



PATHOLOGY

FOR MASSAGE THERAPISTS

Includes definitions, causes, symptoms, indications and contraindications

CHAPTER 2: CONTROLLING INFECTIOUS AGENTS IN THE MASSAGE ROOM

Upon completion of this chapter of our online home study continuing education course, the massage practitioner should be able to:

- Define the terms apparent infection, inapparent infection, acute infection and chronic infection.
- Explain the process of colonization can begin in a host organism.
- Explain the importance of cleaning, disinfecting, and sterilization in a massage room.
- Identify massage therapy specific strategies for preventing the transmission of pathogens to and from clients and practitioners.
- List three types of bacteria.
- List the three links in the chain of infection.
- List at least two examples of animal parasites.
- Identify the classic symptoms of a bacterial infection.
- Describe the proper hygiene requirements for massage therapy.

INFECTION

As you are probably aware an infection is the colonization of a host organism by parasite species. The invading parasites seek to use the host organism's resources to reproduce themselves, and this often produces a disease. Generally infections are considered to be the work of microorganisms or microparasites like viruses, prions, bacteria, and viroids, though larger organisms like macroparasites and fungi can also infect.

The host fights the infection with their immune system. Higher organisms (like us) react to infection with an innate response, involving inflammation and other adaptive responses. In addition to our own immune system we can also use pharmaceuticals to help fight infections.

The division of medicine that is concerned with infections and pathogens is known as infectious disease medicine.

Classification

Infections are classified in different ways. They can be classified by causative agent as well as by the symptoms and signs they produced.

An infection that produces symptoms you can see and measure is known as an apparent infection. An infection that is active but that does not give us any noticeable or measurable symptoms is known as an inapparent, silent, or subclinical infection.

There are also infections that are inactive or dormant and these are called latent infections.

A short-term infection is an acute infection. A long-term infection is a chronic infection.

Primary and secondary infections

The terms primary and secondary infection can mean different things in different situations. They can refer to succeeding infections or they can mean different stages of the same infection.

Occult infection

This has nothing to do with ghosts or the supernatural (that would be cool). An occult or infection is medical terminology for a "hidden" infection (the word occult actually means "hidden"). The term refers to an infection that presents no symptoms verifiable and recognizable by a doctor¹. Dr. Fran Giampietro discovered this type, and coined the term "occult infection" in the late 1930s.

The Diagnostic approach

The diagnosis of an infection can sometimes be difficult for doctors because specific symptoms are rare, most of the symptoms of an infection can be easily mistaken for a common illness.

If an infection is suspected the first step is usually to order tests of blood, urine and sputum cultures. Chest x-rays and stool analysis (eeew!) may also be used. In cases where a brain infection is suspected spinal fluid may even be tested.

¹ McGraw-Hill Concise Dictionary of Modern Medicine. © 2002 by The McGraw-Hill Companies, Inc.

Signs and symptoms

As you might expect the symptoms of an infection differ depending on what type of disease it is associated with. Some of the more common signs affect the entire body and they are fatigue, loss of appetite, weight loss, fevers, chills, and night sweats and aches and pains.

Others are unique and specific to individual body parts. These could be rashes on the skin, coughing or the ever-popular runny nose.

Bacterial or viral

To make it even more fun and challenging for doctors, both bacterial and viral infections can cause similar symptoms². While the difference between a virus and bacteria may seem small to you it is very important for a doctor to know which one it is because viral infections cannot be cured by antibiotics!

Comparing Viral and Bacterial infection

Typical symptoms

When we are dealing with a viral infection the symptoms are usually systemic, which means they involve more than one body part or even body system at a time. Good examples are runny nose, coughing, chills, etc. There are of course a few exceptions; some localized viral infections would be conjunctivitis or "pink eye" and herpes.

In contrast to this, the classic bacterial infection symptom is localized pain, heat and swelling. Take a cut that becomes infected with bacteria for example. The pain related to the infection will be centralized at the place where the injury occurred, which is the site of the infection.

Colonization

The process of infection begins when the invading organism successfully enters the body and begins colonization (growing and multiplying). A healthy human being is not easily infected thanks to a

² Understanding microbes in sickness and in health. National Institute of Allergy and Infectious Diseases.
<http://www3.niaid.nih.gov/topics/microbes/PDF/microbesbook.pdf>

very capable immune system, but when the immune system becomes compromised they are at greater risk.

Some elements that can lead to that immune system being compromised are weakness due to fatigue, malnutrition, and certain diseases, such as cancer, diabetes and of course Aids. Any individual that has a suppressed immune system can be susceptible to opportunistic infections.

Entrance to the host organism is usually gained through the mucosa in orifices like the mouth, nose, eyes, genitalia, anus, or an open wound. Some organisms grow at the initial site of entry, but more migrate and cause systemic infection in different organs. Some pathogens can grow inside the host cells (intracellular) and some others grow freely in bodily fluids.

Disease

A disease can result if the host's immune system is compromised and the organism inflicts damage to the host. Microorganisms can even cause tissue damage when they release destructive enzymes. Staphylococcus for example, releases toxins which can produce shock and sepsis.

A persistent infection can occur when the body is unable to remove the organism after the initial infection. This means that the infectious organism remains present even when symptoms are not shown. This latent infection can erupt into a relapses of active infection with very little warning.

Some nasty and tenacious viruses never leave the body once they have invaded. A common example is the herpes virus. This nasty little virus hides in nerves and become reactivated when specific circumstances arise.

Persistent infections are more than a nuisance; they cause millions of deaths globally each year. Chronic infections by parasites, something we hardly even think about in the United States, are still a cause of death in many third world countries.

Transmission

Since they have a tendency to use up the resources of their host infecting organisms need to move on in order to continue. This means that they (or their offspring) must leave an existing host and cause infection elsewhere. This process is called transmission. There are different routes the organism can take in transmission. They can be transmitted by **Direct** and **Indirect** contact³.

Direct contact occurs when an individual comes into contact with the reservoir. This can mean touching infected bodily fluids (ew!) or drinking water that has been contaminated or being bitten by the tick carrying the lyme disease, etc. Inhalation of infectious organisms emitted by sneezing or coughing is another form of direct contact. And of course, lets not forget the most glamorous means of transmission; sexual activity - oral, vaginal, or anal sex.

Indirect contact occurs when the organism is outside the host for a period of time and manages to survive until given an opportunity to invade another victim. Handrails on stairs, doorknobs, etc. This is why it is so important that we massage therapists only use linens and other products that touch a client's skin once before disinfecting them.

Consuming food products that have been contaminated with an infecting organism is another case of disease transmission by indirect contact.

A common method of transmission in third world countries is fecal-oral transmission, which is, unfortunately, just what it sounds like. In these cases, the water that is used for drinking or washing food contains sewage run off. The unfortunate result of this is Vibrio cholerae, Giardia species, rotaviruses, Entameba histolytica, Escherichia coli, and tape worms. Most of these pathogens cause gastroenteritis, all pathogens that can be transmitted by the fecal-oral expressway.

Another mode of transmission is called vertical transmission. This is different from the above methods, which are called horizontal

³ Ryan KJ; Ray CG (editors) (2004). Sherris Medical Microbiology (4th ed.). McGraw Hill. ISBN 0-8385-8529-9.

transmissions. In the above examples, (horizontal) the infecting organism is transmitted from person to person in the same generation. In a vertical transmission the infection is transmitted from mother to child during the birthing process or fetal development. Common disorders transmitted this way include AIDS, hepatitis, herpes, and cytomegalovirus

PRIONS

A prion is different from a virus or bacteria in that it is an infectious agent composed of protein in a misfolded form. Unlike all other known infectious agents, which must contain nucleic acids (either DNA, RNA, or both). The word prion, was first used in 1982 by Stanley B. Prusiner, is a portmanteau derived from the words protein and infection⁴. Prions are the culprits responsible for transmitting spongiform encephalopathies in a variety of mammals, including bovine spongiform encephalopathy (BSE, also known as "mad cow disease") in cattle and Creutzfeldt–Jakob disease (CJD) in humans. Prion diseases are unique (and scary) in that they affect the structure of the brain or other neural tissue and all are currently untreatable and universally fatal.

Prions reproduce and spread by transmitting a misfolded protein state. When a prion enters a host organism it forces existing, properly folded proteins to change into the disease-associated, prion form; the prion acts as a template to guide the misfolding of more protein into prion form. Kind of like a naughty (but popular) child introduced to a class of well behaving children. One by one he convinces them that it is more fun to be bad (misfolded!).

Newly formed prions then go on to convert more proteins themselves; which of course triggers an exponential chain reaction that produces large amounts of the prion form.

This altered structure of the prion is (unfortunately) extremely stable and therefore accumulates in infected tissue, causing damage and cell death.

⁴ Salvo Susan G. Mosby's Pathology for Massage Therapists, 2 edition (December 26, 2008)

All known prion diseases are caused by the so-called prion protein, PrP. The endogenous, properly folded, form is denoted PrPC (for Common or Cellular) while the disease-linked, misfolded form is denoted PrPSc (for Scrapie, after one of the diseases first linked to prions and neurodegeneration.) The precise structure of the prion is not known, though they can be formed by combining PrPC, polyadenylic acid, and lipids in a Protein Misfolding Cyclic Amplification (PMCA) reaction.

Proteins showing prion-type behavior are also found in some fungi, which has been useful in helping to understand mammalian prions. Interestingly, fungal prions do not appear to cause disease in their hosts. Lucky fungus.

Prion Diseases

Prions cause neurodegenerative disease by disrupting normal tissue structure in the nervous system and brain. This disruption is characterized by "holes" in the tissue with resultant spongy architecture due to the vacuous formation in the neurons. The most common example of this is "mad cow" disease.

The incubation period for prion diseases is generally quite long once symptoms appear the disease progresses rapidly, leading to brain damage and death. Neurodegenerative symptoms can include convulsions, dementia, and behavioral or personality changes.

Transmission

The primary method of prion disease infection in animals is through ingestion. Prions are deposited in the environment through the wastes (urine and feces) and the dead remains of infected animals. They then bind to the soil and are consumed through when an animal eats the vegetation that grows there.

A micrograph of brain tissue reveals the cytoarchitectural histopathologic changes found in bovine spongiform encephalopathy. The presence of vacuoles, i.e. microscopic "holes" in the gray matter, gives the brain of BSE-affected cows a sponge-like appearance when tissue sections are examined in the lab

VIRUSES

Well known to the student of the human body, a virus is a microscopic infectious agent that can only reproduce itself in the living cell of another host organism. They have been known to infect all types of organisms, animals, plants, and even bacteria.

About 5,000 different viruses have been described in detail, but there are literally millions of different kinds⁵. Viruses can be found in almost every ecosystem on the planet and are the most abundant type of biological entity.

The study of viruses is a sub-specialty of microbiology called **virology**.

The basics of Viruses

A virus is made up of particles (known as virions) consisting of the genetic material made from either DNA or RNA, some long molecules that carry genetic information; a protein coat that protects the genes; and in some cases an envelope of lipids that surrounds the protein coat when they are outside a cell.

The average virus is only about one one-hundredth the size of the average bacterium, and the average bacterium is not very big at all, so we are talking tiny here. Most viruses are way too small to be seen directly with a light microscope. The shapes of a virus can range from a simple helical and icosahedral forms to more complex structures.

Viral infections in animals are met with an innate immune system response that generally wipes out the virus. This innate response can also be used to make a vaccine, which can convey an artificially acquired immunity to the specific viral infection.

Unfortunately some viruses evade or even overwhelm immune responses and result in chronic infections. Antibiotics have no effect on viruses, but several antiviral drugs have been developed.

Viruses spread in different ways. In plants, for example, viruses are often transmitted from plant to plant by insects that feed on them. In

⁵ Prakash S. Bisen, Mousumi Debnath, G. B. Prasad Microbes: Concepts and Applications Wiley-Blackwell; 1 edition (July 24, 2012)

animals viruses can be carried by blood sucking insects (Fleas, Ticks, Mosquitoes, etc). We call these disease carrying organism vectors.

The Influenza virus is spread by coughing and sneezing. The Norovirus and rotavirus, are transmitted by the fecal-oral route and are passed from person to person by contact, entering the body in food or water. HIV is just one of the many STDs transmitted through sexual contact and by exposure to infected blood.

Etymology

The word is from the Latin virus referring to poison and other noxious substances. It was first used in England in 1392.

BACTERIA

Bacteria are a large domain of prokaryotic microorganisms. Unlike the cells of animals and other eukaryotes, prokaryotic cells do not contain a nucleus and rarely harbour membrane-bound organelles.

Bacterium are usually only a few micrometres in length and have a wide range of shapes, ranging from spheres to rods and spirals. They are present in most habitats on Earth and can be found in the soil, in the Earths crust, in acidic hot springs, in radioactive waste dumps, deep in the ocean and of course, in the intestinal tracks of all animals, including us humans.

There are usually 40 million bacterial cells in just one gram of soil and a million bacterial cells in a millilitre of fresh water; in all, there are approximately five nonillion⁶ (yeah, that's a real number-google it) bacteria on Earth.

Bacteria are needed to recycle nutrients, with many steps in nutrient cycles depending on these organisms, such as the fixation of nitrogen from the atmosphere and putrefaction.

The scientific study of bacteria is known as bacteriology, it is a branch of microbiology, and since most bacteria on the planet have not been characterized, and only about half of the phyla of bacteria have

⁶ Whitman WB, Coleman DC, Wiebe WJ; Coleman; Wiebe (1998). "Prokaryotes: the unseen majority". Proceedings of the National Academy of Sciences of the United States of America 95 (12): 6578–83

species that can be grown in the laboratory I think they better get cracking.

The vast majority of the bacteria in the human body are rendered harmless by the awesome protective power of the immune system. Some of the bacteria in our body is even beneficial, but since this course is about pathology we are going to skip those.

There are a few species of bacteria that are pathogenic and cause infectious diseases, including but not limited to cholera, syphilis, anthrax, leprosy, and bubonic plague. By far the most common fatal bacterial diseases are respiratory infections, with tuberculosis in the lead with an astounding 2 million people each year, mostly in sub-Saharan Africa.

In more developed countries antibiotics are used to treat bacterial infections so antibiotic resistance is becoming common. We use bacteria in sewage treatment facilities and for the breakdown of oil spills, the production of yummy cheese and yogurt products, and the recovery of gold, palladium, copper and other commercial metals in the mining sector.

Etymology

The word bacteria is the plural of the New Latin bacterium, which is the latinisation of the Greek baktērion, the diminutive of baktēria, meaning "staff, cane", because the first ones to be discovered were rod-shaped.

Morphology

Bacteria can be found in a wide variety of shapes and sizes, called morphologies. Bacterial cells are about one tenth the size of eukaryotic cells and are typically 0.5–5.0 micrometres in length.

Most bacterial species are either spherical, called **cocci** (sing. coccus, from Greek -kókkos, grain, seed), or rod-shaped, called **bacilli** (sing. bacillus, from Latin baculus, stick). Elongation is associated with swimming. Some rod-shaped bacteria, called **vibrio**, are slightly curved or comma-shaped; others, can be spiral-shaped, called **spirilla**, or tightly coiled, called **spirochaetes**.



A

ACNE

Definition: Inflammation of the sebaceous gland ducts in the skin; bacterial infection.

Causes: overactive sebaceous glands secreting too much oil leads to clogging of pores; may be genetic, hormonal related, over consumption of fatty foods, junk foods, and meat, nutritional deficiencies, using cosmetics, allergies, stress, liver toxicity, toxins

Signs/Symptoms: black heads, white heads, small inflamed pustules

Indications: Massage to surrounding area, may want to avoid direct contact as it may be painful; may assist in detoxification

Contraindications: Detoxification process may lead to more acne; some oils or lotions may clog pores of client and cause acne. Use water based lotion or no lotion or oil at all. Remove oil with alcohol or shower directly after treatment. May be on antibiotics (may cause intestinal imbalance) or retinoids (may cause joint pain and hair loss) Refer to appropriate health care provider for nutritional support and detoxification.

ADHESIONS

Definition: when myofascial structures bind together due to excess scar tissue formation

Causes: limited movement, reduced hydration, compression, impingement, trauma, improper healing

Signs/Symptoms: inflammation, atrophy, reduced ROM, pain, stiffness, shortened muscles with increased risk of injury

Indications: Massage to break up adhesions using friction, trigger point therapy, deep tissue work as tolerated, ice massage, active and passive stretching; increase flexibility and circulation

Contraindications: May have inflammation present – treat accordingly.

ALLERGIES

Definition: Hypersensitivity to an antigen causing tissue damage

Causes: May be caused by depleted immune system, hereditary, emotional , stress (depletes cortisol levels which is needed to reduce inflammation), anger, toxicity of the body, poor diet, deficient digestive enzymes

Signs/Symptoms: nasal congestion, coughing, itching, hay fever, asthma, eczema, hives, skin rashes, shock, asphyxia

Indications: Massage is OK. Detoxification, lymphatic drainage

Contraindications: Check for allergies to oils, detergents, latex. Refer to appropriate health care provider.

ALZHEIMER'S

Definition: Neurological disorder in which the cerebral neurons become dysfunctional

Causes: Possible causes include metal toxicity (aluminum), nutritional deficiencies (B vitamins, zinc, A, E and carotene)

Signs/Symptoms: progressive mental deterioration, depression, memory loss, inability to concentrate, loss of bladder and bowel control, build up of plaque in the brain

Indications: May help reduce stress; Aromatherapy for stress reduction- Chamomile, germanium, lavender, marjoram, rosemary, ylang ylang; family members may need it more.

Contraindications: May not be useful in later stages as mental capacities diminish: Refer to appropriate health care provider.

ALS (AMYOTROPHIC LATERAL SCLEROSIS) Lou Gherig's disease

Definition: Progressive neuromuscular disease in which the motor cells in the spinal cord degenerate leading to muscular weakness

Causes: unknown

Signs/Symptoms: stiffness, weakness and wasting of muscles of hands and feet, followed by twitches and cramps; use of muscle decreases; affects the palate, pharynx, tongue, neck and shoulders in advanced stages leading to difficulty in speech and swallowing; affects mainly men between 40-70 years old. There is no definite test for diagnosis. Death usually occurs within 2-10 years.

Indications: May help reduce stress; check for other contraindications. Communication may be difficult.

Contraindications: Get physician referral.

ALCOHOLISM – Massage Eases Withdrawal Symptoms

ANEMIA

Definition: Anemia is a sign not a disease. There are many kinds and are all characterized by reduced blood red blood cell count or hemoglobin

Causes: Nutritional- diet lacking in iron, amino acids or vitamin B12. Pernicious- insufficient production of red blood cells from an inability to produce a necessary factor. Hemorrhagic- from excessive bleeding. Hemolytic- red blood cells plasma membranes rupture prematurely. Aplastic- destruction of bone marrow from toxins, radiation, or medications

Signs/Symptoms: fatigue, unable to tolerate cold, paleness of skin, mucous membranes, gums, nail beds; shortness of breath, palpitations.

Indications: May be helpful

Contraindications: Contraindicated in advanced stages where the heart is overworked. Work with the care of a

physician. Refer to appropriate health care provider.

ANGINA PECTORIS

Definition: Chest pain

Causes: oxygen deprivation in the heart; usually from blocked arteries, anemia, or hyperthyroidism

Signs/Symptoms: heavy, tight pain in the chest, left shoulder, arm and jaw area usually after exertion

Indications: Massage Ok; reduce stress; Trigger point chest area, ribs, sternum with ok of physician

Contraindications: Refer to appropriate health care provider. May be on beta blockers or other medications to dilate coronary vessels.

ANEURYSM

Definition: Arterial dilation caused by the pressure of blood on a section of the wall of the artery that may be thin and weak due to high blood pressure, atherosclerosis or unhealthy connective tissue.

Causes: May be due to surgical procedure, smoking, genetics, nutritional deficiency, coughing, inflammation, trauma

Sign/Symptoms: may have back pain, chest pain, coughing, or other problems in area where aneurysm is forming.

Indications: None

Contraindications: Depending on the region; Have area checked by physician, get medical clearance; avoid pressure on pulses: Refer to appropriate health care provider. Be sure to do a complete history – warning signs may be heart disease, atherosclerosis and/or high blood pressure.

ANKYLOSING SPONDYLITIS (AS)

Definition: Type of rheumatic arthritis that affects the spine and sacroiliac joint

Causes: unknown, but may be viral, bacterial, fungal such as candida or genetic, auto-immune disorder

Signs/Symptoms: joints become inflamed, stiff and rigid and often calcification occurs at the articular surfaces: may affect breathing if between the ribs and spine; postural deformities often result (flexion)

Indications: Massage is OK when inflammation subacute.

Contraindications: Use caution when working around inflammation -inflammation may be in other areas. Refer to appropriate health care provider. Acupuncture may relieve pain.

ANXIETY

Definition: Emotionally erratic or unusual behavior

Causes: Stress, food allergies, malfunction in brain chemistry, caffeine based stimulants (coffee, chocolate, sodas), blood sugar imbalances

Signs/Symptoms: panic attacks, heart palpitations, shortness of breath, chest pain, dizziness, nausea, hot flashes/chills, nightmares

Indications: Promote relaxation

Contraindications: For severe cases (dissociation, destructive behavior) have client consult a psychologist or counselor, naturopath, acupuncturist or other health care provider.

APPENDICITIS

Definition: inflammation of the mucosal lining of the appendix usually followed by infection

Causes: obstruction of the appendix by fecal matter, inflammation, food , carcinoma, stenosis, or kinking of the organ

Structures Involved: mucosal lining

Signs/Symptoms: pain in lower right quadrant of abdomen, lack or loss of appetite, nausea, and vomiting. Pain may intensify with sneezing, coughing or with movement

Indications: None

Contraindications: Refer to physician immediately if acute. Refer to appropriate health care provider for treatment.

ARTHRITIS

Definintion/Causes/ Symptoms: Inflammatory joint disease; approximately 25 different types

Most common:

Rheumatoid – chronic, systemic auto immune disease characterized by joint stiffness upon awakening that lasts

longer than one hour, swelling in specific finger or wrist joints, movement sounds like crinkling cellophane; most painful and crippling; possible causes are nutritional deficiencies, stress, bacterial infection

Osteoarthritis - degenerative joint disease usually gradual in onset which may involve inflammation, enlargement of the joint and muscle contracture; cartilage deteriorates causing irregularities in the gliding surfaces of joints, usually affecting weight bearing joints; may be caused by previous injuries, loose joints, hormonal and nutritional deficiencies, poor diet, poor elimination

Infectious arthritis – caused by bacterial, viral or fungal infection.

Gout – high levels of uric acid crystals are deposited in the joint; usually the big toe causing swelling, redness heat and extreme pain; possibly caused by high intake of rich foods and alcohol

Indications: Massage Ok; work above area affected to increase circulation and assist in removing toxins; loosening muscles may be beneficial to osteoarthritis prevention and treatment

Contraindications: Avoid inflammation; Check medications; Steroid use may cause brittle bones and problems with internal organs. Refer to appropriate health care provider.

ASTHMA

Definition : Muscular contraction of the bronchial tubes of the lungs characterized by wheezing and breathing difficulty. The spasms are a result of chronic inflammation or hypersensitivity of the airways to certain stimuli such as an allergenic substance.

Causes: May be allergic reaction, may be due to lack of water, adrenal disorders, anxiety, exercise, low blood sugar, stress, possibly hereditary.

Signs/Symptoms: Bronchial tubes become filled with mucous, tightness in the chest, wheezing, coughing, difficulty exhaling, may be exercise induced

Indications: May be induced by trigger points in the serratus posterior superior. Also check scalenes, intercostals, serratus posterior inferior, diaphragm, psoas. May be beneficial to open up the fascia of the thoracic region. General relaxation for stress management. Breathing exercises to activate nervous system.

Contraindications : Client may be taking steroids which may cause deterioration of internal organs and bones. Refer to appropriate health care provider.

ASTIGMATISM

Definition: Imperfect refractive powers of the eye in which refraction of several meridians of the eyeball is affected, usually due to a change in the curvature of the cornea and lens; images do not focus properly on the eye.

Indications: Massage OK; refer to eye exercises and eye relaxation.

Contraindications: None; be alert for contact lenses. Refer to Bates Vision specialist.

ATHLETE'S FOOT

Definition: Fungal infection of the foot

Causes: Warmth and dampness of the feet; destruction of beneficial bacteria in the body may add to spread (antibiotic use)

Symptoms: Inflammation, burning, itching, scaling, cracking, blisters

Indications: Tea tree oil may help.

Contraindications: May be contagious if the right environment exists: Avoid inflammation. Refer to appropriate health care provider.

ATHEROSCLEROSIS/ ARTERIOSCLEROSIS

Definition: Hardening of the arteries due to build up of calcium (arteriosclerosis) or fatty substances (atherosclerosis); circulation becomes impaired causing high blood pressure, chest pain, heart attack, stroke

Causes: Smoking, hypertension, diabetes, high cholesterol, genetics, lack of exercise, poor diet of fatty foods, obesity, stress: The arteries are damaged by free radicals and the constant constriction that smoking causes. The fatty substances are deposited in damaged areas, causing constriction.

Signs/Symptoms: may be in legs – aching muscles, fatigue, numbness, heavy feeling in legs, high blood pressure, aneurysms, thrombus, heart attack, arrhythmia

Indications: Massage may assist in making lifestyle changes, reducing stress, detoxification.

Contraindications: May be on anticoagulant medications which may cause bruising during treatment; refer to appropriate health care provider; Some Can be Reversed through Diet Modification and Exercise. Refer to appropriate health care provider for lifestyle changes. Physician monitoring is recommended.

ATOPIC DERMATITIS

Definition: Inflammation of the skin: sometimes eczema is given this general title.

Causes: allergies(wheat, chemicals, dairy), poor diet (too much sugar, white flour, fats, fried foods, processed foods), stress, chronic tension, toxic colon, hereditary

Signs/Symptoms: itching, red skin, papules, vesicles, crust, scaling, flaking, thickening of skin usually behind the knees, elbows or on face

Indications: Poultices may be helpful (chaparral, dandelion, yellow dock root). Vitamin E in oil may be beneficial

Contraindications: Refer to appropriate health care provider.

ATTENTION DEFICIT DISORDER

Definition: disorder of the nervous system seen mostly in children but also in adults

Causes: heredity, prenatal problems, deprivation of oxygen at birth, chemical pollutants, heavy metal toxicity, artificial food additives in diet, allergies to foods such as dairy products or wheat, blood sugar imbalances, lack of protein in diet, phosphates in sodas may cause hyperkinesis (exaggerated muscle activity)

Signs/Symptoms: Hyperactivity, learning disabilities, lack of concentration, difficulty solving problems, sleep disturbances, emotional instability

Indications: Massage for stress reduction: grounding

Contraindications: Ritalin may cause slow down in growth in bones and muscles of children: Refer to appropriate health care provider for nutritional and lifestyle changes.

AUTISM

Definition: Mental, physical, neurological disorder in which children withdraw from life

Causes: viruses, vaccines, food allergies (wheat, dairy), brain injury, candida overgrowth

Signs/Symptoms: socially withdrawn, unable to communicate, lack of feeling or awareness, hyperactive, low blood sugar, digestive disorders (celiacs disease, crohn's, ulcerative colitis, anemia), malabsorption

Indications: Massage for stress reduction, release spastic muscles

Contraindications: Caution: May lack feeling or awareness so begin lightly and work gradually deeper.

B

BAKER'S GANGLION CYST

Definition: Cyst in synovial lining of knee containing fluid

Causes: trauma, hereditary, infection, or parasitic obstruction

Signs/Symptoms: round to ovoid mass that may be soft but more often is firm due to the fluid build up

Indications: Treat area above cyst; addressing hamstrings, adductors

Contraindications: Avoid deep direct pressure on cyst; Cyst may become large enough that it impinges nerves or blood flow through leg; Blood clotting is also a possibility; have checked for thrombosis if necessary. Watch for signs of coldness, clamminess and edema.

BELL'S PALSY

Definition: Paralysis of facial muscles (peripheral neuritis-inflammation of nerve)

Causes: Infection or compression of VII cranial nerve (motor neuron responsible for facial expression, blinking eyes and some taste); TMJ, stress induced, tumor, bone spur, upper cervical misalignment/subluxation, middle ear infections; sometimes associated with diabetes, Lyme disease, Guillain-Barre, toxins, upper respiratory infection, herpes virus.

Signs/Symptoms: loss of taste, loss of feeling in face, lack of muscle control in cheek, face, eyelids, mouth; usually on one side.

Indications: Relaxation massage: facial exercises for reawakening face muscles; hot/cold contrast therapy; work cervical vertebrae to relieve any compression, TMJ re-alignment. Chiropractic may assist healing.

Contraindications: Refer to physician for diagnosis to rule out stroke; Do Not Knead or over-stretch flaccid facial muscles.

BOIL (FURUNCLE)

Definition: Pus filled cavity formed by infection of hair follicle or sebaceous gland. (staphylococcus infection)

Causes: bacterial, trauma, chemical irritation, excessive sweating, infection

Signs/Symptoms: subcutaneous swelling around hair shaft, with pain and tenderness

Indications: Massage may assist in healing by increasing circulation; Hot compresses, clay compresses.

Contraindications: Avoid infected, inflamed area; Contraindicated if other symptoms such as fever, inflamed lymph nodes are present.

BREAST CANCER

Definition: There are many types of breast cancer. abnormal, malignant growth in breast tissue; found in both men and women.

Causes: Excess estrogen, environmental toxins, high fat diets, stress

Signs/Symptoms: firm lump which are usually pain free(but not always) Biopsy is the only way to diagnose cancer

Indications: Massage may spread cancer although this has not been proven; working on sides of rib cage and under bra line may increase circulation to reduce risk. Relaxation and moving lymph is the focus

Contraindications: Get physicians referral and clients permission. Explain all the possibilities. Refer to Naturopath and/or acupuncturist for treatment

BRONCHITIS

Definition: Inflammation or obstruction of the bronchi (breathing tubes that lead to lungs)

Causes: infection, viral, bacterial, chlamydial, mycoplasma, or a combination of agents, May be also brought on by exposure to smoke or other fumes, allergies

Signs/Symptoms: upper respiratory infection, build up of mucus, coughing, fever, pain fatigue, sore throat, chills, spasm; heart works harder when breathing limited

Indications: Massage to relieve congestion, open breathing in rib area, cleansing; Eucalyptus oil may assist in breathing. Add moisture to the air. Breathing exercises may stimulate nervous system and ease breathing difficulties.

Contraindications: Do not work on when fever present: May be contagious so use caution.

BRUISING

Definition: pooling of blood from injury to tissue beneath the skin; resistance to or lack of feeling in body

Causes: If from bodywork- lack of awareness and resistance in client and/or lack of awareness in practitioner: Trauma, poor diet, anemia, overweight, menstruation, anticoagulating

drugs; bruising without a known cause can be an early sign of cancer

Signs/symptoms: pain, swelling, discoloration of skin starting out red or purple/bluish and may turn yellow/green

Indications: If bruising is from treatment, adjust pressure ; suggest icing of area after treatment ; apply witch hazel after treatment.

Contraindications: If client bruises easily, refer to Naturopath and/or Acupuncturist for nutritional and herbal therapy
See My personal story on bruising

BRUXISM (TOOTH GRINDING)

Definition: grinding of teeth together, most often during sleep

Causes: Stress, tooth sensitivity to heat or cold, problems in blood sugar levels, neck problems such as C1 misalignment, scoliosis or other postural deviation

Signs/Symptoms: loosened teeth, cracked teeth, headaches, jaw pain, TMJ

Indications: Massage for stress reduction, cranio-sacral work to realign cranium, TMJ realignment

Contraindications: Refer to appropriate health care provider

BUNIONS

(hallux valgus – laterally deviated big toe)

Definition: Inflammation of the big toe joint

Causes: genetic, improper alignment of posture with weight distributed on medial foot (scoliosis), bad fitting shoes, high heels which cause the foot to overarch and places more pressure on the medial side of the foot.

Signs/Symptoms: enlarged big toe joint, redness, inflammation, pain

Indications: Massage to break up adhesions: Move toe laterally and tap on side of joint; Work area between big toe and second toe. Realign foot; Structural realignment. Castor oil poultices may relieve pain.

Contraindications: Caution around inflammation. Surgery may be done to remove the bunion in extreme cases.

BURNS

Definition: 1st degree – affects only outer layer of skin, causing redness and sensitivity; sunburn

2nd degree – extend into the underlying skin layers and are characterized by redness, blistering, and acute pain

3rd degree – destroys skin layer and possibly more; skin may be red, white or yellowish, or leathery and black. Nerves in skin may be damaged

Indications: 1st degree may be ok to massage lightly mainly to apply cream or aloe vera gel; All others direct contact contraindicated until healed. Work around area to tolerance. Manual Lymph Drainage.

Contraindications: Refer to appropriate health care provider.

BURSITIS

Definition: Inflammation of a bursa – the small fluid filled synovial sacs between tendons, ligaments and bone that minimize friction. Sac are very rich in nerves and blood vessels. False bursas may form over some bony point that has become prominent due to disease or deformity.

Causes: bacterial infection, injury, chronic overuse, misalignment of joint, allergic reactions to food or airborne particles, calcium deposits, tight muscles; Hip and shoulder and elbow joints most affected.

Signs/Symptoms: pain, tenderness, limitation of movement, redness, swelling: dull persistent pain that increases with movement;

Common locations: subdeltoid, subacromion (jackhammerer's shoulder), olecranon (student's elbow), pre and supra patella (housemaid's knee), retrocalcaneal (achilles), ischial (weaver's bottom), first metacarpal.

Indications: Massage to reduce pain and inflammation, relieve tight muscles, realign areas affected to reduce area of friction, limit adhesion formation, relieve trigger points, gymnastics. Heat to relax muscle, Ice to reduce swelling or pain.

Contraindications: May need to work above and below area, not directly on it unless you know otherwise. Be cautious working on a painful ROM limited joint that is undiagnosed. Bursa easily aggravated by movement and pressure in early stages of inflammation. Once aggravated they are easily re-aggravated.

C

CANCER

Definition: a malignant growth or disease of the blood, connective tissue, bones, lymphatic system

Causes: Environmental factors, diet, alcohol consumption, high fat diets, low fiber diets, free radical damage

Signs/Symptoms: too many to mention; bruising, enlarged lymph nodes, sores that do not heal, weight loss, fatigue, low back pain, indigestion, lump or tumor under skin

Indications: Massage is ok for people with cancer. Check with their Doctor if you are unsure of anything.

Contraindications: It used to be thought that massage would spread cancer, but that notion is now obsolete. Consult with referring physician and client get permission from both. Refer to Naturopath and/or acupuncturist for immune support, cleansing and nutritional counseling. Get training in Oncology Massage.

CARPAL TUNNEL

Definition: Inflammation in tendon sheaths in the carpal tunnel that compresses the median nerve in the wrist (supplies sensation to the thumb, forefinger, middle finger and half of ring finger)

Causes: Subluxation of carpal bones, bone spurs, sustained wrist flexion, inflammatory arthritis, water retention, tendinitis, repetitive stress syndrome, misalignment of hands while performing repetitive tasks such as computer work, carpentry, massage; Other injuries to the neck, shoulder, wrist, may be present. Factors that increase chances of getting carpal tunnel include menopause, pregnancy, Raynaud's disease, rheumatoid arthritis, hypothyroidism and diabetes mellitus.

Signs/Symptoms: mild numbness and faint tingling to excruciating pain and atrophy of the muscles of the thumb; reduced fine motor skills, burning, tingling, numbness in the thumb and 1st three fingers (never the little finger); feels like pins and needles, falling asleep, weakening of the thumb; symptoms often worse at night or in the morning when circulation is reduced. Pain may spread to forearm and shoulder; symptoms may be confused with thoracic outlet syndrome or may be due to ulnar nerve entrapment in elbow. Tap on wrist nerve to elicit symptoms. Diagnosis is through a nerve conduction test.

Indications: Massage is necessary to heal this condition. Check alignment of shoulder, elbow and wrist. Release adhesions in forearm flexors, skin rolling. Retinaculum release at wrist. Stretching, posture and ergonomics should be addressed. Muscles involved are the Flexor Digitorum Superficialis, Flexor Digitorum Profundus, Flexor Pollicis Longus and Pronator Quadratus

Contraindications: Refer to physician for diagnosis to determine if it is neuritis or neuralgia. Naturopath can recommend supplements such as B6 to reduce water retention and other anti-inflammatory reactions and reduce oxalic acid consumption. Acupuncture also recommended.

CARBUNCLE

Definition: Mass of connected boils

Causes: same as boils

Indications: Massage ok, may assist healing

Contraindications: Avoid inflamed area and direct pressure on carbuncle

CEREBRAL PALSY

Definition: Group of motor disorders

Causes: damage to motor areas of brain; could be inutero, during birth or infancy; May be due to mother having German measles, radiation: temporary oxygen deprivation in birth or hydrocephalus in infancy

Signs/Symptoms: Appear to be mentally retarded but are usually more capable than they appear;

Indications: massage for relaxation

Contraindications: Check with physician

CERBROVASCULAR ACCIDENTS

(CVA/Stroke)

Definition: Damage to the brain due to lack of oxygen.

Causes: Atherosclerosis, embolisms (blood clot, air bubble, or debris from inflammation), intercerebral hemorrhage(rupture of vessel in the pia matter or brain)

Signs/Symptoms: Weakness or paralysis, headache, numbness, blurred or double vision, blurred speech, confusion, dizziness, difficulty speaking or understanding; usually affecting one side of the body. People at risk usually have high blood pressure, smoke, high cholesterol, high alcohol consumption, obese, diabetes, stress.

Indications: Massage ok for recovery; stress reduction

Contraindications: Work with physician : refer to appropriate health care practitioner for diet and lifestyle modifications and treatment of underlying conditions. May be on blood thinner medications. Acupuncture has assisted in recovery of speech, motor function.

CHRONIC FATIGUE SYNDROME

Definition: persistent fatigue that does not resolve with bed rest.

Causes: may be linked to Epstein-Barr virus, immune system problem, anemia, chronic mercury poisoning from dental fillings, hypoglycemia, hypothyroidism, candida overgrowth, sleep problems, poor nutrition, stress, poor nutrition.

Signs/Symptoms: aching muscles and joints, anxiety, depression, fever, headaches, intestinal problems, irritability, loss of appetite, muscle spasms, upper respiratory infections that reoccur, sore throat, swollen glands, temporary memory loss, sleep disturbances, fatigue.

Indications: Massage to relieve stress and muscle pain.

Contraindications: Fever. Check medications for possible contraindications; Refer to appropriate health care practitioner for diet and lifestyle changes.

CIRRHOSIS OF THE LIVER

Definition: Degenerative inflammatory disease that results in hardening and scarring of liver cells.

Causes: Excessive alcohol consumption, viral hepatitis, malnutrition and chronic inflammation.

Signs/Symptoms: Constipation or diarrhea, fever, upset stomach, dull heavy ache in upper right quadrant of abdomen, fatigue, weakness, poor appetite, weight loss, enlarged liver, vomiting, red palms, jaundice, anemia, bruising.

Indications: Massage for stress reduction and detoxification

Contraindications: Work with Physicians supervision in advanced stages

COLITIS (ULCERATIVE COLITIS)

Definition: Inflammation of mucous membranes of large intestine and colon

Causes: May be stress induced, poor eating habits, food allergies, bacteria.

Signs/Symptoms: diarrhea, bleeding, diverticula formation, pain, gas, bloating, hardening of stools

Indications: Massage for stress reduction; vibration over abdomen if allowed

Contraindications: Chronic conditions need direct supervision of physician. Refer to appropriate health care practitioner

for diet, lifestyle, stress reduction and supplements.

COLON CANCER

Definition: malignant tumor in colon

Causes: Poor diet lacking in fiber and calcium, polyps, constipation, build up of toxins

Signs/Symptoms: Rectal bleeding, blood in stool, changes in bowel habits

Indications: With permission of client; assist in cleansing.

Contraindications: Work with referral from appropriate health care practitioner.

CONGESTIVE HEART FAILURE

Definition: Left side of heart fails to function and pump blood effectively

Signs/Symptoms: fluid accumulates in the lungs, labored breathing after even mild exertion, edema in ankles and feet

Indications: May assist in removing excess fluids

Contraindications: Work with physician supervision; client may not be able to lay supine.

CONJUNCTIVITIS

Definition: Inflammation of conjunctiva, the membrane that lines the eyelid and wraps around to cover most of the white of the eye

Causes: bacterial infection, injury, allergies, exposure to irritants, viral (highly contagious)

Signs/Symptoms: eyes swollen and blood shot, itchy and irritated, membrane filled with pus; eyes often stick together after being shut for awhile

Indications: Chamomile compresses, hot compresses

Contraindications: Avoid affected area; May be highly contagious! Refer to physician

CONSTIPATION

Definition: Infrequent and/or painful elimination of waste through the large bowel

Signs/Symptoms: slow movement of bowels, hard,

compacted dry stool, making elimination painful

Causes: Insufficient fiber and fluid intake, inadequate exercise, muscle disorders, bowel diseases, poor diet, iron supplements, drugs, pregnancy, metabolic disturbances

Signs/Symptoms: constipation can lead to appendicitis, bad breath, depression, diverticulitis, fatigue, headaches, indigestion, varicose veins

Indications: Massage over abdomen to stimulate peristalsis: May be related to medication; Recommend extra water intake

Contraindications: Refer to appropriate health care practitioner for nutritional counseling. If mass or obstruction present, refer immediately to physician.

CONTUSION

Definition: internal bleeding or hemorrhaging

Causes: trauma to soft tissue or muscles

Signs/Symptoms: bruising, pain; severe may have damage to periosteum of bone which could lead to ossification of muscle tissue

Indications: follow general treatment goals for stage of inflammation, ice compress, drainage in sub-acute stage, reduce muscle guarding and spasm

Contraindications: Refer to Physician if myositis ossificans is present

CONTACT DERMATITIS

Definition: Inflammation of the skin in response to contact with irritant

Causes: allergies to chemicals, perfumes, cosmetics, plants

Signs/Symptoms: scaling, flaking, thickening of skin, itching

Indications: Massage Ok. Avoid any inflamed areas. Avoid use of scented oils or lotions

Contraindications: Make sure it is not a contagious irritant such as poison ivy or oak

CONTRACTURES

Definition: Permanent contraction of a muscle or group of muscles.

Causes: Spasm, paralysis, fibrosis, or tissue ischemia,

neurological damage, immobilization of area.

Signs/Symptoms: unable to be stretched passively

Indications: Massage to treat fibrosis and ischemia, lengthen muscles: Gentle stretching or PNF stretching.

Contraindications: Do Not stretch past resistance; When due to nerve damage contraindicated.

CONVULSION

Definition: Involuntary muscle spasms

Causes: Epilepsy, eclampsia, meningitis, tetanus, poisoning, malnutrition, cervical disease, toxemia, insufficient calcium in diet, food poisoning

Indications: N/A

Contraindications: Refer to physician to determine cause

CORNS/CALLUSES

Definition: Overgrowth of skin usually on hands and feet

Causes: form in response to repeated pressure or contact, bacterial infection, misalignment of foot, improper diet with heavy intake of fats, sugars causing imbalances in acid/alkaline balance

Indications: look at posture and realign areas to reduce stress: castor oil or epsom salt poultices

Contraindications: Avoid any inflamed areas.

CROHN'S DISEASE

Definition: Inflammation and ulceration of the digestive tract usually chronic and long lasting

Causes: viral, bacteria, stress, food allergies, free radical damage, lack of Vitamin C and/or E

Signs/Symptoms: chronic diarrhea, pain in abdomen, fever, malabsorption, loss of energy, anemia, headaches, vomiting, bowel obstructions

Indications: Massage Ok; stress reduction and detoxification

Contraindications: Work under supervision of Naturopath, Acupuncturist, Physician

CYSTIC FIBROSIS

Definition: genetic disorder of a gene that gives instructions for a protein; affects exocrine glands, pancreas, sweat glands, digestive and respiratory systems

Signs/Symptoms: chronic wheezing, coughing, difficulty breathing, recurrent lung infections, malnutrition, excessive salt in sweat glands

Indications: Massage Ok; Loosen mucus in lungs with percussion

Contraindications: Work with Physician, Naturopath, Acupuncturist; Caution – May be on steroids

CYSTITIS

Definition: Inflammation of the bladder

Causes: infection of bacteria, clamydia; Occurs more in women

Signs/Symptoms: urgency of urination, painful burning urination, blood in urine

Indications: N/A

Contraindications: Refer to Naturopath that uses homeopathic remedies and natural treatments such as cranberry, colloidal silver, goldenseal, vitamin C; Refer to appropriate health care provider.

skin, warmth, fever, chills, itchiness: occurs more frequently in women than in men; occur mainly in calves, thigh and pelvis. Difficult to diagnose – may be confused with phlebitis or muscular injury.

Indications: Do not massage until physician checks condition: Warm moist compresses.

Contraindications: Do not apply massage directly to area as it may dislodge thrombus: May be on blood thinner medications such as heparin, coumadin or aspirin -use caution. Refer to appropriate health care practitioner.

DEPRESSION

Definition: whole body illness affecting the body, mind, spirit. Unipolar disorders – depressive episodes that reoccur several times. Bipolar disorders usually begin as depression and progress to mania. Seasonal affective disorder – become more depressed during winter months with reduction of daylight.

Causes: tension, stress, chemical imbalances in the brain, heavy metal toxicity, nutritional deficiencies, thyroid disorders, sugar related problems, poor diet, allergies to foods or chemicals, dysfunction in neurotransmitters (dopamine, serotonin, norepinephrine) caused by inadequate diet.

Signs/Symptoms: withdrawal, chronic fatigue, sleep problems, headaches, physical pain, digestive disorders, suicidal tendencies, irritability, anxiety, weight gain,

Indications: Massage for stress reduction, reduce muscle pain and fatigue, restore sense of self worth through touch

Contraindications: Caution: watch for side effects of drugs such as dizziness, irregular heartbeat, constipation, insomnia. Some common drugs include Prozac, Zoloft, Asendin, Wellbutrin, steroids.

Refer to appropriate health care practitioner for care.

D

DEEP VEIN THROMBOSIS (DVT)

Definition: Blood clot in deep veins (responsible for 90% of blood flow to the heart from the legs) usually in the legs such as posterior tibial vein, anterior tibial vein, popliteal vein, femoral vein;

May lead to pulmonary embolism in which the thrombus dislodges and moves to pulmonary artery or postphlebitic syndrome which consists of edema, pain and skin changes due to the destruction of the venous valves.

Causes: unknown: May be due to injury, tears in the vessel lining, abnormal clotting tendencies, poor circulation, varicose veins, local infections, surgery, hormonal factors such as high estrogen birth control pills, nutritional deficiencies that weaken blood vessels: Factors that increase the risk include childbirth, surgery trauma, birth control pills, aging

Signs/Symptoms: pain, swelling, bluish discoloration of the

DIABETES MELLITUS

Definition: defective insulin production in the body. Type I – insulin dependent. Type II – non-insulin dependent

Causes: hereditary, improper carbohydrate metabolism, hypothyroidism, obesity, high fat intake, hyperglycemia

Signs/Symptoms: blurred vision, itching, unusual thirst, fatigue, skin infections, tingling or numbness in the feet, flulike symptoms, loss of hair on the legs, increased facial hair, small yellow bumps on body, frequent urination

Indications: Massage to increase circulation, stress reduction.

Contraindications: Work with appropriate health care

practitioner with diet and lifestyle changes. Caution with diabetic neuropathy and other complications such as cardiovascular disease, ulcers, kidney disease, amputations, impaired vision.

DIABETIC RETINOPATHY

Definition: Capillaries that nourish the retina leak fluid or blood that can damage the rod and cone cells

Causes: diabetes

Signs/Symptoms: vision disturbances, loss of vision: may have no symptoms until relatively advanced

Indications: Massage ok

Contraindications: Work with physician for diabetic condition

DIARRHEA

Definition: frequent and loose watery stools

Causes: bacterial, viral, food poisoning, parasites, caffeine, ulcerative colitis, Crohn's disease, incomplete digestion, stress

Indications: Massage for stress reduction: May occur after massage due to release of toxins and increase in circulation

Contraindications: Dehydration may be present: Refer to Naturopath, Acupuncturist for treatment. Physician may be needed if problems result.

DISC PROBLEMS:

(deterioration, protrusion, herniation, rupture)

Definition: general category of problems that occur with the discs in the spinal column

Deterioration: disc degenerates over time until the disc loses integrity and presses on surrounding structures (protrusion). Herniation or rupture (leakage of nucleus) may also result

Causes: injury, trauma, nutritional deficiencies, allergies, stress, poor posture, weak ligaments.

Signs/Symptoms: reduction of lordosis, pain, referred pain down leg (usually along dermatome), numbness, shooting pain, tingling, muscle weakness.

Indications: Massage to reduce inter-disc pressure; psoas, adductors, erectors spinae; realignment therapy; Movement re-education; Hot, moist peat packs. Correct posture and body mechanics.

Contraindications: Refer to appropriate health care practitioner for accurate diagnosis; Osteopaths and Chiropractors that deal with disc problems. Acupuncturists/ Naturopaths to address lifestyle changes. Physical therapist for strengthening.

DISLOCATIONS

Definition: displacement of a bone from a joint with tearing of ligaments, tendons and articular capsules

Causes: trauma, injury; trauma usually from a pulling out of the joint; increased risk of dislocation after first time

Signs/Symptoms: pain, swelling, inflammation, hypermobility in joint or lack of mobility, muscular contraction holding joint in place

Indications: Treatment after initial injury is realignment from a MD, ND, DC or other professional. Massage to reduce inflammation, reduce pain, realign structure, restore ROM, reduce scar tissue formation and muscle spasm.

Contraindications: Caution advised. Have injury assessed by appropriate health care practitioner

DIVERTICULITIS /DIVERTICULOSIS

Definition: Inflammation of mucous membranes of the lining of the colon forming diverticuli (sac like outpouchings of the wall of the colon when the muscles become weak); particles get caught in diverticuli and become infected or inflamed

Causes: lack of sufficient bulk in the colon during segmentation (movement of the small intestine), food allergies, low-fiber diet, hereditary, obesity, coronary artery disease

Signs/Symptoms: gas, bloating, diarrhea, pain, stress, cramping, nausea, constant need to eliminate, tenderness on left side of abdomen, constipation

Indications: Massage for stress reduction, increase peristalsis, reduce pain; Visceral manipulation

Contraindications: Refer to Naturopath or Acupuncturist for diet modification and treatment. Inflammation may cause obstruction in colon or abscesses.

DISSINESS

Definition: light headed feeling or feeling of imbalance

Causes: Dehydration, inner ear problems, vertebral misalignment, Trigger points in Sternocleidomastoid, premenstrual symptom, pre-menopausal symptom, stress induced, anxiety, virus, brain tumor, cerebral circulation blockage, thyroid imbalance, fibromyalgia.

Indications: Massage for stress reduction, muscle trigger point release; SCM's, Longus colli, Occipital ridge, trapezius; balance alignment.

Contraindications: May be worse from turning head certain way, or getting up quickly: Refer to appropriate health care practitioner for therapy: Refer to Physician if condition worsens. Chiropractic may help with vertebral alignment.

DRY SKIN

Definition: imbalance of oils and moisture in the skin

Causes: hereditary, poor diet, environmental factors such as wind and cold, cosmetics, nutritional deficiencies, constant hand washing

Signs/Symptoms: dull looking skin, readily wrinkles, chapping, cracking

Indications: Use Aloe Vera, Vitamin E based oils and lotion

Contraindications: Severely cracked and bleeding skin should be avoided; Refer to appropriate health care provider

DUODENAL ULCER

Definition: crater like lesion in the first part of the duodenum

Causes: hypersecretion of acidic gastric juice: may be caused by stress, emotions, food reaction or drug reaction, over stimulation of the vagus nerve

Signs/Symptoms: burning pain that feels better after eating

Indications: Massage to reduce stress

Contraindications: Work with guidance of Naturopath, Acupuncturist, Physician. Diet modification and lifestyle changes needed.

DUPUYTREN'S CONTRACTURE

(palmar fasciitis)

Definition: thickening of the palmar fascia that restricts movement in the fingers – usually the ring finger.

Causes: repetitive stress, genetics, nutritional deficiencies; may be related to alcoholism and epilepsy.

Signs/Symptoms: loss of movement in fingers, hardening of the palmar fascia.

Indications: Massage to release contracture, paraffin baths, stretching

Contraindications: Surgery may be necessary to stop the contracture and restore movement.

DYSMENORRHEA

Definition: Painful menstruation

Causes: forceful contraction of the uterus, may be caused by poor diet, stress, chemical toxicity, endometriosis, overproduction of prostaglandins, lack of progesterone

Signs/Symptoms: headaches, nausea, vomiting, fatigue, nervousness, heavy periods, clotting, pain, sacroiliac subluxation, fibroids.

Indications: Massage for stress reduction, castor oil packs for abdomen; psoas and iliacus work may help (Ask client first)

Contraindications: Refer to Naturopath, Acupuncturist for nutritional support: Have client checked for endometriosis or other pathology.

DYSTONIA

Definition: sustained muscular contraction with abnormal posture

Causes: chemical imbalances, trauma, heredity

Signs/Symptoms: foot cramps, illegible handwriting, foot drop, tremor, speech problems, spasmotic torticollis, jaw problems, writers cramp; Associated with Huntington's disease, ALS, MD

E

ECZEMA (DERMATITIS)

Definition: type of dermatitis; sometimes called dermatitis; inflammation of the skin

Causes: allergies, stress, exposure to poisonous plants, depleted cortisol levels due to continued high stress.

Signs/Symptoms: fluid filled blisters that weep, ooze and crust over, itching, redness, scaling, dry flaky skin

Indications: Massage to reduce stress, eliminate toxins; Use Vitamin E oil

Contraindications: Refer to appropriate health care practitioner: Avoid inflamed areas.

EDEMA

Definition: localized or generalized condition in which the body tissues contain an excessive amount of fluid.

Causes: inflammation, nutritional deficiencies, dehydration, restrictions caused by tight muscles, systemic disorders such as kidney problems, congestive heart failure

Signs/Symptoms: excessive fluid in area, feels "squishy"

Indications: Massage to remove toxin build up. Release tight muscles.

Contraindications: Refer to appropriate health care practitioner if pitting occurs (area remained indented after applying pressure)

EMPHYSEMA

Definition: chronic obstructive pulmonary disease (COPD); name means "blown up" or "full of air"; lungs lose their elasticity and remain filled with air during expiration

Causes: loss of elasticity and dilation of lung tissue usually due to air pollution, occupational exposure to industrial dust, smoking

Signs/Symptoms: reduced expiration, increase in size of chest cage, decrease in blood oxygen, fatigue, coughing, cyanosis.

Indications: Massage for stress reduction: Castor oil packs on chest and back; work rib cage - pecs, intercostals, serratus anterior, scalenes, rectus abdominis and other areas to facilitate breathing. Breathing Exercises.

Contraindications: Work with appropriate health care practitioner. May have other contraindications like fever due to flu or pneumonia. (weakened immune system). May not be able to lay prone or supine due to lack of breath.

ENDOMETRIOSIS

Definition: Growth of endometrial tissue outside the uterus

Causes: hereditary, fluid backup into the fallopian tubes, poor nutrition, hormonal imbalances

Signs/Symptoms: pelvic pain, back pain, excessive bleeding, nausea, vomiting, infertility, painful urination, premenstrual spotting, vertebral subluxation.

Indications: Massage for stress and pain reduction, detoxification; hot packs or castor oil packs on abdomen; Visceral manipulation. Psoas and iliacus work to tolerance.

Contraindications: Refer to appropriate health care practitioner. Naturopath/Acupuncture to address lifestyle and diet changes. Chiropractic treatments for optimal nerve functioning.

EPILEPSY

Definition: disease of nervous system

Causes: head injuries, tumors and abscesses, childhood infections, hereditary, food allergies

Signs/Symptoms: seizures that affect the motor, sensory, or psychological systems

First Aid for Seizure: help person lie down if not already (preferably on floor). loosen clothing and remove sharp objects. Turn person on side so saliva can flow from mouth. Call for aid if more than 5 minutes long if you know they have epilepsy. Client may need assistance getting home.

Indications: Massage for stress reduction; Craniosacral therapy; Aromatherapy- jasmine, chamomile, lavender, Ylang Ylang.

Contraindications: Some medications used to treat the seizures may cause blood disorders, fatigue. Seizures may be caused by other factors such as alkalosis, arteriosclerosis, stroke, meningitis, high fever. Aromatherapy-avoid camphor, hyssops, fennel, rosemary, sage, wormwood, cinnamon, clove, nutmeg, black pepper. Work with appropriate health care practitioner.

EPSTEIN BARR

Definition: chronic fatigue, fibromyalgia caused by Epstein-Barr virus of the herpes virus family: no one really knows what it is

Signs/Symptoms: fatigue, flu-like symptoms, mood swings, irritability, fever, aching muscles and joints

Indications: Massage for stress and pain reduction

Contraindications: Work with appropriate health care practitioner

attention; shivering and chills, sweating, capillary dilation, dehydration.

Indications: N/A: Working on a person with a fever may help rid the body of the toxins and help relieve it or Make It Worse. Proceed at your own risk. Generally contraindicated.

Contraindications: Refer to Physician if persistent or extremely high. Fever may be necessary to rid the body of organisms, so stopping this action with aspirin or ibuprofen may not be necessary. Refer to Naturopath/Acupuncturist for immune support.

F

FATIGUE

Definition: Not a disorder but a symptom: accompanies many diseases : hypoglycemia, diabetes, cancer, allergies, candida, anemia, poor circulation, chronic fatigue, thyroid malfunction. May be mental/emotional or physical.

Causes: psychological from boredom or depression, poor diet with sugar, caffeine products, dehydration, stress, overexertion.

Signs/Symptoms: lack of energy, unable to get out of bed, foggy headed, muscle tightness, insomnia, anemia, depression.

Indications: Massage for stress reduction, detoxification, increase circulation, release tight muscles that may be robbing the body of energy. Reconnects person with their physical body. Teach client to pay attention to their body and what they need to take care of themselves.

Contraindications: Refer to appropriate health care practitioner, especially if symptoms persist and do not seem to be directly related to lack of sleep. Naturopath/Acupuncturist to help with lifestyle changes and nutritional support.

FEVER

Definition: Not a disease but a symptom of many diseases, elevation in body temperature to rid the body of harmful microbes

Causes: viral, bacterial, diabetes, hepatitis, lyme disease, mononucleosis, chronic fatigue

Signs/Symptoms: Normal body temperature is 98 degrees to 99. Above 102 in adults and 103 in children need

FIBRILLATION

Definition: irregular twitching of individual muscle fibers, cells or groups of muscle fibers that inhibit effective action of that muscle

Causes: stress, allergy, fatigue, poor diet

Indications: Massage to relieve contraction

Contraindications: Refer to Physician if it becomes worse.

FIBROIDS

Definition: benign growths that can be found on the uterus, cervix, breasts and other areas of the body

Causes: may be estrogen related, thyroid dysfunction, caffeine intake, high fat diets

Signs/Symptoms: round lumps, may be painful, increased menstrual bleeding, may block fallopian tubes and cause infertility, anemia may result from excessive bleeding.

Indications: Massage for stress relief. There is controversy over working the psoas with this condition. I believe it can assist in restoring balance to the pelvic area. Some say deep work is contraindicated. Proceed with caution.

Contraindications: Watch for changes; Refer to rule out cancer. Refer to appropriate health care practitioner, Naturopath/Acupuncturist.

FIBROMYALGIA

Also known as or confused with Fibrositis, Fibromyositis, Myofascial Pain Syndrome, Epstein-Barr Syndrome, Chronic Fatigue Syndrome, Candida Infections

Definition: connective tissue disorder; group of symptoms

Causes: Unknown, but may be related to sleep disorder, stress, overexertion, poor diet, lack of exercise, immune system dysfunction, mercury poisoning, Epstein-Barr, candida albicans, hypoglycemia, hypothyroidism, chronic fatigue

Signs/Symptoms: nine pairs of tenderpoints, painful muscles usually of the neck, shoulders, lower back, upper chest, TMJ; Also headaches, irritable bowel syndrome, anxiety, palpitations, memory impairment, skin sensitivities, dizziness, sensitivity to light, sensitivity to heat and cold, lack of concentration.

Indications: Massage for stress reduction, removal of toxins, tenderpoint relief, break up adhesions.

Contraindications: Do not use anything that will add to inflammation such as heat; Often over sensitive to touch. Refer to Naturopath and Acupuncturist for treatment. Diet and Lifestyle changes necessary.

FIBROSIS

Definition: formation of fibrous connective tissue in locations where it usually doesn't exist, such as in skeletal and cardiac muscle

Causes: injury, death of cells, restricting movement of muscle as in setting a fractured bone.

Signs/Symptoms: thickening, hardening of tissue

Indications: Massage to break up adhesions and restore mobility

Contraindications: N/A

FOLLICULITIS

Definition: Inflammation of hair follicle

Causes: skin problem, allergy

Signs/Symptoms: redness and swelling around hair follicle

Indications: Massage to increase circulation and remove toxins

Contraindications: Avoid direct contact with inflamed area. May need to be referred to physician for removal of hair if does not resolve itself

FRACTURES

Definition: break or crack in a bone

Causes: injury , trauma, stress, brittle bones

Signs/Symptoms: pain and tenderness, swelling, bruising, bone may be completely broken or just cracked

Indications: Massage above site to reduce edema, and below to improve circulation. Work directly on site after bones unified completely. Soft tissue injury may be in surrounding areas.

Contraindications: Do Not work directly on the break.

FUNGAL CONDITIONS

Definition: infection of the skin, mucous membranes with fungi such as candida and tinea

Causes: moisture, depressed immune system, oral contraceptives, overweight, sugary diet

Signs/Symptoms: red, itchy patches of skin; can be under the nails and cause yellowing and swelling of nail bed; ringworm small red spots that grows and gives a ring-like appearance

Indications: Do not use oil or lotion to keep area dry. Massage for stress reduction and detoxification. Tea tree oil may be applied directly or in oil or lotion for anti fungal treatment. Clean sheets with bleach. Avoid direct contact with area especially if you are feeling run down.

Contraindications: You may want to avoid direct contact with the area until it is diagnosed. Refer to Naturopath/ Acupuncturist for immune system building.

FURUNCLE (BOIL)

Definition: pus filled cavity formed by infection of hair follicle

Signs/Symptoms: redness, swelling, oozing

Indications: Massage to increase circulation and removal of toxins

Contraindications: Avoid direct contact with infected area

G

GALL STONES (cholelithiasis and cholecystitis)

Definition: crystallized cholesterol combined with bile in the gall bladder may cause inflammation of gall bladder

Causes: high fat diet, improper digestion, toxic liver, hormonal changes as in pregnancy or birth control pills or estrogen replacement therapy.

Signs/Symptoms: often no symptoms until it moves to block the bile passageway; then nausea, vomiting, pain in the upper right abdominal quadrant to right shoulder may occur

Indications: Castor oil packs to relieve pain

Contraindications: Refer to appropriate health care practitioner for immediate detoxification and diet modification. Surgery may be necessary in extreme cases.

GASTRITIS

Definition: inflammation of the stomach

Causes: may be caused by irritant such as alcohol, aspirin, sensitivity to food, stress (excess stomach acid)

Signs/Symptoms: pain, belching, nausea

Indications: Massage for stress reduction

Contraindications: Refer to appropriate health care practitioner for treatment and to rule out more serious problems

GASTROINTESTINAL REFLUX DISORDER

Definition: heart burn due to malfunctioning esophageal sphincter muscle that closes the esophagus and prevents stomach acid from surging upward

Causes: hormonal changes such as increased estrogens, hiatal hernia, excessive acidity due to improper diet, stress, vertebral subluxation, improper or inadequate digestion

Signs/Symptoms: burning sensation in the stomach or chest

Indications: Massage for stress reduction, Visceral manipulation.

Contraindications: May have to be sitting up or with head higher than stomach to relieve symptoms. Refer to

appropriate health care provider for nutritional, diet and lifestyle changes.

GENITAL HERPES

Definition: sexually transmitted disease

Causes: virus; outbreaks may be stress induced or related to intake of certain foods such as almonds, barley, grains, chicken, chocolate, popcorn, corn, dairy products, meat, nuts, peanuts.

Signs/Symptoms: may have no symptoms; painful, fluid filled blisters that are highly infectious, painful urination

Indications: Massage for stress reduction

Contraindications: follow strict hygiene care, highly contagious: avoid working points around sacrum as it may trigger an eruption

GONORRHEA

Definition: sexually transmitted disease

Causes: bacteria

Signs/Symptoms: may have no symptoms; painful urination and cloudy discharge

Indications: Massage for stress reduction

Contraindications: Follow strict hygiene care, highly contagious: Refer to Physician

GOUT

Definition: type of arthritis that affects the joint of the big toe, foot , ankle, fingers

Causes: too much uric acid in the blood, tissues caused by lack of digestive enzyme called uricase that oxidizes uric acid. Also may be related to intake of consumption of alcohol, meat and lack of water.

Signs/Symptoms: redness, swelling, extremely sensitive and painful joints; usually the big toe or foot but may be other joints too. Definitive diagnosis is to test fluid in joint.

Indications: Massage for detoxification

Contraindications: May not be able to touch inflamed area; work above. Refer for nutritional, dietary and lifestyle changes.

GUILLAIN- BARRE

Definition: inflammation of peripheral nerves

Causes: viral, flu shots, autoimmune disease, infections, surgery, Hodgkin's Lymphoma.

Signs/Symptoms: rapid onset of weakness, paralysis, tingling in hands and feet

Indications: Massage for stress reduction; Sensation may be limited.

Contraindications: Refer to appropriate health care provider.

if persistent, severe and reoccurring headaches to rule out serious illness. Refer to Acupuncturist/Naturopath/ Chiropractor for other support.

HEAD INJURY

Definition: trauma to head resulting in a contusion, laceration or other injury

Signs/Symptoms: disorientation, nausea, disturbed vision, pain, black out, uneven pupil dilation

Indications: Upon referral of physician massage to reduce tension and pain

Contraindications: Refer to Physician for diagnostics.

H

HAIR LOSS (other than normal baldness)

Definition: loss of hair including facial hair and body hair

Causes: hormonal changes, high fever, stress, thyroid problems, vitamin deficiencies, toxicity

Indications: Massage to increase circulation, eliminate toxins

Contraindications: Refer to appropriate health care practitioner for nutritional support and lifestyle changes.

HEADACHE (see also Migraine)

Definition: pain or dull ache in the head; May be due to vascular change, muscle tension or more severe underlying pathology such as tumors.

Causes: stress, neck and shoulder tension, TMJ, food allergies (wheat, dairy, chocolate, vinegar, bananas), hormonal disturbances, trauma, nutritional deficiencies, exposure to irritants or food additives such as MSG, anemia, bowel problems, hypoglycemia, spinal misalignment, tooth grinding, withdrawal from drugs or caffeine, sinus problems, eyestrain, fatigue, whiplash.

Indications: Massage to head, neck and shoulders. Check occipital ridge, levator scapula, jaw, temporal area and trapezius for triggerpoints. Teach diaphragmatic breathing and work on diaphragm. Decompress cranial and facial structures. Steam inhalation, heat to cervical area and chest to promote sinus drainage. Migraines may sometimes be alleviated if caught at the right moment, but you will never know when that may be. Massage if tolerated.

Contraindications: Refer to other health care provider

HEART ATTACK (MYOCARDIAL INFARCTION)

Definition: when blood supply to heart is sharply cut off or reduced depriving it of oxygen

Causes: partial or complete blockage of artery by blood clot or plaque, aneurysm (weak spot in blood vessel) may rupture, arrhythmia

Signs/Symptoms: stress, high blood pressure, chest pain, shortness of breath, sweating, nausea, vomiting; pain in left arm , neck, jaw or area between shoulder blades

Indications: Refer to Physician Immediately: Massage beneficial in recovery process for stress reduction

Contraindications: Refer to Physician: Recovery may be assisted by Naturopath or Acupuncturist.

HEEL SPUR

Definition: pointed growth consisting of bone (calcium deposits) on the heel of foot

Causes: arthritis, neuritis, alkalosis, tendinitis, improperly balance posture (weight on heels), shortened achilles tendons, high heel or other improperly fitting shoes, overweight, stress on heel area

Signs/Symptoms: pain in heel or fascia of foot

Indications: Stretching for calf, assess posture and treat accordingly, Ice, hot linseed oil packs

Contraindications: None

HEMATOMA

Definition: a tumor or swelling filled with blood

Causes: trauma

Signs/Symptoms: lumpy feeling, sometimes surrounded by bruising

Indications: Massage above area

Contraindications: Refer to physician.

HEMOPHILIA

Definition: disorder of the blood clotting mechanism, blood does not clot

Causes: hereditary deficiency of or defective blood proteins that are needed for repair

Signs/Symptoms: cuts bleed somewhat longer than usual, may have complications due to internal bleeding

Indications: Use only light work under the supervision of a physician

Contraindications: Work only under supervision of physician

HEPATITIS

Definition: inflammation of the liver: Type A is usually in children transmitted by fecal matter and food and usually does not cause lasting damage. Type B through contact with infected blood and body fluids. Type B may last from 2-6 months and may lead to cirrhosis or other liver problems. Type C contracted through the blood and transfusions may lead to chronic problems. Toxic Hepatitis caused from exposure to toxic chemicals

Causes: viral infection, toxic chemicals

Signs/Symptoms: liver tender and enlarged, unable to function normally, build up of toxins in the body results: fever, weakness, vomiting, headache, muscle aches, flu like symptoms

Indications: Use caution: Highly contagious; Get physicians approval.

Contraindications: Work with Physicians recommendations for hygiene and sanitation

HERPES SIMPLEX (TYPE I, II)

Definition: painful, fluid filled blisters; usually of the mouth or around eye or genital area

Causes: virus; weakened immune system, stress

Signs/Symptoms: painful, blisters that rupture and crust over; Highly contagious!

Indications: Avoid contact with affected area; Use strict sanitation practices. Massage to reduce stress.

Contraindications: Avoid contact with affected area. Refer to appropriate health care practitioner. Nutritional supplements may be beneficial in reducing outbreaks.

HERPES ZOSTER (SHINGLES)

Definition: shingles; viral infection of the nervous system; fluid filled blisters form on the nerve endings

Causes: chicken pox virus; may lie dormant and reactivate when the immune system is compromised from stress, poor diet and lifestyle; environmental toxins

Signs/symptoms: pain, blisters; most often along intercostal nerves occasionally trigeminal nerve or optic nerve which may be cause damage to the eye.

Indications: Avoid lesions; Most likely to painful to work on or client may be unable to lie down on.

Contraindications: May be on steroids to reduce inflammation. Wait until lesions are healed.

HERNIATED DISC

Definition: compression of intervertebral discs usually in the low back but can be in the neck, leading to protrusion of disc or rupture of disc

Causes: trauma, weakened ligaments, improper posture, tight muscles, weak muscles, inactive muscles

Signs/Symptoms: back pain, pain down leg, tingling in foot, calf or thigh, foot drop

Indications: Postural rebalancing; release and balance psoas, adductors, realigning hips

Contraindications: Refer to Naturopath for Peat pack treatments, Chiropractic, Acupuncturist. Surgery should be last resort.

HERNIA (INGUINAL, HIATIAL)

Definition: Hiatal- stomach pushes upward through an opening in the diaphragm into the thorax
Inguinal- protrusion of the hernial sac containing the intestine into the inguinal opening

Causes: congenital defect, gastroesophageal reflux, vertebral subluxation, stress, improper diet, excess acidity

Signs/Symptoms: heartburn, exertion

Indications: Massage for stress reduction, postural alignment therapy; hydrotherapy- drink as much water as possible upon awakening and jump up and down to pull stomach back down.

Contraindications: Refer to physician for inguinal to eliminate the possibility of strangulation. For Hiatal refer to appropriate health care practitioner for diet modification and treatment.

HIV/AIDS (Human immunodeficiency virus/Acquired Immune Deficiency Syndrome)

Definition: immune system disorder; body is unable to defend itself.

Causes: virus spread by sexual or blood to blood contact

Signs/Symptoms: may get flu like symptoms 2-4 weeks after exposure; diarrhea, fever, fatigue, loss of appetite, night sweats, swollen lymph nodes, enlarged liver and spleen, cancers, Kaposi's sarcoma, herpes simplex

Indications: Massage for stress reduction, pain reduction. Use universal precautions. (protective barriers, disinfect with thorough washing, proper needle disposal, use ventilation devices of mouth to mouth resuscitation, avoid contact if you have openings in skin) Use 10% bleach solution; wash immediately with antiviral agent

Contraindications: Refer to appropriate health care practitioner for treatment of immune system. Use gloves if you have broken skin on the hands. If patients have breaks in skin, lesions, rashes also use gloves.

HODGKIN'S DISEASE

Definition: chronic infectious disease that may start as an inflammatory disorder and progress to a neoplastic disorder; cancerous growth of cells in lymph system

Causes: unknown; immune disorder, infection, Epstein-Barr virus

Signs/Symptoms: enlarged lymph glands and nodes (usually

in axilla, neck, or inguinal area), spleen, liver and sometimes kidneys, weakness, fever, night sweats, weight loss, fatigue, itching, loss of appetite; diagnosed only by biopsy

Indications: Massage for stress reduction. There is much controversy over massage in cancer patients. I believe it can only be helpful to awaken the person to the needs of their body and assist in deeper healing. Proceed

Contraindications: Work under physician referral. Treatment may include radiation/chemotherapy.

HUNTINGTON'S DISEASE

Definition: degenerative disease of the nervous system

Causes: unknown; genetics

Signs/Symptoms: dementia, muscular twitching, cerebral cortex affected

Indications: Massage for stress reduction

Contraindications: Work under supervision of physician.

HYPERESTHESIA

Definition: increased sensitivity to sensory stimuli such as pain or touch

Causes: may be a side effect of drug, fibromyalgia, herpes, carpal tunnel, neuritis; stress - emotional or physical.

Signs/Symptoms: pain with slightest touch

Indications: Massage lightly; May help desensitize, Be aware of client at all times; Ask for constant feedback

Contraindications: Refer to physician to determine cause and proceed accordingly.

HYPERTENSION

Definition: high blood pressure

Causes: stress, improper diet, lack of exercise, caffeine use, high sodium intake, water retention, hereditary, arteriosclerosis, athlersclerosis

Signs/Symptoms: headaches, sweating, rapid pulse, flushed skin, dizziness, shortness of breath, visual disturbances

Indications: Massage for stress reduction, relieve tightness that may be adding to restricted flow of blood especially forearm tightness. Massage may momentarily increase

blood pressure.

Contraindications: Refer to appropriate health care practitioner for lifestyle, diet and nutritional treatments. Have physician monitor in extreme conditions

HYPEROPIA

Definition: eyesight problem; parallel rays come to focus behind the retina

Causes: flattening of eye, eyestrain, disturbance in fluid systems of body

Signs/Symptoms: blurry vision

Indications: Massage for stress reduction; eye exercises

Contraindications: Refer to Bates vision specialist

HYPERTHYROIDISM

Definition: overproduction of thyroid hormone resulting in overactive metabolism. Most common form of this disease is Graves' Disease.

Causes: infection or inflammation of thyroid gland, improper diet

Signs/Symptoms: nervousness, weight loss, usually too hot, increased bowel movements, rapid heartbeat, hand tremors, less frequent menstruation

Indications: Massage for stress reduction, relaxation and detoxification.

Contraindications: Refer to appropriate health care practitioner

HYPERTONICITY

Definition: Increased muscle tone that if prolonged could lead to injury

Causes: exercise, stress, food allergies, over exertion, trauma

Signs/Symptoms: pain, tightness, stiffness, reduced elasticity, extensibility and contractility, ischemia, tissue colder than normal, numbness due to impingement

Indications: Massage to lengthen muscles, increase circulation, restore elasticity and extensibility

Contraindications: Refer to Physician if no known cause

HYPOGLYCEMIA

Definition: low blood sugar

Causes: over secretion of insulin by pancreas, poor diet, excess sugar, carbohydrates, alcohol, caffeine, soft drinks in diet, stress, adrenal insufficiency, thyroid disorders, kidney disease, immune deficiency and candida overgrowth

Signs/Symptoms: fatigue, headache, irritability when hungry, anxiety, constant hunger, swollen feet, insomnia, short temper

Indications: Massage for stress reduction; Have snacks available if you know the person is highly hypoglycemic.

Contraindications: Refer to appropriate health care practitioner for treatment.

HYPOTHYROIDISM

Definition: underproduction of thyroid hormone

Causes: Hashimotos' disease (body becomes allergic to thyroid hormone), iodine absorption, tumor, pituitary problems, lack of progesterone

Signs/Symptoms: fatigue, cold, painful menstrual periods, muscle weakness, dry skin, yellow bumps on eyelids, hair loss, anxiety, bulging eyes

Indications: Massage for stress reduction

Contraindications: Refer to appropriate health care practitioner for treatment. Extreme cases may need immediate attention of physician.

IMPETIGO

Definition: highly contagious skin infection

Causes: bacterial

Signs/Symptoms: reddish discoloration of skin developing into vesicles with a yellow crust; usually found in children

Indications: Massage to increase circulation and detoxification for healing.

Contraindications: Avoid contact with immediate area. Refer to Physician for treatment.

INFLUENZA

Definition: "the flu"; infection of the upper respiratory tract

Causes: viral; 200 or more different viruses.

Signs/Symptoms: headache, fever, fatigue, body aches, chills, dry throat, cough, nausea, vomiting,

Indications: Light massage may assist in healing; May make it worse too.

Contraindications: Refer to appropriate health care practitioner for immune support at first sign of sickness to speed up recovery time. If caught early enough, the effects can be reduced.

INSOMNIA

Definition: habitual sleeplessness

Causes: stress, grief, caffeine consumption, sugar consumption, anxiety, muscle tension, drug reaction (antidepressants, antihistamines, thyroid replacements), hypoglycemia, lack of calcium and magnesium, poor nutrition, other diseases of the endocrine, digestive system

Signs/Symptoms: tossing and turning, waking up in middle of night unable to fall asleep again.

Indications: Massage to reduce tension, relax, stress reduction

Contraindications: Refer to appropriate health care practitioner for treatment.

IRRITABLE BOWEL SYNDROME

Definition: digestive disorder; muscular contractions of digestive tract become irregular and uncoordinated; digestion and elimination are impaired.

Causes: viral or bacterial, stress, poor diet, overuse of antibiotics, antacids, laxatives

Signs/Symptoms: abdominal pain, diarrhea, constipation, headaches, vomiting

Indications: Massage for stress reduction, peristalsis if needed.

Contraindications: Refer to appropriate health care

practitioner for treatment.

K

KIDNEY DISEASE

Definition: Many types of diseases; impaired kidney function

Causes: exposure to drugs, toxins, chemicals, poisons

Signs/Symptoms: edema, excess protein in urine, chills, fever, abdominal pain, back pain, nausea, vomiting, loss of appetite, groin pain

Indications: Massage for stress reduction

Contraindications: Work with physician

KIDNEY STONE

Definition: accumulation of mineral salts that may lodge in the urinary tract

Causes: high intake of foods with oxalic acid (eggs, fish), high intake of fatty foods, dehydration, high intake of calcium or calcium absorption problem.

Signs/Symptoms: pain radiating from the upper back to the lower abdomen and groin, frequent urination, blood in urine, absence of urine formation, flulike symptoms

Indications: Massage for increase in circulation and detoxification

Contraindications: Refer to appropriate health care practitioner

KNEE PAIN AND KNEE PROBLEMS

The knee is the largest joint in the body. It is made up of the lower end of the thighbone (or femur), which rotates on the upper end of the shinbone (tibia), and the kneecap, which slides in a groove on the end of the femur. The knee joint also contains several muscles, which straighten the leg and bend the leg at the knee; tendons, which attach the muscles to the bones; ligaments, which help control motion by connecting bones; and cartilage, which serves to cushion the knee or help it absorb shock during motion.

Because of its size, and because it is such a complex structure, it is also one of the most frequently injured joints. Knee injuries can be caused by several factors. Most complaints of

knee pain result from some form of trauma, such as a torn or ruptured ligament; a broken or fractured kneecap; torn cartilage; or an accident that causes damage to the area or strains the knee beyond its normal range of motion. Being overweight can also contribute to knee problems by causing excess strain on ligaments and cartilage.

The main structures that can be injured are the meniscus, anterior cruciate ligament, patella tendon and the medial cruciate ligament.

Knee pain and injuries are usually a result of an imbalance in the muscles of the leg and hip. This can lead to pronation or supination of the foot. When the knee is out of alignment, wear and tear occur in the knee joint and surrounding ligaments and tendons.

The Iliotibial band (IT band) is a common cause of knee pain especially in runners. The IT band acts as a shock absorber for the knee and keeps the knee straight in walking/running.

KYPHOSIS

Definition: abnormal increased convexity of the thoracic spine; rounded shoulders, rounded upper back

Causes: weakness in psoas, tightness in pecs and abdominals, weakness in rhomboids, poor self image, poor posture, shortness in SCM and Scalenes

Indications: Massage to realign posture. Be sure to look at whole body and how it is affected or is affecting posture.

Contraindications: Removing kyphosis too quickly may cause more pain.

L

LACTOSE INTOLERANCE

Definition: inability to digest milk sugar

Causes: lack of or deficiency of lactase (enzyme that digests lactose); we are not designed to digest cow's milk. May be due to other gastrointestinal disorder that damages digestive tract.

Signs/Symptoms: retain fluid, gas, diarrhea, abdominal cramps

Indications: Massage OK.

Contraindications: N/A

LIPOMA

Definition: fatty tumor

Causes: toxins, excess fat

Signs/Symptoms: lumpy feeling tissue, may be painful or tender

Indications: Massage around area.

Contraindications: Refer to physician to rule out other tumors

LORDOSIS

Definition: abnormal increased concavity in the curvature of the lumbar spine; sway backed

Causes: malfunctioning psoas (weakness, shortness, inability to activate), tightness in adductors, quadriceps, too many sit ups

Signs/Symptoms: sway back, tightness in low back, may have pain

Indications: Deep tissue, structural realignment; release psoas, rectus abdominis, adductors and rebalance pelvis; movement re-education

Contraindications: N/A

LUPUS (DLE,SLE)

Definition: chronic inflammatory disease affecting the body's organs

SLE- systemic lupus erythematosus; affects many parts of body including lungs, kidneys, spleen heart

DLE- discoid lupus erythematosus; less serious affecting skin mainly

Causes: autoimmune inflammatory disease, viral, hereditary, sex hormones, drug reactions, faulty genes, triggered by medications such as penicillin, sulfa or tetracycline, excessive sunlight, injury, stress, infection

Signs/Symptoms: butterfly shaped rash on face that gives person the appearance of a wolf; abnormal cells in urine, arthritis, sun sensitivity, mouth sores, seizures and psychosis, low white blood cell count, low platelet count or hemolytic anemia, low grade fever, aches, hair loss, weight loss

Indications: Massage for stress reduction, reduce inflammation, increase circulation

Contraindications: May have complications of the liver, kidneys, spleen, heart, central nervous system. Work with physician referral. Hot hydrotherapy contraindicated. Fluorescent lights and heat lamps may aggravate condition.

LYMPHANGITIS

Definition: inflammation of the lymphatics system

Causes: bacterial

Signs/Symptoms: fever and chills, swelling and pain

Indications: Massage ok as per physician.

Contraindications: Physician referral

N

NEOPLASM

Definition: a mass of new abnormal tissue; usually a malignant tumor

Causes: see cancer

Signs/Symptoms: lump or thickening of tissue

Indications: Massage for stress reduction and elimination of toxins

Contraindications: Avoid direct pressure on area or use caution with clients and physicians ok. Refer to appropriate health care practitioner for treatment.

NEPHRITIS

Definition: inflammation of the kidney

Causes: damage from exposure to chemicals, poisons, toxins, bacterial or viral infection, chronic diseases such as diabetes or lupus

Signs/Symptoms: fever, chills, back pain, abdominal pain, fluid retention

Indications: Massage to remove toxins, increase circulation

Contraindications: Watch for drug interactions; Refer to appropriate health care practitioner.

NEURALGIA

Definition: nerve pain along the path of a peripheral sensory nerve without inflammation

Causes: trauma, injury, stress, nerve impingement or pressure on a nerve due to poor circulation, muscle spasm, arthritis, or poorly healed fracture

Signs/Symptoms: shooting and throbbing pain, tingling, numbness, paresthesia, no signs of inflammation, cold extremities due to reduction in circulation, peripheral nerve impingement, radiating pain following dermatomes, muscle spasms, weakness

Common types: Trigeminal neuralgia, thoracic outlet syndrome, intercostal neuralgia, Bell's Palsy

Indications: Massage to relieve pain and stress; traction to relieve pressure on nerve; realignment as needed throughout body.

Contraindications: Refer for diagnostic procedures if persistent and unrelievable

NEURITIS

Definition: inflammation of a nerve

Interstitial Neuritis: inflammation of the connective tissue of the nerve trunk characterized by dull, aching pain that follows the path of the nerve

Parenchymatous neuritis: inflammation of the internal nerve structure the axon and myelin

Causes: trauma, injury, stress, infection

Signs/Symptoms: pain, referred pain, redness along nerve, burning pain, paresthesia and pain when stretched, paralysis possible in parenchymatous, muscle spasm

Indications: Massage for stress reduction and pain relief; ice/heat as per stage of symptoms. Reduce inflammation. Relieve impingement.

Common types: Brachial plexus, carpal tunnel syndrome, sciatica, trigeminal neuritis, ulnar neuritis

Contraindications: Refer for diagnostic procedures if persistent and unrelievable; Acute neuritis is contraindicated for massage, no stretching.

NYCTALOPIA

Definition: night blindness

Causes: stress, eyestrain, nutritional deficiencies

Signs/Symptoms: unable to see well in faint light or darkness

Indications: Massage for stress reduction; Eye exercises

Contraindications: Refer to Bates Vision specialist

O

OSGOOD-SCHLATTER DISEASE

Definition: inflammation or partial detachment of the tibial tuberosity from the tibia; where patellar ligament inserts on tibia

Causes: repetitive trauma, chronic inflammation, from too much jumping, running

Signs/Symptoms: pain and swelling in area of tibial tuberosity

Indications: Relax quadriceps femoris and treat tibial tuberosity

Contraindications: none

OSTEOPOROSIS

Definition: "porous bones"; weakening of bones, loss of bone mass

Causes: aging, lack of exercise, menopause (reduction of hormones), cortisone use, trauma, injury, calcium deficiency, unable to absorb and metabolize calcium, high intake of phosphate in foods

Signs/Symptoms: weakened bone structure, shrinkage in height of backbone, hip fractures

Indications: Massage lightly for stress reduction; Use caution as bones could break

Contraindications: Caution: bones brittle and subject to breaking under slightest pressure

OTTIS EXTERNA, MEDIA, INTERNA

Definition: Ear infections: externa-outer ear (swimmer's ear), Media- middle ear, usually in children. Interna- inner ear

Causes: food allergies, impacted wax, bacterial or viral infection

Signs/Symptoms: fever, chills, pain in ear, Indications:

Massage for stress reduction and removal of toxins

Contraindications: Refer to appropriate health care practitioner for treatment and diet changes

OVARIAN CYST

Definition: Cyst on ovary

Causes: endometriosis, improper diet and lifestyle

Signs/Symptoms: pain in abdominal region, pain at ovulation

Indications: Massage for stress reduction and removal of abdominal adhesions (may need visceral manipulation specialist)

Contraindications: Refer to Physician to rule out ectopic pregnancy and cancer. Refer to appropriate health care practitioner.

P

PAGET'S DISEASE

Definition: disease of bones; bones are replaced with structurally deficient bone deficient in calcium and weaker than normal

Causes: unknown; may be viral infection, heredity; often confused with hyperthyroidism, bone cancer; must be diagnosed with bone scans, CT scans, MRI, urine tests, and bone biopsy

Signs/Symptoms: mild to moderate pain, worse with exertion, unexplained bone fractures, headaches, dizziness, ringing in the ears, impaired mobility, may cause deformities such as bowed legs, bent spine

Indications: N/A; Reiki

Contraindications: Massage not recommended because of the lack of structure of the bones

PANCREATITIS

Definition: inflammation of the pancreas; usually from an obstruction of the pancreatic duct

Causes: gallstones, scarring from alcohol damage, cancerous tumor, viral infection, injury, obesity, poor nutrition, drug use

Signs/Symptoms: pain around navel area and back, nausea, vomiting, abdominal swelling and distention, fever, sweating, muscle aches, digestive difficulties

Indications: Massage for stress and pain reduction

Contraindications: Refer to Physician: Refer to appropriate health care practitioner after stabilized for treatment

PARALYSIS

Definition: diminished or total loss of motor function

Causes: trauma, injury, nerve impingement or compression, tumors

Signs/Symptoms: weakness, loss of movement, loss of muscle tone

Indications: Massage for relief of impingement or compression: movement reeducation for complete paralysis

Contraindications: Caution: unable to feel pain

PARKINSON'S DISEASE

Definition: degenerative disease of the nervous system

Causes: unknown; related to lack of dopamine in brain, dopamine receptors blocked; chemical toxicity

Sign/Symptoms: tremor of hand or hands, fatigue, muscular stiffness, muscular rigidity, shuffling gait, impaired speech, depression, dementia

Indications: Massage to reduce stiffness, stress

Contraindications: Medications for this disease can cause kidney, liver problems, more stiffness, discoloration of skin, nightmares, fatigue. Refer to Naturopath and Acupuncturist for detoxification and treatment

PELVIC INFLAMMATORY DISEASE

Definition: inflammation of the uterus, fallopian tubes, and surrounding tissue

Causes: bacteria introduced through intercourse, gonorrhea

Signs/Symptoms: pelvic pain, painful abscesses of the reproductive organs, vaginal discharge, fever

Indications: N/A

Contraindications: Refer to Physician

PERIPHERAL NEUROPATHY

Definition: disturbances and/or pathological changes in the peripheral(lies outside the central nervous system) nervous system

Causes: diabetic neuropathy, ischemic neuropathy, trauma

Signs/Symptoms: numbness, burning, pain

Indications: Massage Ok

Contraindications: Have underlying condition diagnosed by appropriate health care practitioner

PERITONITIS

Definition: acute inflammation of the serous membrane lining the abdominal cavity and covering the abdominal viscera

Causes: bacterial infection, bacterial contamination from surgery or trauma

Indications: N/A

Contraindications: Refer to Physician as it may spread to other organs

PHLEBITIS

Definition: inflammation of a vein

Causes: blood clot, trauma, weakening of the vein due to aging

Signs/Symptoms: edema, stiffness, pain, red streak in vein; often found in leg

Indications:N/A

Contraindications: Refer to Physician

PNEUMONIA

Definition: serious infection of the lungs

Causes: viral, bacterial, fungi, protozoa, upper respiratory infection, immune deficiency

Signs/Symptoms: fever, shortness of breath, wheezing, chills, sore throat, muscle aches, enlarged lymph nodes

Indications: Massage at your own risk; may be contagious.
Massage for stress reduction

Contraindications: Refer to Physician if symptoms worsen or persist.

POLIOMYELITIS (POLIO)

Definition: infection of the central nervous system

Causes: viral

Signs/Symptoms: fever, headache, stiff neck and back, deep muscle pain, weakness, loss of somatic reflexes, paralysis, difficulty swallowing, breathing and speaking, lower body paralysis,

Indications: Massage ok

Contraindications: None. Some one with childhood polio can have symptoms later in life. Caution advised when working with infant who just had polio vaccine as virus may be transmitted in bodily fluids.

POST TRAUMATIC STRESS

Post-Traumatic Stress Disorder from the Touch Research Institute.

Massage therapy decreased the anxiety, depression and stress hormone levels (cortisol) of children who had post-traumatic stress disorder following Hurricane Andrew.

Postural Deviations (Lordosis, Kyphosis, scoliosis)

Definition: structural abnormalities

Causes: due to weakness, tightness

Signs/Symptoms: poor posture

Indications: Massage for realignment, postural re-education

Contraindications: None

PREGNANCY

Definition: time between conception and birth

Signs/Symptoms: nausea, vomiting, fatigue

Indications: see section on Pregnancy Massage Guidelines

Contraindications: See section on Pregnancy Massage Guidelines

PLEURISY

Definition: inflammation of the pleural membrane

Causes: from surgical procedure, persistent coughing, trauma

Signs/Symptoms: pain at sides of ribs, pain with breathing

Indications: Massage to relieve pain, intercostal work; breathing exercises

Contraindications: Caution if from trauma

PREMENSTRUAL SYNDROME

Definition: disorder in women before menstruation

Causes: hormonal fluctuations and imbalances, poor diet consisting of sugar and processed foods, food allergies, hypoglycemia, malabsorption

Signs/Symptoms: abdominal bloating, fatigue, cramps, headaches, insomnia, joint pain, mood swings, depression

Indications: Massage for stress reduction, headache relief, removal of toxins, reduce tension

Contraindications: touch sensitivity may be heightened during this time, also may be more easily bruised.

PSORIASIS

Definition: skin disease

Causes: heredity, trauma, infections, seasonal, stress, illness, viral or bacterial infection, overuse of drugs or alcohol, reaction to medications, faulty utilization of fat, weakened immune system, build up of toxins in colon

Signs/Symptoms: silvery scales or red area on skin, ridges on nails, itching

Indications: Massage for detoxification and stress reduction

Contraindications: Avoid infected area; Refer to Naturopath and Acupuncturist for detoxification, diet modification and treatment

R

RAYNAUD'S DISEASE

Definition: circulatory disease in the hands and feet with sensitivity to cold

Causes: stress, side effect of some drugs, muscle tightness and compression syndromes

Signs/Symptoms: fingers deprived of oxygen turn blue or white, damage may occur to nails

Indications: Massage for stress reduction and relieve any compressed areas

Contraindications: Gangrene may occur in extreme cases;

REFLEX SYMPATHETIC DYSTROPHY

Definition: Sympathetic Nervous System Disorder

Causes: Trauma, injury, stress

Signs/Symptoms: burning pain, swelling, osteoporosis, skin changes, muscle spasm, joint tenderness, vasoconstriction and dilation, usually in hand or foot but can be other places, may lead to weakness and atrophy

Indications: Massage for stress reduction and relieve spasms. Check postural alignment.

Contraindications: Refer to appropriate health care practitioner

REPETITIVE STRESS SYNDROME

Definition: a combination of conditions which include tendonitis, tenosynovitis, neuralgia, and neuritis

Causes: overuse, poor nutrition, stress

Signs/Symptoms: burning pain, tingling, increased pain with movement, numbness, swelling, inflammation, weakness, reduced mobility, reduced motor ability

Indications: Get clear diagnosis. Reduce inflammation, reduce adhesions, reduce joint stiffness and pain, minimize atrophy

Contraindications: Check for steroid medications

RESTLESS LEG SYNDROME

Definition: uncontrollable urge to move legs usually occurring at night

Causes: Unknown; possible causes are drug reaction, brain chemistry imbalance, iron deficiency, pregnancy, neuropathy, improper diet, lack of exercise

Signs/Symptoms: nocturnal leg cramping, muscle tightness, urge to move due to uncomfortable sensations, symptoms may worsen with relaxation, burning feet, fibromyalgia, sleep problems

Indications: Massage to relieve tightness in legs, triggerpoint therapy, stretching program

Contraindications: Relaxation may worsen condition in some cases. Refer to appropriate health care practitioner for nutritional support and treatment. Possible medications for treatment include sinemet, valium, percocet, percodan.

RINGWORM

Definition: fungal infection of the skin

Causes: fungus

Signs/Symptoms: scaly, crusty cracking of the skin

Indications: do not use oil or lotion as fungus thrive in moist areas

Contraindications: No oil or lotion; Refer to appropriate health care practitioner

ROSACEA

Definition: chronic skin disorder of the forehead, face and chin

Causes: unknown; may be related to alcohol consumption, poor digestion, dehydration, nutritional deficiencies, stress

Signs/Symptoms: capillaries become dilated causing blotchy areas with pimples, skin may be sensitive to touch

Indications: Massage for stress reduction and removal of toxins and to stimulate digestion

Contraindications: None; Refer to appropriate health care practitioner.

S

SCABIES

Definition: skin infection

Causes: parasites; mites

Signs/Symptoms: itching, persistent itchy rash, dry scaly skin, highly contagious by skin to skin contact

Indications: N/A

Contraindications: refer to Physician for diagnosis

SCIATICA

Definition: inflammation of the sciatic nerve

Causes: nerve root impingement caused by disc protrusion or herniation, adhesions at the nerve root, fibrosis, degenerative joint disease, piriformis syndrome, fibromyalgia

Signs/Symptoms: pain in buttocks, referring down leg, low back pain, burning, tingling

Indications: Massage to relieve spasm in piriformis, psoas, adductors, iliotibial band; balance pelvis, structural realignment.

Contraindications: Refer to appropriate health care practitioner to diagnose disc problems. Refer to appropriate health care practitioner for nutritional, diet and lifestyle changes.

SCLERODERMA

Definition: disease of the connective tissue of the body primarily the skin, but can affect many organs such as the gastrointestinal tract, heart, lungs, kidneys; normal tissue is replaced with fibrous connective tissue.

Causes: metabolism disorder of connective tissue and its ground substance, microvascular abnormalities, autoimmune system

Signs/Symptoms: pain and stiffness in finger and knee joints, edema and thickening of the skin, cold or cold sensitive hands and feet, difficulty breathing, hypertension, hyperthyroid, flexion contracture, yellow or white round or oval plaques with red and blue hyperemia at the edge of them; plaques often follow the distribution of a cutaneous nerve; may have Raynaud's phenomenon or renal disease

Indications: Massage to warm skin, maintain skin elasticity,

reduce pain, elicit parasympathetic response

Contraindications: ROM may be limited due to tension of the skin. If breathing is difficult, may have to treat sitting up. Cold therapy and extreme heat should be avoided. Check medications. Refer to appropriate health care provider.

SCHIZOPHRENIA

Definition: mental illness

Causes: unknown; stress, complications during birth, head injury, virus, environmental poisons, nutritional deficiencies, heredity, neurotransmitter imbalances in the brain

Signs/Symptoms: disordered thinking and perception, depression, behavioral disturbances, delusions, loss of contact with reality

Indications: Massage for stress reduction and removal of toxins

Contraindications: Check for Medications

SCOLIOSIS

Definition: lateral curvature of the spine

Causes: muscular tightness, muscular weakness, poor posture, emotional trauma, injury, degeneration of the spine, bony abnormalities, congenital

Signs/Symptoms: rotation and lateral flexion of the spine accompanied with fixed rotation of the vertebrae, poor posture, muscle pain due to imbalances

Indications: Massage to correct and reduce curvature, decompress structures, movement re-education

Contraindications: None

SEASONAL AFFECTIVE DISORDER

Definition: depression that occurs in the winter due to shorter and darker days

Causes: lack of sunlight, poor diet, stress

Signs/Symptoms: loss of energy, anxiety, sleep often, reduced sex drive, weight gain due to overeating

Indications: massage for stress reduction and relaxation of tense muscles

Contraindications: None; Contact

SEBACEOUS CYST

Definition: skin growth that contain a mixture of sebum (oil) and skin proteins

Causes: toxins, bacterial or viral infection

Signs/Symptoms: whitehead, swellings on the face, scalp and back

Indications: Massage for detoxification and stress reduction

Contraindications: Avoid inflamed area

SEBORHEIC DERMATITIS

Definition: skin disorder of the sebaceous glands (oil secreting glands)

Causes: unknown; but may be nutritional deficiencies, yeast infection, stress, anxiety, oily skin, Parkinson's disease, immune deficiencies, food allergies

Signs/Symptoms: occur mainly on the scalp, face and chest, may or may not itch, scaly bumps

Indications: Massage for stress reduction

Contraindications: Avoid any inflamed areas

SEBORRHEID KERATOSIS (Basal cell papilloma)

Definition: benign superficial epithelial tumors

Causes: nutritional deficiencies, toxin build up

Signs/Symptoms: yellow to tan to brown to black lesions that are raised above the skin

Indications: Massage for stress reduction

Contraindications: None

SEPARATIONS (joints)

Definition: separation of the joints in a side to side manner

Causes: trauma, consistent overuse of joint

Signs/Symptoms: pain, swelling, loss of ROM, excessive scar tissue formation around the joint during healing. Common area - Acromioclavicular; head of humerus forced into the acromion process tearing the acromioclavicular ligament.

Indications: Massage for inflammation according to your level of training.

Contraindications: Refer to physician for complete separations characterized by complete displacement of the joints

SHINGLES (Herpes Zoster)

Definition: skin inflammation

Causes: virus; immune deficiencies, stress, cancer

Signs/Symptoms: chills, fever, achiness, blistering of skin, with excruciating pain, sensitivity to touch, numbness, depression, headache, blisters scab over and fall off

Indications: N/A

Contraindications: Highly contagious

SINUSITIS (acute/chronic)

Definition: inflammation of the nasal sinuses

Causes: excess mucus production from poor digestion, bacterial or viral production, hay fever, food allergies

Signs/Symptoms: fever, cough, headache, facial pain, cranial pressure, tenderness in the forehead and cheekbones, stuffy nose, runny nose

Indications: Massage for detoxification and stress reduction. Sinus pressure points in upper, medial corner of eyes, along ridge of cheekbone; cervical misalignment, TMJ, cranial misalignment.

Contraindications: Refer to appropriate health care practitioner.

SJÖGREN'S SYNDROME

Definition: autoimmune connective tissue disorder

Causes: hormonal changes, stress

Signs/Symptoms: dryness of the mouth and eyes, salivary gland enlargement may be present, rheumatoid arthritis; mainly in menopausal or postmenopausal women

Indications: Massage for stress reduction

Contraindications: Refer to appropriate health care practitioner

SKIN CANCER

Definition: cancer of the skin

Basal cell carcinoma- most common, prevalent in fair skinned people, pearly looking bump that may bleed and never heal.

Squamous cell carcinoma- lump or tumor under the skin, appearance of a wart or small ulcerated spot that never heals, may be from overexposure to sun

Malignant Melanoma-most dangerous, tumor grows from the pigment producing cells of the deeper layers of the skin; most from moles.

Causes: overexposure to sun and tanning salons, environmental pollutants, destruction of the ozone layer

Signs/Symptoms: skin problems that don't heal, moles that bleed, moles that change in size and color, reddish irritated spot, smooth growth with an elevated border and indented center, shiny scar like area that is white, yellow or waxy.

Indications: Massage for stress reduction and detoxification

Contraindications: Lesions may be removed with cryotherapy; Use caution around these areas.

Refer to appropriate health care practitioner.

SLEEP APNEA

Definition: sleep disturbance; apnea means without breath.

Causes: high blood pressure, nutritional deficiencies such as calcium and magnesium, lack of exercise, poor diet, excess mucus, blocked nasal passageways (deviated septum), adrenal distress, hormonal changes

Signs/Symptoms: irregular breathing, snoring, oxygen deprivation, fatigue, feeling unrested after sleep, TMJ, cervical and cranial misalignment

Indications: Massage for stress reduction and relieve tension in neck, shoulders and back, cranial realignment, cervical realignment

Contraindications: none; Refer to appropriate health care practitioner;

SPASM

Definition: sudden painful contraction of muscle

Causes: trauma, injury, nutritional deficiencies, food allergies

Signs/Symptoms: pain, tightness

Indications: Massage to relieve tightness

Contraindications: none

SPINA BIFIDA

Definition: congenital disorder of the vertebral column in which the lamina do not unite at the midline

Causes: disease or sickness during pregnancy

Signs/Symptoms: protrusion of the spinal cord, urinary difficulties, absence of reflexes

Indications: Massage ok

Contraindications: none

SPRAINS (see section on Muscle Strains)

Definition: injury to ligaments (may also involve muscles or tendons); tears in ligaments

Causes: injury, overexertion, over stretching, unexpected movement

Signs/Symptoms: pain, inflammation, bruising, swelling; gradual or sudden onset; hyper-mobile and unstable- joint, sharp pain. Common areas – ankle, knee, wrist, whiplash, joint separation or dislocation.

Indications: Massage according to your level of training. Reduce inflammation, vascular flush, Trigger point to regain flexibility, movement re-education

Contraindications: Traction may aggravate injury if it involves the injured ligaments. Traumatic injuries should be assessed by physician to determine severity.

STRABISMUS

Definition: eye disorder in which optic axes cannot be directed to the same object

Causes: lack of muscular coordination

Signs/Symptoms: squinting

Indications: Massage for stress reduction; eye exercises

Contraindications: Refer to appropriate health care practitioner; Bates vision specialist.

STRAINS

Definition: injury to muscle or tendon; rupture or tear

Causes: overexertion, over stretching, not enough rest after exertion, pushing a weak muscle beyond its abilities

Signs/Symptoms: spasm, pain, swelling, loss of movement; gradual or sudden onset.

Level 1 – 1% to 50% partial tear of fibers; some loss of function, can hold against resistance with pain, swelling, muscle guarding

Level 2 – 50%-90% fiber tear; cannot hold against moderate resistance but may hold against gravity, pain, swelling, edema, muscle guarding

Level 3 – 100% tear of fibers; snap heard at time of injury, no resistance possible, may or may not have pain

Indications: Massage according to your level of training. Reduce inflammation, Trigger point to regain flexibility, movement re-education

Contraindications: Traumatic injuries should be assessed by physician to determine severity. 100% tear needs to be referred to physician immediately. Naturopath and Acupuncturist to speed healing with natural anti-inflammatories.

STRESS

Definition: any physical, mental, emotional, chemical, stimulus that interferes with the body's natural balance

Causes: nutritional deficiencies, work, holidays, family, noise, traffic, temperature, overwork, lack of sleep, illness, drug and alcohol abuse. improper breathing; increase of cortisol in body weakens immune system.

Signs/Symptoms: fatigue, insomnia, muscle tension, high blood pressure, irritability, anxiety, stomach disorders, all physical, mental and emotional illnesses, sexual dysfunction, muscle aches, headaches

Indications: MASSAGE

Contraindications: None. Refer to appropriate health care practitioner to assist with eliminating the cause of stress and changing lifestyles.

SUBLUXATION/ FIXATION

Definition: deviation in articular cartilage; vertebral misalignment

Causes: muscular tightness, stress, food allergies, injury, trauma, inadequate muscle tone and awareness

Signs/Symptoms: pain, muscle spasm, muscle strength imbalance

Indications: Massage to relieve muscle spasm and tension, movement re-education and awareness exercises

Contraindications: none

SUBSTANCE ABUSE

Definition: addiction to drugs, alcohol, smoking

Causes: nutritional deficiencies, stress, emotional disturbances

Signs/Symptoms: their life is a mess

Indications: Massage for stress reduction

Contraindications: Be aware of side effects of medications. Refer to appropriate health care practitioner.



TENDONITIS

Definition: inflammation of a tendon or musculotendinous junction

Causes: overuse, repetitive stress, improper healing, or tearing from sustained overloading of muscle

Signs/Symptoms: pain, persistent pain worse at night, pain referral, pain worse after use, muscle weakness, inflammation, limited ROM; usually occurs where the tendon attaches to the bone or where the muscle attaches to the tendon or in the tendon.

Common areas: rotator cuff tendonitis, infraspinatus tendonitis, carpal tunnel syndrome, tennis elbow, shin splints

Indications: Massage as per your level of training. Trigger point treatments, relieve inflammation, re-educate movement. Slow to heal because of lack of vascularity.

Contraindications: Cortisone shots may be administered;
Use caution

TENOSYNOVITIS

Definition: inflammation of the tendon sheath – the gliding surface of the tendon and surrounding sheath.

Causes: overuse, repetitive motion, repetitive strain, improper posture, misalignment

Signs/Symptoms: pain, inflammation, stiffness

Indications: Massage as per your level of training; Reduce inflammation, relieve trigger points, realign problem area

Contraindications: None; Check for medications – steroids may be used in treatment.

TRIGEMINAL NEURALGIA

Definition: compression of fifth cranial nerve; may cause degeneration of nerve

Causes: vertebral misalignment, cranial misalignment, TMJ

Signs/Symptoms: pain in face area

Indications: Massage for pain reduction, realign problem areas

Contraindications: None. Refer to appropriate health care provider.

THORACIC OUTLET SYNDROME

Definition: compression of brachial nerve plexus; C8-T1; may also be referred to as Brachial Plexus syndrome which may involve C5-C8.

Causes: tightness in pectoral muscles, intercostals, muscles around clavicle, upper back, neck; misalignment in one or all or these areas; disc protrusion or herniation, fibromyalgia, degenerative changes in the spine causing nerve impingement, inter-scalene triangle impingement, fibrosis of the cervical and shoulder area,

Signs/Symptoms: pain in arm, shoulder, hand, forearm; cold hands and fingers due to compression of axillary artery

Indications: Massage; realignment and release compression

Contraindications: none; Refer to appropriate health care practitioner; Have clear diagnosis to rule out neuritis.

THROMBOPHLEBITIS

Definition: inflammation of a vein

Causes: thrombus(blood clot) from trauma, environmental allergies, lack of exercise and movement, standing for long periods of time, aging, poor circulation, abnormal clotting

Signs/Symptoms: swelling, pain, discoloration of the skin (bluish)

Indications: massage above area

Contraindications: Do not work directly on the area involved

TORTICOLLIS

Definition: wry neck, asymmetry in the strength or function of the Sternocleidomastoid muscle causing rotation of the head to one side with a tilt in another direction (lateral, forward or backwards)

Causes: bad sleeping position, stress, TMJ, vertebral misalignment, spasm in SCM, emotional trauma,

Signs/Symptoms: pain, lack of rotation of the neck

Indications: massage to relieve muscle contraction, realign problem areas, lengthen SCM

Contraindications: none; Refer to appropriate health care practitioner.

TUBERCULOSIS

Definition: infectious disease of the lungs

Causes: bacterial

Signs/Symptoms: flulike symptoms, cough, chest pain, fever, night sweats, shortness of breath

Indications:N/A

Contraindications: Refer to Physician; Highly contagious

V

VARICOSE VEINS

Definition: abnormally enlarged veins

Causes: improper functioning of the valves in the veins, weakened linings of the wall of the vein, injury, trauma, vitamin C deficiency, overweight, lack of exercise, pregnancy

Signs/Symptoms: bulging, blue veins, usually in the legs

Indications: Massage around vein

Contraindications: do not work directly on vein; Refer to Naturopath and/or Acupuncturist for treatment of nutritional deficiencies

W

WARTS

Definition: small growths on skin

Causes: viruses

Signs/Symptoms: bumps on skin, singly or in clusters

Indications: Massage

Contraindications: Avoid direct contact with area; may be contagious

WHIPLASH

Definition: traumatic injury to the neck most commonly associated with car accident; acceleration/deceleration

Causes: rapid deceleration, injuries, trauma

Signs/Symptoms: dizziness, pain in neck, muscle guarding, TMJ, inner ear disturbances, concussions

Indications: Massage as per your level of training. treatment differs as to type of accident (rear end collision, head on collision or side impact collision)

Contraindications: Have Physician evaluate traumatic injuries