A Massage Therapist's Guide to Pathology gives you the tools to make informed decisions about bodywork for clients who live with a wide variety of diseases and conditions. This user's guide shows how to put the book's features to work for you.

**User's Guide**

Every condition in the book is listed in alphabetical order with page numbers, starting on page vi.

**Chapter Objectives**

These begin every chapter, alerting the reader to important pieces of information that follow and providing a framework for independent study. Answers to the Chapter Objective questions are provided on the Student Resource CD.

**Introductory Chapter**

New with this edition, Chapter 1 introduces key concepts on which the study of pathology is built. Terminology, infectious agents, hygienic methods, and the inflammatory process are discussed here. This chapter also gives background on the modalities that are represented in the new modality recommendation charts.

**Body System Overviews**

Chapters 2 to 11 open with a brief review of the body system under discussion, with special emphasis on processes that may be interrupted by conditions that change the way we function.
MODALITY RECOMMENDATIONS FOR TRAUMATIC BRAIN INJURY

Deep Tissue Massage
- Indicated within client’s activity and mobility level. May be hypertonicity, atrophy, change in sensation, and stiffness.

Lymphatic Drainage
- Indicated within the first 48 hours of injury to reduce swelling and edema.

Myofascial Release
- Indicated for tightness and adhesions within the muscle tissue.

Reflexology
- Indicated to stimulate the brain and provide pain relief.

Polarity Based Therapy
- Indicated for clients with post-concussion syndrome.

Swedish Massage
- Indicated for clients with anxiety and depression.

Trigger Point Therapy
- Indicated for clients with muscle spasms and trigger points.

MODALITY RECOMMENDATION CHARTS

New with this edition, these conclude each discussion and offer input from eight experts on the role of their specialties in the context of each condition.

In Brief Boxes

These give a synopsis of the definition, signs and symptoms, and guidelines for bodywork for each condition discussed. All the In Brief Boxes are then repeated alphabetically in Appendix E to provide a printable Quick Reference Guide on the Student Resource CD.

SIDEBARS

These present information that is important but peripheral to the core discussion. Disease histories, some statistics, and specific cancer staging protocols are provided in the sidebars.
These give extra tidbits of information about word derivations, the people who first named or documented various diseases, and other fascinating details.
Compare and Contrast 7.1: Is It a Cold? Is It the Flu? Does It Matter?

Colds and flu are both caused by viral attacks on cells in the respiratory tract. They have similar symptoms, and they carry similar cautions about working with clients who have these infections. Still, flu can be much worse than a cold. It is more contagious, and it can linger in the body much longer. Therefore, it’s useful to have a clear idea of which pathogens a client is battling.

**Presentation**

**Colds**
- Usually less than a week.
- Usually low (under 102°F, 38.9°C), unless there is a secondary bacterial sinusitis.
- Usually spread by hands touching contaminated surfaces, but not usually sneeze.

**Flu**
- Usually high (over 102°F, 38.9°C) and may linger several days after symptoms abate.
- Usually spread by inhalation of airborne virus. Often highly contagious, especially high proportion of asymptomatic infections.

**Duration**

**Colds**
- Usually less than a week.

**Flu**
- Could be 10 days or more. Usually high (over 102°F, 38.9°C), and long-term (most people for 5–6 days or more).

**Location**

**Colds**
- Usually in the nose. Possible systemic muscle and joint pain, fatigue, fever, nasal stuffiness.

**Flu**
- Influenza (flu) is much more serious infection than otherwise. A person who receives massage after the infection may still be shedding virus. This puts the massage therapist at risk.

**Communicability**

**Colds**
- Usually low (under 102°F, 38.9°C) and may linger several days after symptoms abate.

**Flu**
- Usually high (over 102°F, 38.9°C) and may linger several days after symptoms abate.

**Resolution**

**Colds**
- Usually less than a week. Could be 10 days or more.

**Flu**
- Usually low (under 102°F, 38.9°C) and may linger several days after symptoms abate.

These put key features of closely connected disorders side by side for a point-by-point comparison of similarities and differences.

**Artwork and Photos**

These are rendered in full color throughout the book to illustrate key points. They provide a valuable resource to help readers recognize a wide range of skin conditions in various stages of severity.
CHAPTER REVIEW QUESTIONS

These require critical thinking skills and the ability to use information to draw conclusions about the safe practice of bodywork in complicated situations. Answers to the Chapter Review questions are provided on the Student Resource CD.

REFERENCES


APPENDICES

This text has two valuable appendices to take readers deeper into pathology studies; additional appendices are included on the Student Resource CD.

- **Medications and Massage**. Updated for this edition, this appendix addresses the role of bodywork when clients use medications to treat or manage their conditions.
- **Research Literacy**. This new appendix introduces concepts in research literacy so that therapists may become familiar with the skills of reading, interpreting, and possibly even conducting research projects about massage therapy.

GLOSSARY

A full glossary with pronunciations and definitions is provided in the text.
This has several features to support students through learning pathology:

- All of the answers to the Chapter Objective and Chapter Review questions
- Additional practice quiz questions and answers, arranged by chapter
- Animations and video clips to demonstrate several anatomical features or disease processes
- An audio pronunciation guide of glossary terms found in Stedman’s Medical Dictionary for the Health Profession and Nursing

New on the Student Resource CD with this edition:

- **Flash cards** reinforce key concepts from In Brief boxes and Greek and Latin roots and their English equivalents.
- **Games**, including crossword puzzles, hangman, and other activities, help build familiarity with important ideas.
- **Client endangerment sites** are fully illustrated and annotated.
- **Taking a Client History** provides information on how to gather a full picture of each client’s health history, with **printable intake forms**.
- **Full bibliography**, including the print and electronic resources used to gather information for the text, are listed here to point the way for further research.

Items in the text that refer to the Student Resource CD-ROM have this icon:

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Pathology instructors who use this text will get their own ancillary CD, containing the following items:

- **Pathology curriculum guidelines**. This document is based on many years of experience. It provides suggestions for how to customize a pathology course to individual needs, including how to choose content, how to use quizzes and examinations, examples of student projects, and much more.
- **Syllabi**. These suggested syllabi for 40- and 60-hour pathology courses have schedules, grading guidelines, and suggested timing for quizzes and examinations.
- **Lecture notes**. These printable outlines of the text can be used for teaching notes, student handouts, or both. As PowerPoint slides they can project content outlines with images and animations embedded in the appropriate places.
- **Lecture notes in printable form**. These outlines of the text can be used for teaching notes, student handouts, or both.
- **Lecture notes as PowerPoint slides**. These can project content outlines with images, film clips, and animations embedded in the appropriate places.
- **Images**. All of the art from the text is available in an easily downloadable format.
- **Test bank**. More than 1,000 new multiple-choice questions for the new edition have been compiled in a Brownstone test generator. These can be used for quizzes, tests, or homework assignments.