

# CHAPTER

# 10

## Classification of Massage Movements

**FILL-IN-THE-BLANK:** In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. Seven factors that control the results of massage strokes are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of the movement.
2. The factor that affects the outcome of a technique or massage is the \_\_\_\_\_ with which it is given.
3. Four external forces that deform the body's tissues in a positive manner are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ forces.
4. Massage strokes are directed toward the heart to affect the flow of \_\_\_\_\_ and \_\_\_\_\_.
5. The seven common massage methods are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
6. Three massage movements classified as a static method are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
7. Four massage movements that are considered to be gliding methods are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
8. Four massage movements that are considered to be torsion methods are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
9. Five massage movements that are considered to be shearing methods are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
10. Four massage movements that are considered to be oscillating methods are: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

11. Five massage movements that are considered to be percussive methods are:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_.

**IDENTIFICATION:** Identify the classification of massage manipulation described in each statement by writing the classification next to the appropriate description in the space provided.

- |       |  |
|-------|--|
| _____ | 1. applied in the direction of the venous and lymphatic flow   |
| _____ | 2. lifts, squeezes, and presses the tissues  |
| _____ | 3. used to distribute any lubricant and to prepare the area for other techniques                             |
| _____ | 4. manipulation of the articulations of the client   |
| _____ | 5. generally the first and last contact the practitioner has with the client                                 |
| _____ | 6. placing of the practitioner's hand or fingers on the client without movement in any direction             |
| _____ | 7. rapid striking motion against the surface of the client's body  |
| _____ | 8. moving more superficial layers of flesh against the deeper tissues  |
| _____ | 9. moving a body part through a range of motion  |
| _____ | 10. the stationary contact of the practitioner's hand and the client's body                                  |
| _____ | 11. moving the hand over some portion of the client's body with varying amounts of pressure                  |
| _____ | 12. used to assist a client to restore mobility or increase flexibility in a joint                           |
| _____ | 13. raising tissues from their ordinary position and then squeezing, rolling, or pinching with firm pressure |
| _____ | 14. manipulating one layer of tissue over or against another   |

**MATCHING:** Match the static touch and gliding methods listed below with the best clinical situation. Write the letter or letters of the appropriate technique(s) in the space provided.

- A. superficial touch                      C. superficial gliding  
B. deep touch                                D. deep gliding

\_\_\_\_\_ 1. Client has moderately high blood pressure.

\_\_\_\_\_ 2. Client is nervous and irritated.

\_\_\_\_\_ 3. Client is in pain from severe arthritis.

\_\_\_\_\_ 4. Client is healthy and has thick, heavy musculature.

\_\_\_\_\_ 5. Client has trigger points in the neck and shoulders.

\_\_\_\_\_ 6. Client is critically ill with lymphoma.

\_\_\_\_\_ 7. Client has stress points in the tendons around the elbow and knee.

\_\_\_\_\_ 8. Client complains of insomnia.

\_\_\_\_\_ 9. This is the main technique used in foot reflexology.

\_\_\_\_\_ 10. This technique is used when applying oil to the body.

\_\_\_\_\_ 11. Client requests a deep relaxing massage.

\_\_\_\_\_ 12. This is the main technique used in shiatsu.

\_\_\_\_\_ 13. Client is generally tired.

\_\_\_\_\_ 14. Client is visibly nervous and tense.

**MATCHING:** Match the term in the first column with the best description in the second column. Write the letter of the best description in the space provided.

\_\_\_\_\_ 1. hacking

\_\_\_\_\_ 2. skin rolling

\_\_\_\_\_ 3. aura stroking

\_\_\_\_\_ 4. active, assistive joint movements

\_\_\_\_\_ 5. superficial gliding

\_\_\_\_\_ 6. cross-fiber friction

\_\_\_\_\_ 7. kneading

\_\_\_\_\_ 8. deep friction

\_\_\_\_\_ 9. superficial touch

A. rhythmic pumping action directed into the muscle perpendicular to the body part

B. a stroke with enough pressure to have a mechanical effect

C. applied in a transverse direction across the muscle, tendon, or ligament fibers

D. the natural weight of the practitioner's finger, fingers, or hand held on a given area of the client's body

E. quick, striking manipulations with the ulnar border of the hand

- |   |   |
|---|---|
| _____ 10. circular friction                 | F. help from the practitioner as the client moves a limb  |
| _____ 11. tapping                           | G. moving the skin in a circular pattern over the deeper tissues  |
| _____ 12. active, resistive joint movements | H. a continuous shaking or trembling movement transmitted from the practitioner's hand or an electrical appliance                         |
| _____ 13. feather gliding                   | I. very light fingertip pressure with long, flowing strokes   |
| _____ 14. compression                       | J. moving more superficial layers of flesh against deeper tissues   |
| _____ 15. deep static touch                 | K. applying pressure with no other movement   |
| _____ 16. passive joint movements           | L. picking the skin and subcutaneous tissue up between the thumbs and fingers and rolling it  |
| _____ 17. deep gliding                      | M. moving a flexible, firm hand lightly over an extended area of the body   |
| _____ 18. vibration                         | N. raising the skin and muscular tissues from their ordinary position and squeezing with a firm pressure, usually in a circular direction |
|   | O. quick, striking manipulations with the tips of the fingers   |
|   | P. moving a client's joint while his muscles are relaxed  |
|   | Q. the practitioner's resistance of a client's movement   |
|   | R. hands gliding over a body part without touching  |

**TRUE OR FALSE:** If the following statements are true, write true in the space provided. If they are false, replace the italicized word with one that makes the statement true.

- \_\_\_\_\_ 1. Massage strokes directed toward from the heart are termed *centripetal*.
- \_\_\_\_\_ 2. To have a *sedating* effect, the rhythm of the massage must be steady and slightly slower than the client's natural rhythm.
- \_\_\_\_\_ 3. A primary indication of tension and dysfunction in soft tissue is *numbness*.

- \_\_\_\_\_ 4. The pressure used with a massage technique should start out light, then increase, and, finally, end as *light pressure*.
- \_\_\_\_\_ 5. Deep massage techniques that cause a client to react in pain must be *avoided*.

**MULTIPLE CHOICE:** Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. Most current massage styles are based on \_\_\_\_\_
  - a) Swedish movements
  - b) Swiss movements
  - c) German movements
  - d) Chinese movements
  
2. When a practitioner recognizes the purposes and effects of movements and \_\_\_\_\_ adapts the treatment to the client, the massage practice has become
  - a) manipulative
  - b) scientific
  - c) therapeutic
  - d) resourceful
  
3. A massage practitioner's main mode of communication \_\_\_\_\_
  - a) is touch
  - b) is during the consultation
  - c) is conversation during the treatment
  - d) takes place after the session
  
4. A massage movement directed toward from the heart is called \_\_\_\_\_
  - a) clockwise
  - b) centripetal
  - c) contraindicated
  - d) centrifugal
  
5. In massage, placing the hand, finger, or forearm on the client without \_\_\_\_\_ movement is called
  - a) static touch
  - b) gliding
  - c) intrusive
  - d) friction
  
6. Sliding the hand over some portion of the client's body with varying \_\_\_\_\_ amounts of pressure is called
  - a) friction
  - b) kneading
  - c) gliding
  - d) vibration
  
7. Rapidly striking the hands against the surface of the client's body is called \_\_\_\_\_
  - a) percussion
  - b) friction
  - c) petrissage
  - d) joint movement



17. A mechanical vibrator that has a back-and-forth movement is called \_\_\_\_\_  
 a) orbital c) vertical  
 b) oscillating d) horizontal
18. A mechanical vibrator that has a circular movement is called \_\_\_\_\_  
 a) oscillating c) orbital  
 b) round d) global
19. When doing passive joint movements, the change in the quality of movement as the limb reaches the extent of its possible range is termed \_\_\_\_\_  
 a) range of movement c) end feel  
 b) stretch d) pathologic barrier
20. \_\_\_\_\_ is classified as a torsion method in Swedish massage. \_\_\_\_\_  
 a) Fulling c) Compression  
 b) Hacking d) Gliding
21. The technique of lifting and squeezing a part of the body is considered \_\_\_\_\_  
 a) kneading c) compression  
 b) friction d) deep gliding
22. The first technique in developing a therapeutic relationship between a massage therapist and a client is \_\_\_\_\_  
 a) superficial gliding strokes c) introducing yourself  
 b) the consultation d) static touch
23. The intention with which a manipulation is applied influences its \_\_\_\_\_  
 a) pressure c) effect  
 b) duration d) all of the above
24. A rhythmic, perpendicular pumping action to the muscle body describes \_\_\_\_\_  
 a) lymphatic pump c) hacking  
 b) compression d) beating
25. A technique often used to relieve muscle spasms, stress points, and trigger points is \_\_\_\_\_  
 a) light touch c) deep static touch  
 b) superficial gliding d) cross-fiber friction





aura gliding

---

---

---

beating

---

---

---

chucking

---

---

---

circular friction

---

---

---

compression

---

---

---

cross-fiber friction

---

---

---

cupping

---

---

---

deep gliding

---

---

---

effleurage

---

---

---

end feel

---

---

---

feather strokes

---

---

---

friction or shearing methods

---

---

---

gliding

---

---

---

hacking

---

---

---

jostling

---

---

---

torsion method or kneading

---

---

---

passive joint movements

---

---

---

pathologic barrier

---

---

---

percussion methods

---

---

---

petrissage

---

---

---

physiologic barrier

---

---

---

range of motion

---

---

---

rocking

---

---

---

rolling

---

---

---

shaking

---

---

---

skin rolling

---

---

---

slapping

---

---

---

soft end feel

---

---

---

soft tissue deformation

---

---

---

superficial gliding

---

---

---

tapotement

---

---

---

tapping

---

---

---

static touch

---

---

---

vibration

---

---

---

wringing

---

---

---