

Instructional Terminology

THERAPEUTIC MASSAGE

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1,2,3

5 Elements - A Chinese philosophy that uses wood, water, fire, metal and Earth to describe all universal interactions

A

Abduction - Movement away from the midline

Abrasions - A superficial wearing off of the skin

Absolute Contraindication - A condition in which massage therapy is not recommended because it could cause harm to the client or the therapist

Absorption - A process in which something takes in another substance

Abuse - Intentional misuse of something in which harm occurs to others

Action Potential - A chemical signal along the membrane of a cell with the potential of passing on that signal to the next cell

Active - Voluntary movement

Active Movement - A movement produced by voluntary muscle contraction

Active Trigger Point - A tendon nodule in a muscle that can display a twitch response and referred pain along predictable pathways

Acupressure - The application of pressure on certain points of the body to relieve certain dysfunctions

Acupuncture - An alternative therapy which involves inserting thin needles into specific areas to reduce pain and disease

Acute Injury - A sudden injury that is caused by physical activity or impact

ADA Compliance - The American Disabilities Act of 1990 that ensures equal access without discrimination of services to all individuals with disabilities

Adaptation - The ability to modify massage technique or environment to suit special populations

Adaptive Massage - Fat tissue

Adduction - Movement towards the midline

ADHD - Attention deficit and hyperactivity disorder

Adhesive Capsulitis - Another name for frozen shoulder. Pain and stiffness in the shoulder joint that can get worse over time

Adolescence - The phase between childhood and adulthood. The WHO defines adolescence as a person between the ages of 10 and 19

Advertising - An attempt to influence a potential buyer to use goods and services via social media, radio, TV, or word of mouth

Afferent - Sensory neurons that carry stimulus from the body back

to the central nervous system

Agonist - A muscle that does the primary moving

AIDS - Acquired immunodeficiency syndrome caused by HIV and interferes with the body's ability to fight infections.

All-or-none Response - A muscle cell will not contract until it reaches a strong enough stimulus and once it does it will contract at 100%

Allergens - An abnormal reaction of the immune system to a foreign substances that does not normally cause harm

Allergies - An abnormal reaction of the immune system to foreign substances that does not normally cause harm

Alveoli - Tiny air sacs where the lungs and the blood exchange oxygen and carbon dioxide during breathing

Alzheimer's Disease – A progressive disease that includes mental deterioration due to degeneration of the brain

Ambiance - The atmosphere, character, mood, and environment of a place

Ambulating - The ability to walk around

Amma - Chinese original massage technique. The precursor to all other therapies

Anemia - A condition of iron deficiency

Angina - Literally “mean pain” but is usually referenced when describing chest pain

Antagonist - A muscle that is relaxing or lengthening while another is contracting

Antidiuretic - Helps to maintain fluid balance by reducing urination

Antigens - A substance that can stimulate the immune system to produce antibodies against it

Aorta - The main artery of the body. It supplies oxygenated blood out to the rest of the body

Aponeurosis - A broad, flat piece of fascia that helps to attach wide muscles

Appendicular Skeleton - Composed of the upper and lower limbs including the pelvic girdle and the shoulder girdle

Archer Stance - Also known as the lunge position. The whole body moves in the direction of the leading foot. Used when excursion is necessary

Arrector Pili- Small muscles attached to hair follicles and can cause the hair to stand upright

Artery - A vessel that carries oxygenated blood from the heart to the rest of the body

Arthrosis - Any condition of the joint. Usually referencing degeneration of the joint

Asian Bodywork - Uses alternative methods such as acupuncture and energy healing to treat health and pain issues

Assisted - In massage therapy, helping a client with a task

Assistive - Equipment designed to help a person with a disability

Asthma - A condition where a person's airways become narrow, producing extra mucus which makes it difficult to breath

Asymmetry - A lack of proportion

Atrophy - A wasting away of muscle tissue

Attention deficit/hyperactivity disorder (ADHD) - A neurological development disorder usually diagnosed in childhood. Children may have trouble paying attention, and possible lacking control over impulsive behaviors

Autism - A developmental disorder that has a varied spectrum and includes difficulty communicating and interacting with other people

Autoimmune Disease - A disease in which the body attacks normal healthy tissue as if it were a foreign substance

Autonomic Nervous System - The part of the nervous system that regulates bodily functions like heart rate and digestion

Awareness - Perceptive ability about one's surroundings

Axial Skeleton - Part of the skeleton that includes the bones of the head, thoracic cage, and the vertebral column

Ayurveda - An East Indian healing system that includes mind, body, spirit

B

B-cells - A lymphocyte that originates in the bone marrow

Baker Cyst - A fluid filled cyst usually found behind the knee

Balance - Having equal distribution

Balm - An emollient used to smooth skin

Barrier Free - Making sure your work space and surroundings are accessible to all persons

Basalt Stone - A dense rock that is usually used in hot stone massage therapy because of its ability to retain heat

Behavior Changes - In massage, usually referencing a change due to stress, mental disorder or possible side effect of medication

Bell's Palsy - Temporary weakness in the muscles affecting one side of the face

Blog - A web based format which allows you to share information to followers

Board Certification- A process that allows a professional to demonstrate their expertise in a field by taking a written, verbal or practical exam

Body Language - Non-verbal communication

Body Mass Index - Also known as BMI. It is an indicator of high body fatness

Body Mechanics - The use of balance, postures and movement to reduce stress on the body

Bolsters - A type of support, usually a long pillow

Bolus - Chewed food before it is swallowed

Bonding - Creating a close relationship

Bony Landmarks - Easily palpated bony areas that are close to the surface

Boundaries - A division created based on morals, values, and ethics

Breathing - The process of taking in air

Bronchi - The main passageways into the lungs stemming from the trachea

Bronchioles - The tiny branches off the bronchial airways

Bronchitis - The amount of calories needed to perform basic, life-sustaining functions

Bruises - An injury that has damaged underlying blood vessels causing skin discoloration

Bulging Disk - When the inner portion of the disk protrudes outside its usual area

Bursitis - Inflammation of the bursa sac

Business coach - A professional who will guide you through running your own business

C

Capillaries - Tiny blood vessels that connect arteries to veins. They are responsible for carrying oxygen and nutrients throughout

the body

Cardiopulmonary resuscitation (CPR) - Occurs when the median nerve is compressed often causing numbness and tingling in the hand

Carpal tunnel syndrome - Tiny network of blood vessels

Cataracts - Cloudiness that occurs in the lens of the eye causing blurry vision

Center of gravity - A point in which weight is evenly dispersed

Central Nervous System - Also known as the CNS. Part of the nervous system that includes the brain and the spinal cord

Cervical Cancer - A type of cancer that occurs in the cervix

Cesarean Section - A surgery that delivers a baby through a woman's abdomen

Chakra - Literally means "wheel" and refers to energetic points in the body

Charting - To make a record of or plan a course of action

Chi - According to Chinese medicine it is the energy or life force that runs through our body

China - The first known written records were found in China 3000 years ago

Choking - The inability to breath because of a constricted airway

Chromotherapy - Color therapy. The use of colors to adjust the bodies frequency to healthy vibrations

Chronic - An illness that persists for a long time and can be recurring

Chronic fatigue syndrome (CFS) - A pathology characterized by fatigue and tiredness that does not resolve with rest

Chronic Injury - Usually occurs over time and is the result of repetitive stress

Chyme - partially digested food that is found in the stomach

Cilia - A hair-like structure found in some cells which helps in locomotion

Circulation - The movement of blood and fluids to the heart and out to the body

Circumduction- A combination of shoulder movements that includes all actions

Check, Call, Care (CCC) - Steps followed in any emergency situation. Check the scene and victim, call 911/local EMS, and care for victim until help arrives

Chondromalacia - A degenerative condition in which there is a wearing away of the cartilage on posterior patella

Chronic - A recurring injury; one that has been going on for a period of time; develops over time

Certified Personal Trainer (CPT) - A certified professional that creates and designs exercise programs for individuals

Circulatory system - Body system containing the blood vessels and heart, also called the cardiovascular system

Circumduction – The movement in a circular pattern of the shoulder where the hand traces a circle and the arm outlines a cone

Cirrhosis - A chronic condition of the liver that includes inflammation and a thickening of the liver tissue

Close Ended Question - Person providing the care/treatment

Coagulation - The process of a liquid that turns to a solid

Cold Packs - A strong vinyl bag filled with a gel solution that does not freeze solid

Collagen Extensibility- The ability of tissues to stretch

Communicable - Three small vertebrae also called the “tailbone”

Compensation - The body's ability to adapt to an injury or misalignment by recruiting other muscles

Compensatory Patterns- Due to weakness or injury the body will recruit other muscles to achieve the same movement

Compress - A damp or wet cloth that is applied to the skin surface for a soothing relief

Compression - Flattened or squeezed together

Concentric Contraction - The muscle contracts and shortens (a bicep curl)

Conduction - The exchange of thermal energy while the body's surface is in direct contact with the thermal conductor e.g. hot packs, hot stones

Confidentiality - The act of keeping something private

Constipation - Bowel movements that are difficult or do not happen on a regular basis

Continuing Education - Courses that help you develop your professional skills

Continuity - The act of being connected and continuous

Contraindications - A specific reason that makes massage unsafe to perform normally

Contrast - Something that is different from another thing

Convection - The transfer of heat through the air or liquid

Cortisol - The body's main stress hormone

Countertransference - When a massage therapist views their client as something more than a client.

Creep - Tissues that are subjected to slow continuous force

Creme - A type of massage medium used when medium glide and friction are desired

Crohn's disease - A chronic inflammatory disease of the bowel. It affects the lining of the digestive tract

Cross Fiber - Perpendicular to the orientation of the muscle of fascial fibers

Cross-contamination - The passing of a pathogen from one source to another

Cryotherapy - Cold therapy

Cultural Competency - Opposite side

Cupping – A type of therapy that uses special cups on the skin to create suction

Curriculum Vitae (CV) - A complete summary of you skills, education, and experience

Cyst - A sac like growth that is filled with fluid, air, or other substances

D

David Palmer - Known as the father of chair massage

Decubitus Ulcer - A pressure ulcer or bed sore

Deep Fascia - Bands of connective tissue that surrounds muscle groups

Deep Tissue - A massage technique that uses sustained pressure, and slow deep strokes to target deeper layers of muscle and fascia

Defecation - The elimination of waste from the digestive track through the anus

Degeneration - The break down or loss of function of an organ or tissue

Deglutition - The process of swallowing

Density - Mass and volume of a substance

Dermis - The inner layer of skin that contains hair follicles, blood vessels and other structures. Also known as the "true skin"

Diabetes - A chronic condition that affects the way the body processes glucose

Diaper Draping - A draping technique that keeps the groin covered while exposing the leg

Diaphragm - A thin muscles that separates the chest from the abdomen

Diaphysis - The shaft of a long bone

Diaphragm - A large muscle between the chest and abdomen that helps control breathing

Diaphysis - Shaft of bone, long part of a bone

Diarrhea - Loose, watery bowel movements

Diffusion - The movement of something from a higher concentration to a lower concentration

Digestion - The mechanical and chemical process of breaking down food to be used by the body

Digital Citizenship - Appropriate and responsible behavior while using technology

Direct Contact - Occurs when there is physical contact between an infected person and a susceptible person

Disability - A physical or mental condition that limits a person's

movements, senses or activities

Discrimination - To treat someone different because of race, color, religion, sex or other groupings

Disease - An imbalance of homeostasis

Disinfectant - A chemical agent that kills bacteria and virus

Dislocation - A situation where the joint surfaces of two bones lose contact with each other

Diuretic - A drug that increase the flow of urine and decrease the body of salt

Documentation - The process of collecting and recording subjective and objective information

Dominant Side - Pertaining to right or left handedness

Dopamine - A neurotransmitter that is also a precursor to other substances in the body

Draping - The art of covering a client's body while giving a massage in order to maintain modesty and professionalism

Dual Relationships - Occurs when a therapist has a secondary relationship with a client

DVT - Deep Vein Thrombosis - a blood clot that occurs in the deep veins

E

Eccentric Contraction - Tension in a muscle while it elongates

Edema - Excess fluid in the body's tissues

Efferent - Motor neurons that carry nerve impulses from the central nervous system to the body

Effleurage - A soothing, stroking movement using the entire palm of the hand to warm up tissue

Elasticity - The body's ability to return to normal shape after being stretched

Elderly - Old or aging

Electromagnetic Field - Produced by accelerating electric charges

Embolism - A blockage in the artery usually caused by a blood clot

Emergency Preparedness - Having the knowledge, training and equipment to deal with unexpected medical emergencies

Emollient - Softening or soothing of the skin

Empathy - The ability to share feelings and emotions with others without taking them on as your own

Emphysema - A lung condition causing shortness of breath. Usually occurs when the alveoli in the lungs are damaged

End Feel - What the therapist feels at the end of passive range of motion

Endocrine - A system of glands that secrete hormones directly into the bloodstream

Endometriosis - A disorder that occurs when tissue that normally develops within the uterus begins to line the outside of the uterus, ovaries and bowels

Endomysium - Connective tissue surrounding each muscle fiber within the muscle bundle

Endorphins - Chemical messengers in the CNS that transmit the signal for pleasure

Energetic Awareness - The ability to determine the source of a thought, word, deed, or movement

Energy Work - Removing energetic blockages from the body or creating balance through use of the hands

Environmental Factors - External sources of stress that can affect health

Epidermis - The top layer of the skin

Epimysium - Connective tissue surrounding the entire muscle

Epinephrine - A lifesaving medication that is used when someone is experiencing a severe allergic reaction

Epiphysis - Ends of the long bones distal to the growth plate

Evaporation - Water changes from a liquid to a gas

Exacerbation - Making a problem worse

Excessive Pressure - Pressure that exceeds the client's pressure level

Exocrine - Glands that secrete anywhere other than the bloodstream

Extension - The increase of the angle of a joint

E

Face Rest - A cushion for the face

Fallopian Tubes - Tubes that connect the ovaries to the uterus

Fascia - Connective tissue that wraps around every muscle fiber in the body

Fibromyalgia - A chronic disorder causing pain in the muscles and tissues in specific areas

First Aid Kit - A cache of emergency medical supplies

Fitted Sheet - A sheet with fitted corners

Flat Sheet - A sheet without fitted corners

Flexion - The act of decreasing the angle of a joint

Fracture - Damage to the periosteum of the bone

Frail - Delicate and fragile

Friction - The act of rubbing one surface over another

G

Gait - The manner of walking

Gallstones - A hardening of bile that cause small stones in the gallbladder

Ganglion Cyst - A fluid filled sac that usually develops on the wrist

Gastroesophageal Reflux Disease (GERD) - Occurs when acid from the stomach travels back up the esophagus to the mouth

Geriatric - Relating to old people

Gestational Diabetes - Diabetes diagnosed during pregnancy

Goiter - An abnormal enlargement of the thyroid

Gout - Too much uric acid crystalizes causing pain and swelling in the joints

Ground Components - The components of ground substance in connective tissue

Gua Sha - Scraping of the skin with a massage tool to improve circulation

H

Hand Gestures - A form of non-verbal communication

Hashimoto's Disease - A condition where your immune system attacks the thyroid

Hay Fever - An allergic response to pollen causing itching, watery eyes and a stuffy nose

Heart - A muscular organ that pumps blood throughout the body

Heart (Cardiac) Disease - Leading killer of people in the United States. Caused by lifestyle factors and/or genetics.

Heart - Pumps the blood to all parts of the body

Heart Attack - Myocardial infarction, a blockage of blood flow to the heart

Hematopoiesis - The formation of blood cells

Hepatitis - Inflammation of the liver

Herniated Disc - A part of the disc nucleus is pushed through the annulus

High Risk Pregnancies - Medical condition that puts the mother or fetus at a health disadvantage

HIPAA - Health Insurance Privacy Accountability Act

Hippocrates of Cos - Known as the father of western medicine

HIV - Human immunodeficiency virus; a virus that attacks the body's immune system. No one cure at this time

Holistic Approach - A form of medicine that considers the whole person

Homeostasis - The body's ability to balance internal biological functions

Hormones - Chemical messengers in the body that regulate all functions

Horse Stance - A massage stance like a squat

Hospice - End of life care

Hot Pack - A type of heat application used for sore muscles

Human Trafficking - Exploiting a person for the use of labor or sex

Hydrocollator - A tank for moist hot packs

Hydrotherapy - Water therapy

Hygiene - Maintaining health through cleanliness

Hyperemia - Increased blood flow

Hypertension - High blood pressure

Hypoallergenic - Less likely to cause an allergic reaction

Hypoglycemia - Low blood sugar

Hypotension - Low blood pressure

Hypothalamus - Located below the thalamus, an endocrine gland that serves as the link between the brain and the endocrine system

Hypoxemia - Low oxygen in the blood

I

Ice Massage - The application of ice used in a circular motion to decrease pain and swelling

Ice Pack - A bag filled with ice to be used for therapy

Imbalance - Being out of equilibrium

Immunity - The ability of the body to fight of infection and disease

Immunodeficiency - The body's inability to fight off illness and disease

Impairment - A loss of function

Inching - To move slowly and carefully

Income Tax - Tax imposed by the government that is based on earnings

Incontinence - The inability to control voluntary bowel and bladder function

Indications - A problem that can be benefited by therapy

Indirect Contact - Infection can be spread through the air, water, food and other mechanisms

Infant - A baby usually between 0-1 year

Influenza - Flu virus

Ingestion - The process of taking in food or drink or other substances in the body

Inguinal - The groin area

Insertion - The attachment site of a muscle that is more moveable

Insulin - A hormone that regulates the amount of glucose in the body

Involuntary - Cannot be controlled by will

Irritable bowel syndrome (IBS) - A problem that affects the large intestines usually causing pain and bloating in the large intestines

Ischemia - Lack of blood flow

Isometric Contraction - Static contraction of a muscle without the muscle changing length

Isotonic Contraction - Constant tension on a muscle while the muscles changes length

J

Jaundice - Yellowing of the skin, whites of eyes, and body fluids

K

Kidney Failure - Kidneys become unable to function adequately

Kidney Stones - Stone-like formations in the kidneys

Kidneys - Bean shaped, fist-sized pair of organs that filter waste from the blood

Kyphosis - Outward curving of the spine that creates a bulge

L

Laceration - Irregularly torn body tissue

Larynx - Region of the respiratory tract that contains the vocal cords

Latent Trigger Point - Tendon nodule in a muscle that is found upon touch; can display a twitch response and referred pain along predictable pathways

Leverage - Having mechanical advantage over an object

Liability Insurance - Insurance that covers a therapist against claims of bodily harm or negligence

Licensure - Legal authority granted to a person to practice a profession

Life-stage - Phases that a human will go through as they progress through life; some examples are infancy, adolescence, or adult-hood.

Ligament - Fibrous connective tissue that connects bones together and provides joint stability

Lines - White blood cells: fight injury/infection

Local Contraindication - An area of the body that should be avoided due to a condition

Local Twitch Response - Brief contraction of tight muscle fibers caused by stimulation

Lordosis - Inward curving of the spine

Lungs - Pair of organs in the chest that pull in oxygen and expel carbon dioxide

Lupus - Chronic disease in which a person's own immune system attacks their body

Lymph - Clear fluid in the lymphatic system that helps remove wastes

Lymph Nodes - Nodules in the lymphatic system that filter wastes from lymph

Lymphedema - Excess fluid buildup due to a compromised lymphatic system

Lymphocyte - White blood cells in the lymphatic system

M

Malfeasance - Wrongful behavior

Marketing - Process of promoting products or services to attract public interest

Marrow - Soft tissue in bone cavities that produce blood cells

Massage Chair - Specialized chair designed for giving clothed massage in a seated position

Massage Table - Ergonomically designed table used for massage sessions

Massage Therapy - Manual manipulation of soft tissues of the body

Mastication - Breaking down food with the teeth; chewing

Mechanical effect – The physical effects the body undergoes when receiving massage from the pressure applied; examples include stretching, softening, and broadening of muscles as well as fluid movement

Mechanoreceptors - Cells that sense and respond to pressure and stretch

Mellitus - The word is Latin for honey-sweet and is used to describe high blood sugar of diabetes

Menopause - The phase which ends female menstruation cycles

Menstruation - The cycle of a non-pregnant female discharging blood and tissue from the uterus

Mentor - Person who provides support and gives trusted advice

Meridian - Imaginary network of pathways in which the body's energy flow through

Micturition - The body expelling urine

Migraine Headache - A headache that often occurs on one side and is marked by visual disturbances and nausea

Mindfulness - Focusing on the present in an open and nonjudgmental way

Minimalism - An approach that is simple and non materialistic

Miscarriage - Spontaneous loss of pregnancy

Mobility Impairment - Lack of the ability to fully move a part of the body

Mobilization - The act of moving a part of the body

Modality - A therapeutic method or tool

Modifications - Changes made to a standard procedure

Morning Sickness - Nausea and vomiting that occur with pregnancy

Moxibustion - Traditional Chinese Medicine practice of burning dried leaf cones near, or on the skin, to stimulate the area

Multiple Sclerosis - Chronic disease in which a person's own immune system attacks nerve fibers and their protective covering in the brain and spinal cord

Muscle Stripping - Slow, deep massage following the direction of muscle fibers between insertion points

Myelin Sheath - Fatty wrap covering that insulates and protects nerve fibers

Myocardial Infarction - Known as a heart attack; blood flow to the heart stops, which is life-threatening and results in permanent damage to heart muscle

Myofascia – Tough, fibrous connective tissue holding bodies together, scaffolding for muscles either keeping them separate or together

N

NCBTMB - Acronym used for the National Certification Board of Therapeutic Massage and Bodywork; a non-profit organization that supports the massage profession

Neglect - Failure to properly care for something; examples included a person, place, or duty

Nephrons - Main units of the kidney that filter blood

Nerves - Cable-like fibers that transmit information between the brain, spinal cord, and the body

Neuropathic Pain - Nerve damage or disease causing numbness, tingling, burning, or shooting pain

Neuroplasticity - Neural system of the brain responding to experiences by forming new connections

Nociception - Process of nociceptors sensing harmful stimuli and signaling the central nervous system

Nociceptive Pain - Central nervous system sending pain messages to the body based on nociceptors signaling harmful stimuli

Nociceptor - Receptor neurons in the skin and organs that signal the brain of harmful stimuli

Non Malfesance - To not do harm

Nonverbal Cues - Communication relayed through body language; some examples are facial expressions, gestures, and movements

Non-Specific Immunity - Body defenses a person is born with; some examples are the skin barrier, fever mechanisms, and the inflammatory process

Nutrition - Body using food for function and growth

O

Occlusion - Closed or blocked

Occupational Safety and Health Administration (OSHA) - A federal organization formed to create and enforce workplace safety standards

Olfaction - The process of smelling

On-Site Massage - Massage that is provided at a client's home or place of business

Oocytes - Female's immature egg

Open ended question - A question phrased to elicit an extended or more detailed response

Origin - The end of a muscle that attaches to the stable bone; often the more proximal end

Orthopedics - Medical branch that focuses on concerns of the skeletal system and its related structures

Orthostatic hypotension - Sudden drop of blood pressure when standing, which causes dizziness

Ossicles - Tiny bones; examples are the three middle ear bones

Osteoarthritis - Wear and tear of joint cartilage causing pain and stiffness

Osteoblast - Cells that build bone tissue

Osteoclasts - Cells that tear-down bone tissue

Osteoporosis - Disease causing weak bones that can easily fracture

Ovarian Cysts - Fluid-filled sacs in the female ovaries

Ovaries - Pair of female reproductive glands

Overload - Excessive stress placed on tissue

Ovulation - Menstrual cycle process of the egg being released from the ovary into the fallopian tube

Oxytocin - Hormone that stimulates labor contractions and release of breast milk

P

Pacing - Regulating the timing of a massage session

Pain - Uncomfortable body sensations that can range from mild to severe

Pain Perception - Brain processing its levels of harmful stimuli and emotional experiences

Pain Scale - A visual chart or numerical scale used to subjectively rate pain levels

Palliative Care - Care for the seriously ill that provides comfort and improves quality of life

Palpation - Using touch to examine

Papillae - Small rounded projections; an example in the body are the taste buds

Paraffin - Wax that is melted and used in therapy to impart heat, soften tissue, ease pain

Parasympathetic - Relating to the parasympathetic system which is the autonomic division of the nervous system that relaxes the body and promotes digestion

Parkinson's Disease - Study of conditions/infections

Passive Movement - Movement of the body which is created by the effort of another individual or mechanism

Pathogen - An invader that can cause disease; some examples are bacteria and viruses

Pathologies - Disease or abnormal occurrences in the body

Penis - Male reproductive organ that ejects sperm and passes urine from the body

Peptic Ulcer - Stomach lining sore

Perception - Using the senses to be aware

Pericardium - Double-layered sac around the heart that protects it and reduces friction

Perimysium - Connective tissue that surrounds groups of muscle fibers to form bundles

Periosteum - Thin connective tissue surrounding bones (except at ends that create joints) that serve as an attachment site for muscles

Peripheral Nervous System - (PNS) All nerves outside of the brain and spinal cord; PNS has a voluntary and autonomic division

Peristalsis - Involuntary wave-like contractions that propel contents through the system

Perpendicular - Two lines that intersect at a 90 degree angle

Personal Hygiene - Routine practice of caring for your body; some examples are bathing, brushing teeth, and washing hands

Petrissage - Swedish massage stroke of kneading tissue

Phasic Muscles - Main voluntary muscles of movement

Photoreceptors - Retina receptor cells that respond to light

Physiologic Effects - The response of body tissues and organs to a stimuli

Pituitary - Small endocrine gland responsible for growth and development; known as the master gland

Plantar Fasciitis - Inflammation of the connective tissue on the sole of the foot

Plasticity - Connective tissue ability to alter shape and retain the new shape

Plexus - A bundle of nerves and vascular structures

Pneumonia - Infection in lung air sacs

Polarity - Opposite properties or energies

Post Event Massage - Massage provided after an activity with the purpose of decreasing tone and supporting recovery

Postpartum - Mother's six-week time frame following delivery

Postural Muscles - Core muscles that stabilize the body's posture; examples include stomach and back muscles

Posture - Position of the body in space

Power Differential - Person who has greater power in a relationship based on their position of authority, knowledge, or skill

Pre Event Massage - Massage provided before an activity with the purpose of warming and preparing the participant

Preeclampsia - Condition of pregnancy that causes high blood pressure, and swelling of extremities

Professional Profile - Brief summary of a person's resume highlights

Professionalism - Displaying the conduct and qualities of a skilled profession

Prone - Lying face down

Proprioception - Self-awareness of the body's position and movements in space

Proprioceptive Neuromuscular facilitation (PNF) -

Active-resisted technique that reduces muscle tone and increases lengthening capabilities

Proprioceptors - Receptors that sense position and movement of the body

Prostate - Fluid producing gland located between the bladder and the penis in a male

Prostate Cancer - Cancer that begins in the prostate gland of a male

Protocol - Having specific procedures or an established approach

Psychological Effects - Stimuli affecting the mind, emotions, or feelings of a person

PTSD (Post-Traumatic Stress Disorder) - a disorder that can occur after experiencing traumatic events; marked by anxiety, depression, sleep disturbances, and triggers that induce flashbacks

Q

R

Radiation - Strong beams of energy; used to destroy cancer cells

Range of Motion (ROM) - Degree to which a body part is capable of moving

Receptor - Cells that sense and react to stimuli

Referred Pain - Pain that is felt in another area of the body rather than the location of injury or problem

Referred Pain Pattern - Predictable patterns of referred pain that can be mapped on the body

Reflex Arc - Nerve path that is followed in the body; starts with a stimulus, followed by message to the brain, then message from the brain for the reflex to happen, and concludes with the reflex action

Reflex Zones - Reflexology mapping of the body into 10 energy zones

Reflexology - Modality that manipulates points on the feet, hands, and head that correspond to areas of the body within 10 recognized zones; also known as Zone Therapy

Reiki - Technique of practitioner using their hands to transfer energy into a client to influence their body's healing process

Relaxin - Hormone released during pregnancy that softens the pelvic ligaments and cervix in preparation for birth

Resistance - To oppose

Resisted Movement - Movement is stopped or slowed by an object or opposite force

Respiration - Intake of oxygen into the body

Retinacula - Connective tissue band that reinforces tendons as they cross a joint

Rheumatoid Arthritis - Autoimmune disease that causes

inflammation and deformity of joints

Rhythm - Uniformed pattern or movement

RICE - Acronym for Rest, Ice, Compression, Elevation; first aid injury procedure

Right of Refusal - Client's right to refuse unwanted treatments at any time

Risk Management - Measures taken proactively to reduce potential risks

Robust - Strong and healthy

Rotation - Circular movement around an axis

S

Salivary Glands - Glands that produce saliva in the mouth

Sarcopenia - Loss of muscle mass

Sauna - Small room designed to deliver dry or steam heat to promote sweating and improved circulation

Sciatica - Irritation of the sciatic nerve causing pain that refers down the hip and leg

Scoliosis - Abnormal curving of the spine sideways; most common curves are s-shaped or c-shaped

Scope of Practice - Limits of services and procedures within the profession that a practitioner must adhere to

Scraping - Traditional Chinese Medicine technique of applying repetitive strokes with a tool to promote circulation and reduce discomforts

Seated - Sitting position, typically on a chair

Sebaceous Glands - Glands in the skin that secrete oily lubricant for hair and skin

Seizure Disorders - Electrical disturbances in the brain that may cause sudden loss of awareness or consciousness and jerking movements

Self-Disclosure - Sharing personal information about oneself with another person

Semi-Reclining - Laying back in a partially inclined position

Sensitization - Becoming responsive to stimuli

Sequence - Specific order of occurrence

Serotonin - Hormone that regulates mood

Sesamoid - Small round-shaped bone

Shiatsu - Japanese therapy using pressure, tapping, and stretching along the body's energy pathways

Shin Splints - Irritation of the connective tissues along the anterior tibia

Side-lying - Laying in a position to rest on the right or left side of the body

Sinuses - Hollow cavities in the skull that produce mucus for

moisturizing and filtering air

Sinusitis - Inflammation of sinus cavities

Skin Sensitivities - Immune response in the skin due to an irritant

Sliding Filament Mechanism - Process of muscle contraction

SOAP - Acronym for Subjective, Objective, Analysis/Assessment, Plan; guide used in documenting a massage session

Social Media - Electronic form of sharing ideas and connecting with others

Sole Proprietorship - Business owner who operates as an unincorporated entity

Somatic - Relating to physical effects in the body

Somatic Nervous System - Part of the peripheral nervous system that sends and receives messages for movement

Specific Immunity - Immunity acquired during lifetime from exposure to invaders; also known as adaptive immunity

Sperm - Male reproductive cell

Sprain - Injury to a ligament; overstretching or tearing

Stacked Joints - Placing joints in a straight line

Standard Precautions - Procedures used in patient care to reduce transmission of disease; some examples are hand washing methods, sanitizing procedures, and coughing protocols

Stomach - Organ of the digestive system that breakdown food by

churning it with acids and enzymes

Strain - Injury to muscle or tendon; overstretching or tearing

Stress - Physical, psychological, or emotional strains to the body

Stretch - Ability of connective tissue to become longer without damage

Stroke - Brain vessel blood supply is cut off causing death to cells and a medical emergency

Sub-acute - Injury stage that falls between the acute and chronic phase

Subcutaneous Layer - Layer below the skin

Subjective - Relating to personal opinions and feelings

Subluxation - Partial displacement of joint position

Sudoriferous Glands - Glands in the skin that release body fluid through sweat

Superficial Fascia - Body-wide connective tissue just under the skin

Supine - Lying face up

Supine Hypotensive Syndrome - Condition arising in a pregnant female from pressure of uterus on the inferior vena cava when lying flat; symptoms include sweating, nausea, paleness, increased heart-rate

Surfactants - Compounds that lower tension between two surfaces

Sustained Pressure - Prolong or maintain pressure

Symmetry - Similarity in proportion of things being compared

Sympathetic - Relating to the sympathetic system which is the autonomic division of the nervous system that produces the "fight or flight response"

Synapse - Junction where a nerve cell passes messages to another

Synergist - Something that enhances the effect of another; some examples are chemicals, muscles, or gravity

Synovial Joint - Most common joint in the body which moves freely and is structured with a fibrous capsule containing fluid

T

T-cells - Type of white blood cells in the immune system that only target specific invaders

Tapotement - Swedish massage technique of applying a rhythmic percussion to the body

Target Market - Specific type of consumer a business wants to promote to

Taste Buds - Raised sensory organs on the tongue that identify tastes of salty, sweet, bitter, sour and umami (savory)

Tender Point - Areas sensitive to touch that are located near joints and are symmetrical on the body; associated with fibromyalgia pain

Tendon - Cord-like connective tissue that attaches muscle to bone

Tendonitis - Inflammation of a tendon

Testes - Pair of organs in the male reproductive system that produce sperm

Testosterone - Hormone of the body; mainly in males which is their primary sex hormone

Thermometer - Device to measure temperature

Thermotherapy - Therapy using heat

Thixotropy - Property of connective tissue to go from a firmer state to a softer, hydrated state when stress is applied

Thrombus - Clot that is stuck or lodged

Thymus - Gland of the lymphatic system that produces T-cells for targeting invaders

Thyroid - Gland at the front of the neck that produces hormones to control metabolism

Time Management - Dividing time in a way to be organized and efficient

Tonsils - Two lymphatic tissue mounds at the back of the throat that help the immune system by fighting bacteria and viruses

Torticollis - Condition that causes the neck muscles to sustain a contraction that rotates and tilts the head downward; also known as wry neck

Trachea - Cartilaginous tube that serves as a passageway for air travelling from the larynx to the lungs

Traditional Chinese Medicine - Centuries old form of Chinese medicine that treats the whole being; mind, body, and spirit. The approach uses herbs, acupuncture, massage, and exercise-forms to eliminate root causes of disease

Traeger - Technique developed by developed by Milton Trager, M.D to connect the body and mind focus to improve clarity, deep relaxation, and release negative mental and physical patterns

Transference - When a client projects their emotions, feelings, or expectations from previous experiences onto a therapist

Trigger Point - Tendon nodule in a muscle that can display a twitch response and referred pain along predictable pathways

Trimester - Duration of pregnancy marked in 3 month intervals

Tripod Position - Position of sitting or standing with hands on knees and body leaning forward

Tsubo - Japanese shiatsu points that lie on the median energy pathways

Tuina - The process or a period of changing from one state or condition to another

Turgor - Elastic degree of the skin

Tympanic Membrane - Eardrum; receives sound and sends vibrations to ear bones

U

Ulcerative Colitis - Inflammation and sores affecting the colon and rectum

Ulcers - Sore that develops in the stomach or intestinal lining

Universal Precautions - Guidelines and procedures used to reduce transmission of blood borne pathogens; examples include use of personal protective equipment, hand washing protocols, how to handle soiled items

Ureter - Hollow tube that transfers urine from the kidney to the bladder

Urethra - Tube-like structure that transports urine out of the body; in males, it also transports semen

Urinary Incontinence - Lost or weakened control of the bladder

Urinary Tract Infection (UTI) - Infection of the kidneys, ureters, bladder, or urethra

Urine - Fluid containing excess water, salt and wastes which is formed through kidney filtration and sent through the remaining urinary tract for elimination

Uterus - Hollow female sex organ that holds and nourishes the fertilized egg; also known as the womb

V

Vagina - Muscular canal that connects the cervix to the outside body; passageway for menstruation, intercourse, and childbirth

Varicose Veins - Ropey-looking, enlarged veins caused by vein weakness

Vasoconstriction - Narrowing of vascular structures which slows blood flow

Vasodilation - Expanding of vascular structures which increases blood flow

Vein - Vessel that carries blood back to the heart. Veins returning from the body carry deoxygenated blood and waste products and veins returning from the lungs carry freshly oxygenated blood

Verbal Cues - Communication relayed through spoken language; some examples are statements, sound effects, and tone of voice

Vermiform Appendix - Formal name for the appendix, a small pouch-like structure that extends off the large intestine

Vibration - Repetitive and rhythmic movement of tissue in alternating up and down directions

Viscosity - Thickness and resistance of a fluid

Voluntary - Action of free will

W

Whiplash - Injury to the spine caused by a sudden, forceful flexion and extension

X

Y

Yellow Emperor - Ancient Chinese ruler who sought out health practices and began documenting the findings

Yin/Yang - Traditional Chinese Medicine terms to for female (yin) and male (yang) energies of the universe

Z

Zone Therapy - Modality that manipulates points on the feet, hands, and head that correspond to areas of the body within 10 recognized zones; also known as Reflexology