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

39a Pathology: Lymph and Immune System
Class Reminders

Assignments:

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

Quizzes and Exams:

- 43a Kinesiology Quiz

  (adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris)
- 44a Quiz (33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a)
- 46a Exam

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

- Details and extra forms are on the student support page: https://www.tlcmassageschool.com/outside-massage-forms/
- Details for the 43a OMFs are also in your binder on pages A-57-62.
- Each assignment is a total of 4 pages: 2 outside massage forms and 2 SOAP notes.
- Use the forms provided on pages A59-62 to document your 43a Swedish: Outside Massages (OMFs)
- Hold on to your completed Outside Massage Forms (OMFs) until they are due.
- On the due date, submit your stapled OMs to your instructor before class starts.
- Each OMF indicates the specific content that is required to complete the assignment. Please read them carefully.
- 20 points will be deducted if either of the 2 OMFs is late.

43a Outside Massage Forms (continued)

- Begin practicing massage outside of class immediately, but do not begin documenting outside massages until the time indicated on your class schedule.
- Use this early practice to get the strokes and sequencing down and formulate questions to ask in class.
- All sessions submitted need to be at least 50 minutes in length.
- Please fill out **all** parts of the OMF. If any part of the OMF is not complete, 20 points will be deducted and it will be returned to you to complete and resubmit.
- If the original paperwork gets lost, fill out another form to the best of your recollection and turn it in on time.
- This assignment is extremely valuable - please take it seriously and treat it professionally.

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. **However, you must submit the paperwork TWICE if that is the case.**
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?

Turn in 2 OMFs and 2 SOAP notes

Outside Massage Forms

OMFs ill 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

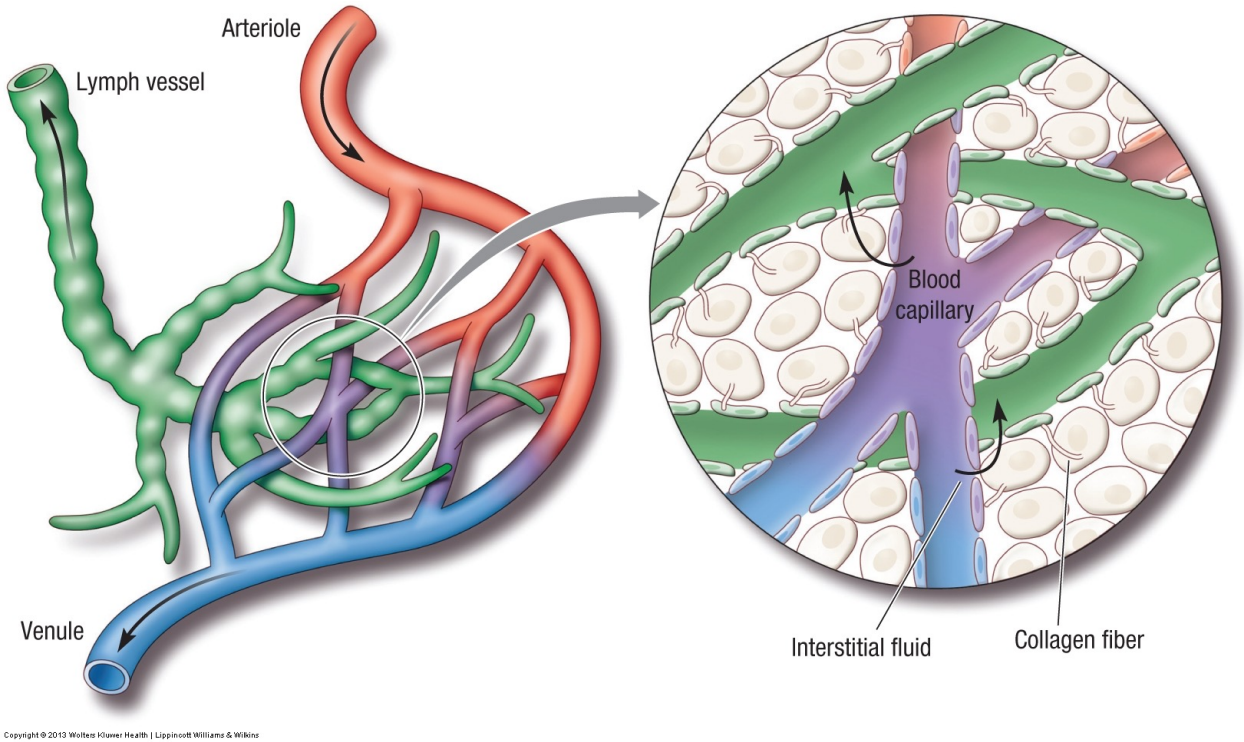
39a Pathology: Lymph and Immune System

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.



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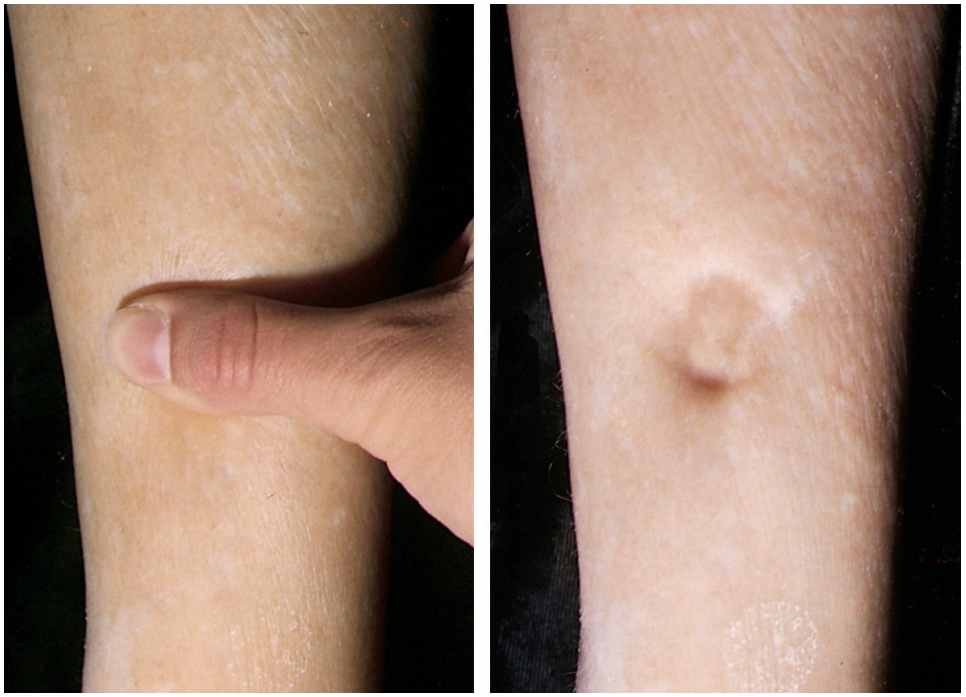


Pitting edema

Lymph System Disorders

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

Lymph System Disorders

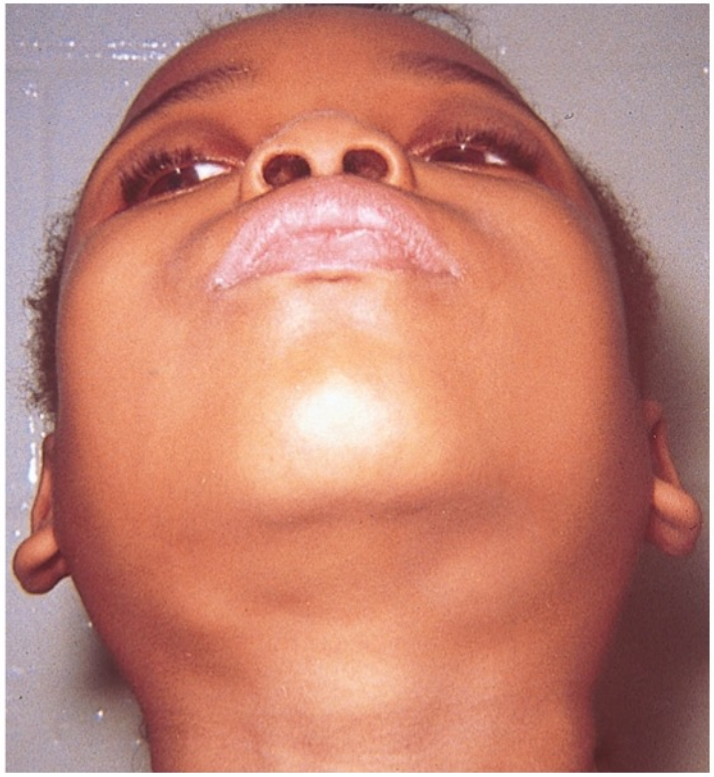
Lymphadenitis Infection of lymph nodes. Should bacteria get past the filtering action of the nodes, septicemia (blood poisoning), a potentially life-threatening situation, has occurred.

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

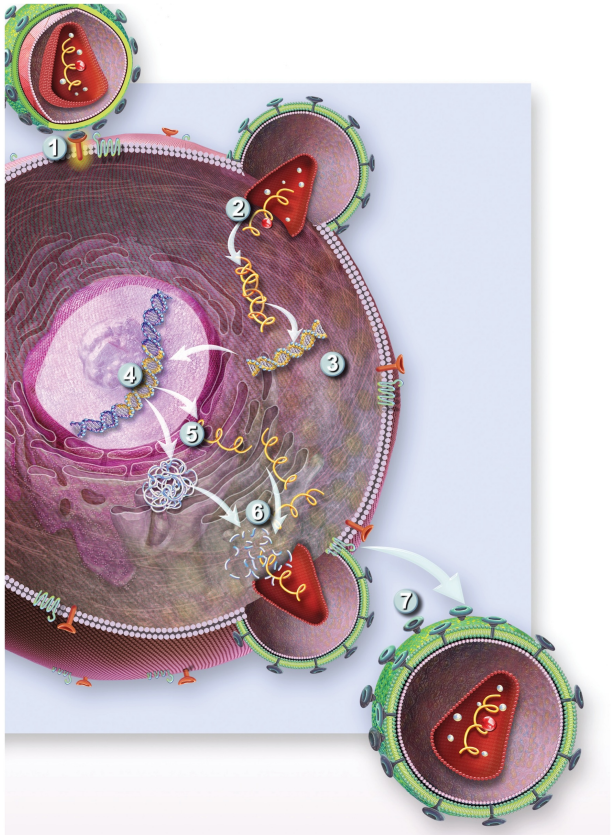
Immune System Conditions

Fever (AKA: pyrexia) Abnormally high (>101˚ 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.

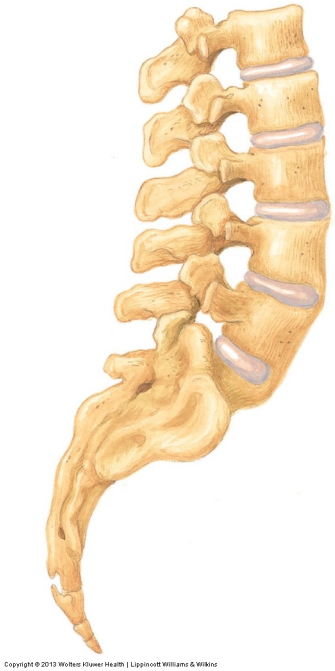
AIDS Acquired immune deficiency syndrome. Disables the immune system leaving a person vulnerable to a host of diseases that are usually not a threat.



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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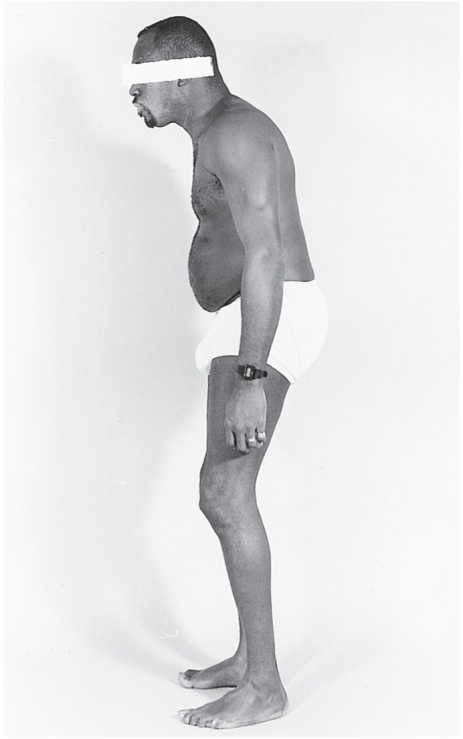
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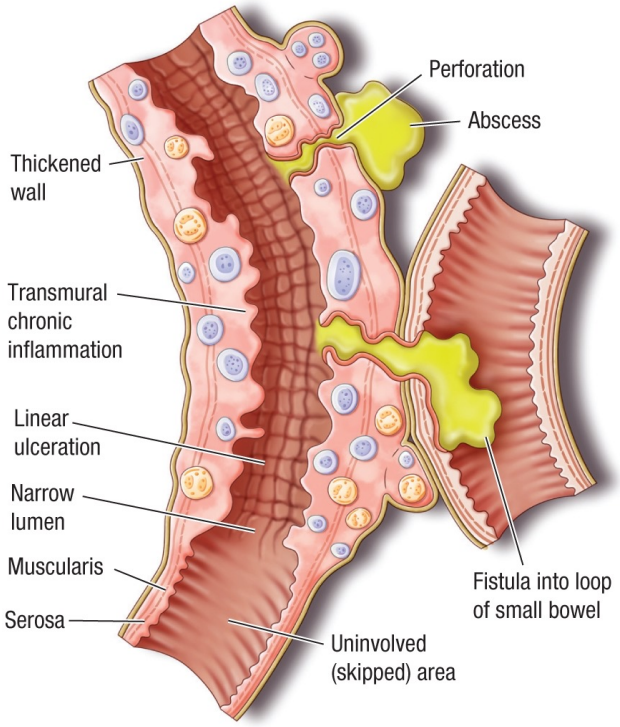
Autoimmune Disorders

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.



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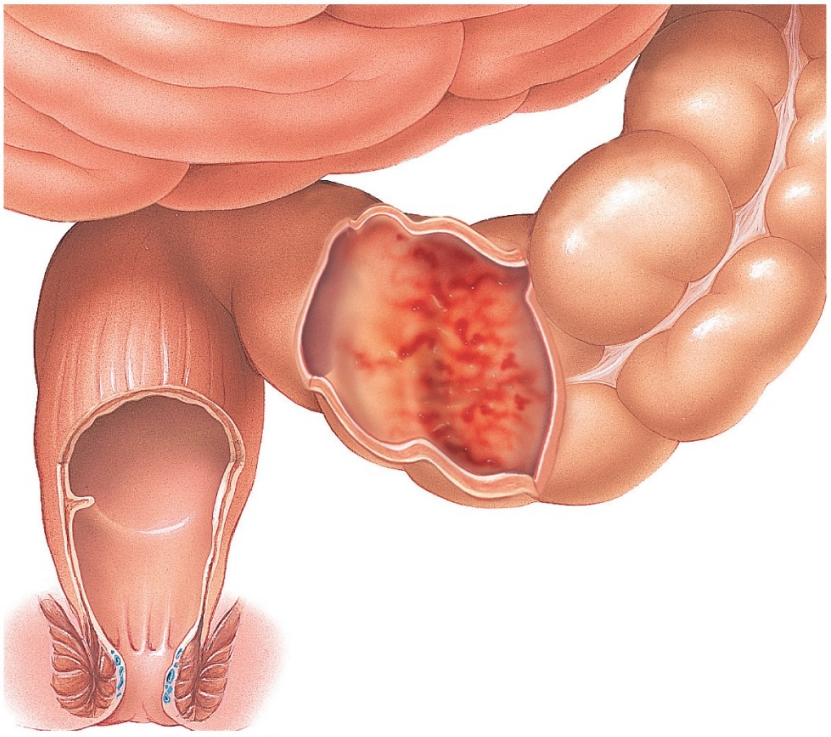
Autoimmune Disorders

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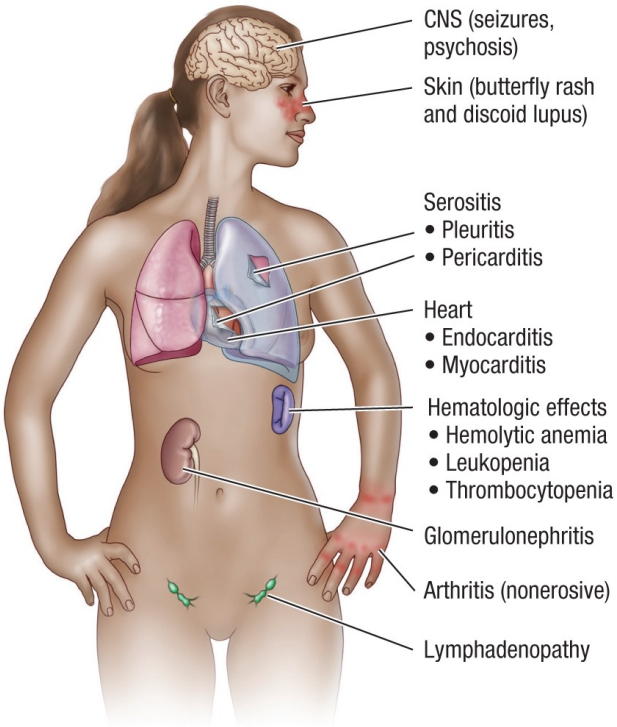
Autoimmune Disorders

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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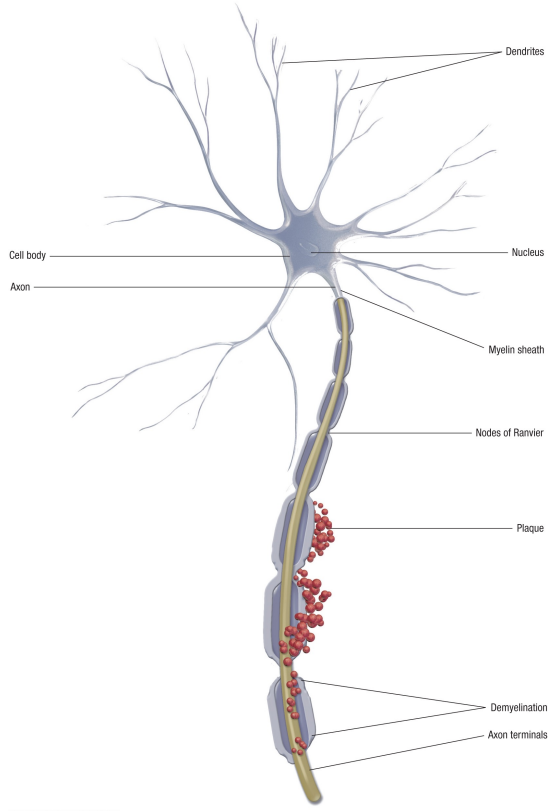
Autoimmune Disorders

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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