmarker, open the assignment, type your name in the answer box, and submit it so that it can be graded.



Outside Massage Forms or Case Studies

Will be done twice more in the program:

60a Deep Tissue

Posterior Upper and Lower Body Only

Anterior Upper and Lower Body Only

85a Orthopedic

Piriformis & Sacroiliac **OR** Low back pain

Rotator cuff & Carpal tunnel **OR** Thoracic outlet



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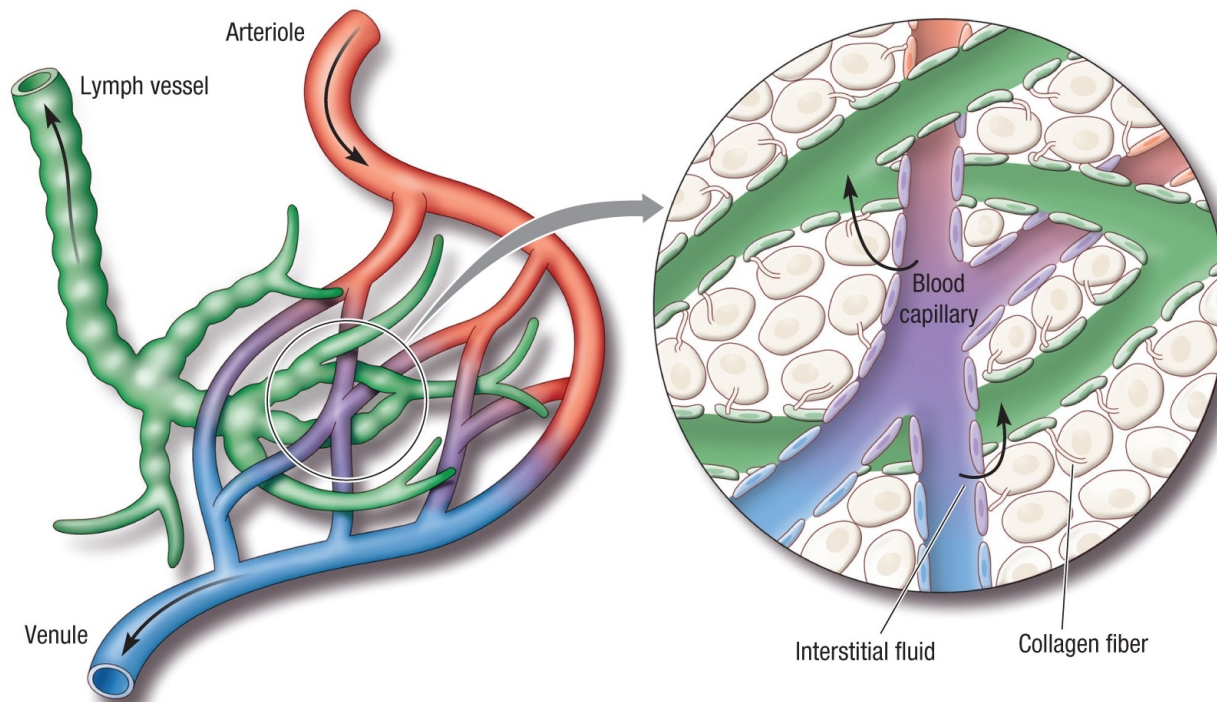
E - 79



Lymph System Disorders

Lymph System Disorders

Edema Accumulation of excessive fluid between cells. May be local or systemic problem, and is usually associated with chemical imbalance, inflammation, or poor circulation.



Lymph System Disorders

Edema Accumulation of excessive fluid between cells. May be local or systemic problem, and is usually associated with chemical imbalance, inflammation, or poor circulation.



Pitting edema

Lymph System Disorders

Lymphangitis Infection with inflammation in lymph capillaries, usually arising from a small injury on the skin.





Lymph System Disorders

Lymphadenitis Infection of lymph nodes. Should bacteria get past the filtering action of the nodes, septicemia (blood poisoning), a potentially life-threatening situation, has occurred.

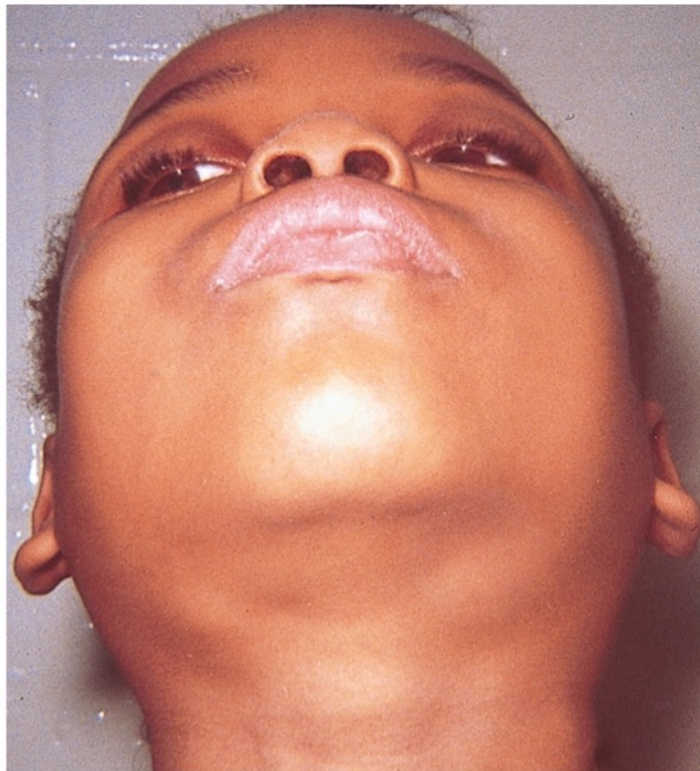


Lymph System Disorders

Lymphoma A collective name for cancer that starts in lymph tissues. Mutated lymphocytes replicate in massive numbers, causing enlargement of lymph tissues, anemia, night sweats, itchy skin, and fatigue.

Lymph System Disorders

Hodgkin lymphoma B cells mutate into large, malignant cells. These growths eventually metastasize to organ tissues.





Lymph System Disorders

Mononucleosis Viral infection of salivary glands, throat, and lymph nodes. Eventually infects B-lymphocytes, which carry it on to lymph nodes, liver, and spleen. Mainly depletes stamina, resiliency, and strength. Seldom but occasionally has serious complications.



Immune System Conditions

Immune System Conditions

Allergic reactions Immune system reactions to stimuli which are not inherently hazardous. Usually involve inflammation, and may range from mild to life-threatening.





Immune System Conditions

Chronic fatigue syndrome Collection of signs and symptoms that affect multiple body systems and result in mildly limiting to debilitating fatigue. These may include tender lymph nodes, low-grade fever, sore throat, headache, muscle/joint pain, sleep or memory problems.

TABLE 6.1 Chronic Fatigue Symptoms

Poor short-term memory, concentration: mental fog	Changes in sleep quantity and quality	Muscle and joint pain without inflammation	Headache
Tender lymph nodes	Low-grade fever	Sore throat	Postexertional pain out of proportion to the amount of exercise

Immune System Conditions

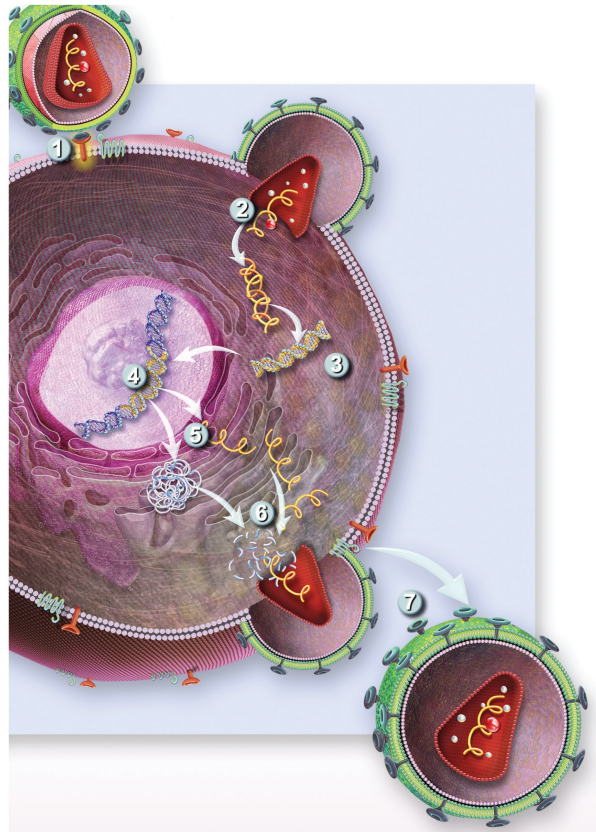
Fever (AKA: pyrexia) Abnormally high ($>101^{\circ}$ F) body temperature. May include shivering, flushing, and sweating. Usually caused by bacterial or viral infection.



Immune System Conditions

HIV Human immunodeficiency virus. Causes AIDS.

AIDS Acquired immune deficiency syndrome. Disables the immune system leaving a person vulnerable to a host of diseases that are usually not a threat.

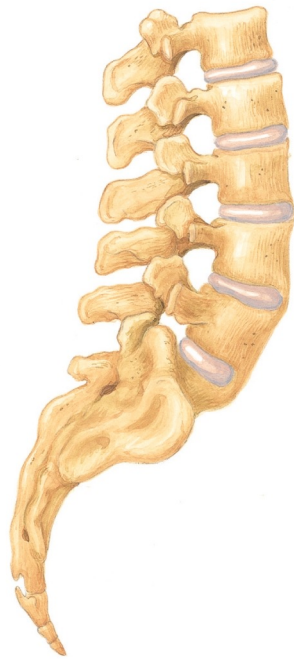




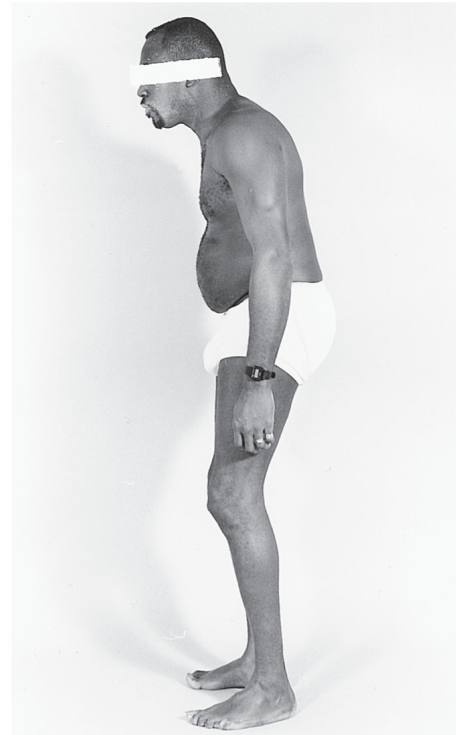
Autoimmune Disorders

Autoimmune Disorders

Ankylosing spondylitis Progressive inflammatory arthritis of the spine, leading to stiff joints. Typically begins at sacro-iliac joints, and may progress up the spine and/or affect costovertebral joints, and thus, breathing.



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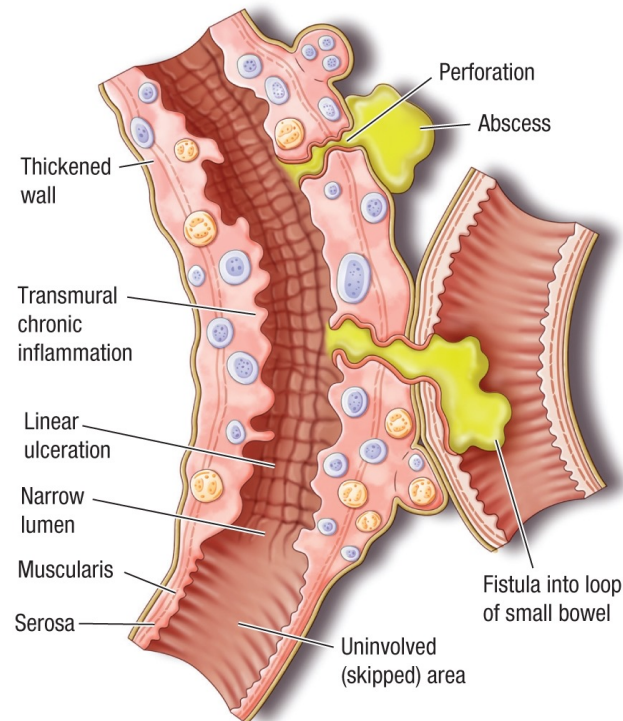


Autoimmune Disorders

Inflammatory bowel disease (IBD) Crohn disease and ulcerative colitis.

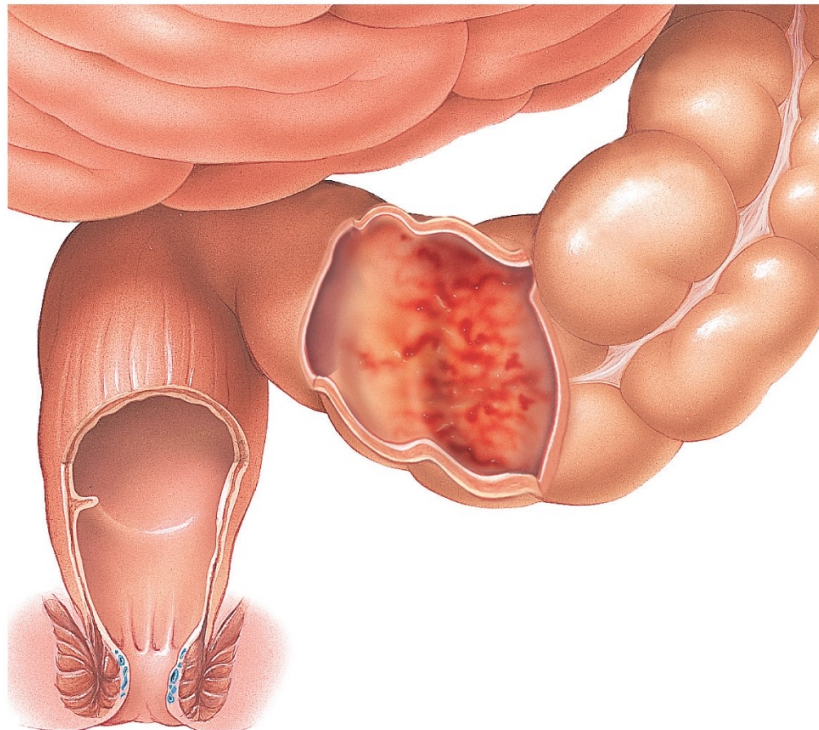
Autoimmune Disorders

Crohn disease Progressive inflammatory disorder affecting the G.I. tract, characterized by deep ulcers, scarring, and formation of fistulas around small and large intestine. Involves abdominal pain, cramping and diarrhea.



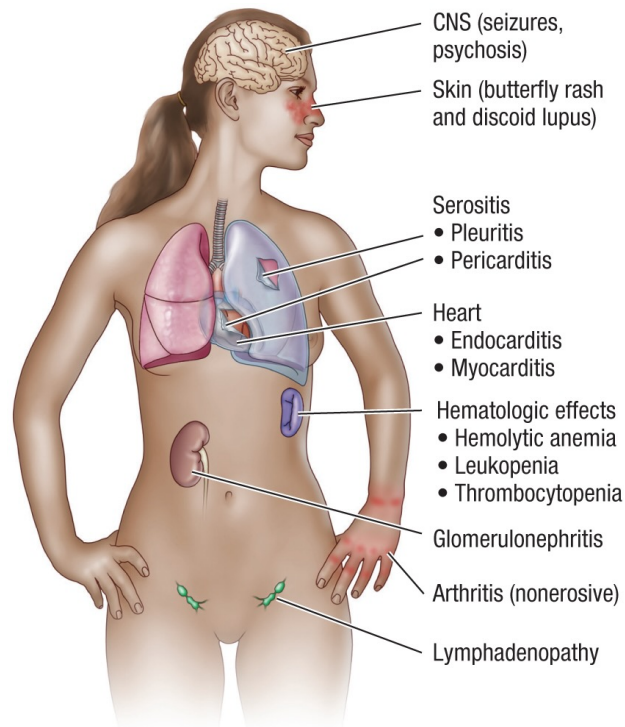
Autoimmune Disorders

Ulcerative colitis Inflammation and shallow ulcers in the colon. Symptoms similar to Crohn disease, but only the colon is affected.



Autoimmune Disorders

Lupus Antibodies attack various tissues (skin, heart, lungs, joints, kidneys). Ranges from mild to life-threatening. Women are 9 times more likely than men to be diagnosed with lupus.



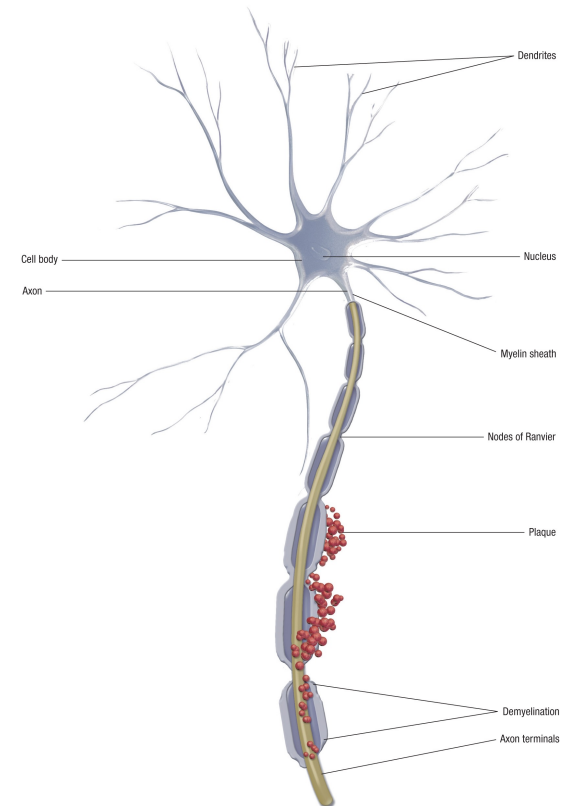
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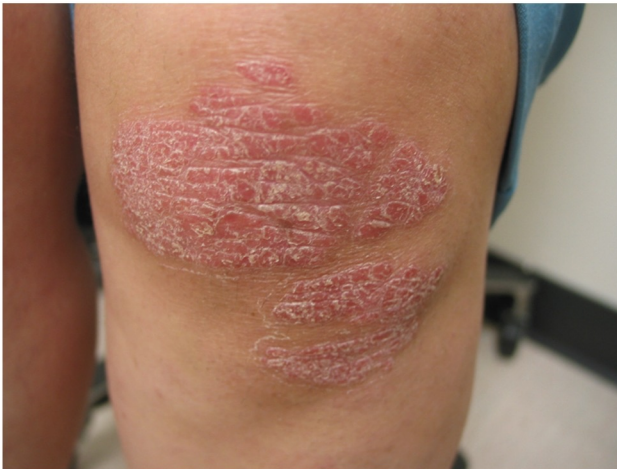
Autoimmune Disorders

Multiple sclerosis T cells, B cells, antibodies, and cytokines destroy myelin sheaths in the spinal cord and brain. May result in loss of motor control, cognitive changes, or motor and sensory paralysis.



Autoimmune Disorders

Psoriasis Non-contagious chronic skin condition involving excessive production of skin cells. These result in itchy, scaly plaques on the skin, usually on trunk, elbows and knees. Runs in cycles of flare and remission.



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Autoimmune Disorders

Rheumatoid arthritis Synovial membranes of various joints are attacked by immune system cells. Other structures (muscles, tendons, skin, blood vessels and serous membranes) may also be affected.



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Autoimmune Disorders

Scleroderma Abnormal accumulations of collagen in the skin, blood vessels, and other tissues. Usually involves the hands and face.





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