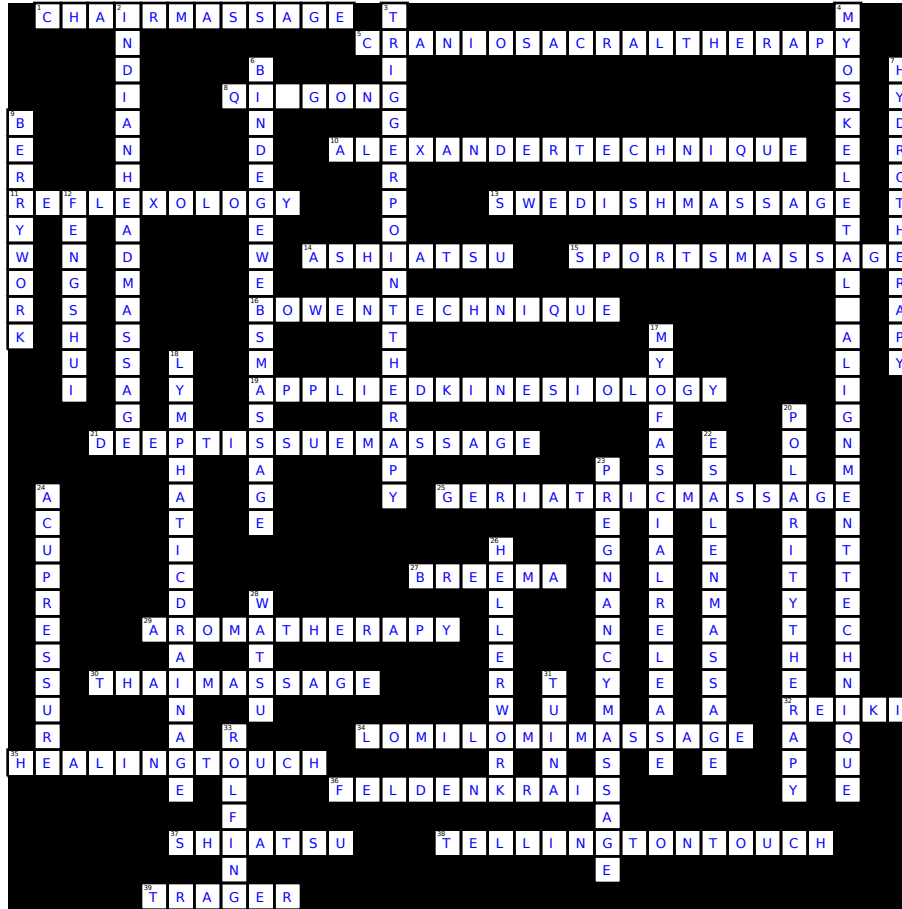


Massage Therapies

MassageNerd.com



Across

- This refers to a brief bodywork session, usually a shiatsu-based routine, done in a special chair in which the client sits facing toward the cushions, exposing the scalp, shoulders, neck, back and hips. Sessions may last between five and thirty minutes. Originally pioneered as "on-site massage", a modality for the workplace, it has expanded into many other environments. _____ is now offered in storefronts, health food stores, airports, airplanes, health fairs, grand openings, sporting events, and other locations. It has therefore come to be called "chair massage" or "seated massage" instead of _____.
- A technique for finding and correcting cerebral and spinal imbalances or blockages that may cause sensory, motor or intellectual dysfunction. Practitioners work with the subtle articulations of skull sutures, and the flow of cerebro-spinal fluid.
- Very closely allied to Tui Na Chinese Medical Massage, this may be the most commonly practiced modality in the world. It is routinely used in Chinese hospitals as a healing modality. The name literally means "skill with life energy" and it evolved over two thousand years ago in Tibet and China.
- The _____ is an educational method for improving coordination, and/or developing awareness of unnecessary tensions in the body. F. M. Alexander was an actor who had a problem with losing his voice. By studying his habitual movements in a mirror, he discovered ways he was using his body that created his vocal problem and was able to resolve the difficulty. He went on to create a system for enhancing balance, posture and the use of the body, which is called the _____. Practitioners refer to themselves as teachers of the _____ and refer to sessions as lessons.
- is a system of massaging the feet, or feet and hands, with the intention of affecting other parts of the body. The feet and hands are regarded much like maps of the body, with points on the feet and hands corresponding to organs and tissues in the body.
- One of the most commonly taught and well-known massage techniques, _____ is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body.
- Ancient form of bodywork. An adaptation of an ancient form of barefoot massage using deep compression effleurage gliding over the body. Gravitational force is combined with centrifugal and centripetal movements to bring about a structural change in chronic soft tissue damage. Bars are used over the head for balance and lubricant is _____.
- is an adaptation of Swedish massage. Its purpose is to prepare athletes for sporting activity and help them recover from the exertion of sporting activity. _____ trainings vary widely in length, and there is no standard training length.
- Thomas Bowen developed his technique in Australia. It combines energy work with gentle soft tissue manipulation _____.
- is a acupuncture used mainly by chiropractors to gain diagnostic information through muscle testing and to strengthen muscles to aid in structural correction. Muscles are related to specific organs or systems through the acupuncture meridian network. By observing the patient's posture, walk, and general body movements as well as specific muscle testing, the practitioner determines the cause of certain health problems. Treatment may include nutritional counseling, manipulation, acupressure, and exercise.
- The use of essential oils for curative and rejuvenating effects. Dating back to ancient Egypt, India, and the Far East, this simple therapy has been used for centuries to reduce stress and tension, refresh and invigorate the body, soothe emotions, and clear the mind. After an initial discussion with the client, specific essential oils are used in conjunction with other appropriate techniques, such as massage, acupressure, or reflexology. Used in oils, the essential oil is absorbed through the skin and into the body to affect physiological change. When inhaled the aroma directly affects the limbic area of the brain that is related to emotions and memories.
- Considered a sacred medical massage in Thailand, it is a combination of assisted Yoga postures, palm presses and thumb pressure designed to increase flexibility, improve blood and lymph circulation, promote relaxation and release blocked energy. They call it a "lazy man's yoga".
- is the combining of universal energy with individual energy to open pathways of healing. It teaches that disease is not separate from the body; it is the body out of balance. Rediscovered by Japanese Buddhist and Christian scholar Mikao Usui around 1921, this energy healing method involves placing the hands on or just above the body in order to align chakras and bring healing energy to organs and glands.
- This is a system of massage that utilizes very large, broad movements. Two-handed, forearm and elbow application of strokes, which cover a broad area, is characteristic of lomilomi. Similar to Swedish massage in many aspects, this system uses prayer and the acknowledgment of the existence of a higher power as an integral part of the technique. _____ - Hawaiian for "rub rub" - is described by teacher Auntie Margaret Machado as "the loving touch - a connection between heart, hand and soul with the source of all life".
- is an energy-based, hands-on technique done to balance and align the human energy field. The American Holistic Nurses Association approves the technique. In a session, the Healing Touch Practitioner moves

Down

- Ayurvedic treatment that incorporates massage into the scalp, face, and neck (Sometimes oils are used). _____ is a non-invasive therapeutic modality for the relief and control of myofascial pain and dysfunction. The goal of treatment is the client's recovery from or a significant reduction in myofascial pain. The treatment goal is achieved through a systematized approach. Treatment consists of trigger point compression, myomassage, passive stretching and a regime of corrective exercises. Success may be measured subjectively by the level of pain reduction experienced by the client and objectively through increased range of motion, strength, endurance and other measures of improved function.
- Combines Modified Therapeutic modalities from: Myofascial Release, Roling®, Manipulative Osteopathy, Neuromuscular Therapy, Assisted Stretching and Dalton's joint-capsule and receptor-recoil routines.
- Developed in Germany by Elisabeth Dicke in the 1930's is massage or reflexive therapy of the connective tissue. The practitioner strokes the layers just below the skin to impact the fascia layer, which has many sensory nerve endings. This sets up a reflex from the skin to the organs -- not unlike acupuncture. No lotions are used, and the series of strokes are called hooking, smoothing, etc. The client may experience a scratching, or cutting, sensation as if sharp lines were etched on the skin, but pain is not experienced. Most treatments are given from a seated position that usually begins at the sacrum (triangular bone at bottom of spine) to induce relaxation by activating the parasympathetic portion of the autonomic nervous system.
- Originated by a Silesian farmer, Vincenz Priessnitz (1791-1851) and developed by Father Sebastian Kneipp (1821-97), who believed in the notion that water would dissolve and remove diseased matter from the body. Popular in Europe, it uses aerated baths, like Jacuzzi's, with both warm and cold water. It claims to help with relaxation, pain relief, varicose veins, swollen ankles and wound healing. Skeptics point to its contribution to the death of an early believer - John Roebling, architect of the Brooklyn Bridge.
- The late Lauren Berry PT created this bodywork, it is a contemporary of Trager, Feldenkrais and Rolf who devised a system of "correctives" that involve stretches and that work the fascia, cartilage and joints. His work is passed on through the teaching of his advanced students.
- is the ancient Chinese art of placement. It involves balancing, healing, and enhancing energies by integrating people, buildings, and landscape to achieve harmony with nature. The goal is to optimize the flow of Qi, or vital energy life force of the universe, to result in good health and relationships, prosperity, career growth, happiness, and more.
- is a technique for working with fascia as a means of achieving pain relief, restoring function and reducing stress. The system is taught in a series of seminars in various locations. It is designed to be used by massage therapists and physical therapists.
- The lymphatic system is a vital part of the immune system in the body. _____ massage assists the operation of the lymphatic system. The system was devised in the 1930's by a Danish massage therapist, Dr. Emil Vodder, and is popular and well established as a health modality in Germany and Austria.
- Developed by Dr. Randolph Stone, polarity focuses on the energy currents that exist in all life. The polarity therapist uses her hands as conductors of energy. The intention is to balance the electromagnetic energy in the body, toward the ultimate goal of uniting the body, emotions, mind and soul. Polarity is commonly taught in massage schools, but programs also exist to teach polarity that has no connection to massage schools. Although many massage schools offer an introduction to polarity as part of their training, few offer a substantial amount of training.
- is a variant of Swedish massage pioneered at _____ Institute in Big Sur, California. Esalen is the place where many therapies were tested or launched in the 60's and 70's, including Gestalt therapy and Roling. The unique brand of massage practiced there typically involves total nudity and long flowing stokes. _____ is known for its original, honest, nurturing and probing atmosphere. Esalen massage tends to be nurturing, trance-like and meditative, allowing the greatest possible unfoldment to take place in the client.
- Performed by a trained perinatal specialist, many methods of massage and somatic therapies are both effective and safe prenatally, and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus.
- An ancient healing art that uses fingers to stimulate key points along the meridians to activate the healing response. _____ and Acupuncture use the same points but _____ does not use needles. Symptoms are considered an expression of the condition of the body as a whole. (Holding a point on your foot may assist in relieving a digestive problem.) It is believed that tension in the muscles blocks the flow of energy (chi) not only in the muscles, but also in the associated internal organs.
- is an outgrowth of Roling, created by Joseph Heller. It integrates movement and verbal communication with connective tissue work.
- began when Harold Dull started floating people; applying the moves and stretches of the Zen shiatsu he had studied in Japan. Physical and emotional blocks are removed by the work, which can be done even by small individuals since the client's body in water is buoyant. It is done in chest-high, 94-degree water.
- is Asian bodywork that may be the most commonly practiced bodywork in the world. It is routinely used in Chinese hospitals as a healing modality. The original massage therapy found practiced in the largest health care system in the world. Tui Na is not only the main physiotherapy used in hospitals throughout the Far East but also found in health centres where Oriental people go for a relaxing and therapeutic massage.
- Ida Rolf was the first to create, practice and taught a system of bodywork aimed toward working with the connective tissue of the body to achieve structural changes in the client. She originally called her system Structural Integration, but it came to be called _____.