Massage Mastery Study Guide: Chapter 2 Answer Key

Massage Equipment and Environmental Considerations

I. Learning Contracts

For strategies, students should include reading, note taking, and discussion; for evidence, specifics such as written notes; for verification, specific actions that demonstrate accomplishment, such as submitting essay and notes, participating in class discussions, succeeding on test questions or practice exams related to this objective. Instructors may want to give more specific guidance. Answers will vary.

II. Glossary Terms

Answers will vary in exact phrasing but should contain the essence of the following definitions:

Accessibility: Refers to ease of access and user-friendliness of a massage business.

Bolster: Specially shaped pillows that are used to support the client's body so that she or he can relax completely without undue pressure on joints while receiving massage.

Décor: What the client sees when entering a massage space.

Functionality: The quality of a space that supports the therapist in providing the best possible service and care to the client.

Linens: Sheets, towels, and pillows used to cover a massage table and provide a clean, comfortable surface for the client.

Lubricant: a product such as oil, lotion, gel, or cream that is used with many massage techniques to prevent undue friction between the therapist's hands and the client's skin.

Massage table: A structure that supports the client in a reclining position.

III. True or False?

1. F
2. F
3. T
4. T

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5. F

6. T

7. T

8. F

9. T

10. F

IV. Matching

1. G

2. D

3. I

4. B

5. F

6. E

7. A

8. H

9. C

10. J

V. Sentence Completion

1. portable

2. bolts

3. bolster, prone

4. drop

5. posturegrid

6. Lotions, creams

7. iodine, shellfish

8. green

9. aroma

10. accessibility

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VI. Short Answer Questions

Topic 2-1: Massage Equipment

1. The peripheral blood vessels in the body dilate significantly, increasing blood flow to the area. This helps to relax muscles, reduce muscular spasm, increase the extensibility of collagen, increase range of motion, and reduce pain and is generally relaxing for the client.

Topic 2-2: Lubricants

1. Characteristics of different types of lubricants:

Lubricant	Slip	Absorption	Residue
Oils (unrefined)	High	Moderate	Moderate
Oils (refined)	High	Slow	Heavy
Massage Gels	High	Slow	Moderate
Creams	Moderate	Moderate	Low
Lotions	Low	Fast	Low

2.Products labeled as "unscented" usually contain a masking fragrance. "Fragrance free" products contain no fragrance of any type and no masking fragrance.

3. Botanical extracts are frequently added to creams, lotions, and gels to achieve specific therapeutic goals. Complete the chart by adding the therapeutic benefit of each of the botanicals.

Botanical	Therapeutic Benefit
German chamomile	Anti-inflammatory
Lavender	Soothing
Tea tree	Antiseptic
Menthol found in peppermint	Cooling
White camphor, wintergreen and sweet birch	Pain relieving

4. Three general categories of lubricant choices you can offer a client:

- Oil, cream, or lotion

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- Aroma or no aroma
- Therapeutic effect or just lubricant

Topic 2-3: Creating a Comfortable Massage Environment

1. *Each student will have a unique answer.*

VII. Case Studies

None for Chapter 2.

VIII. Activities

Each student will have a unique set of answers.

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IX. Rubrics

Learning Objective	Excellent	Good	Needs Improvement
2-1. Describe the standard equipment needed to deliver a massage.	The student correctly names and describes all of the standard equipment needed to deliver a massage.	The student is able to name and/or describe some, but not all of the standard equipment needed to deliver a massage.	The student is not able to name and/or describe any of the standard equipment needed to deliver a massage.
2-2. Compare and contrast stationary tables with portable tables.	The student is able to accurately describe the features and benefits of both stationary tables and portable tables and then compare and contrast the two.	The student is able to articulate some of the features and benefits of stationary and portable tables, and as is able to partially compare and contrast the two.	The student is unable to accurately define either a stationary or portable table and is unable to compare and contrast the differences between the two.
2-3. Treat all massage equipment respectfully and follow safe practices that ensure comfort for both the client and the therapist.	The student understands how to care for massage equipment properly and knows and follows safe practices with all of the equipment.	The student understands how to care for some of the massage equipment properly and knows and follows safe practices for some of the equipment, but not all.	The student does not have a clear understanding of how to care for massage equipment properly and does not know or follow safe practices with any of the equipment.
2-4. Explain the use of bolsters and compare and contrast larger bolsters with smaller bolsters.	The student is able to accurately explain how to use bolsters in different areas of the body, the benefits to the client of using bolsters, and is able to compare and contrast the benefits of using larger bolsters and smaller bolsters.	The student is able to give a general description of the function of a bolster, but is not able to give specific information about placement or benefits and is not able to compare and contrast the use of large bolsters and small bolsters.	The student is unable to clearly define how a bolster is used in a client session, does not know the benefits to the client of using a bolster and is unable to compare and contrast the use of large bolsters and small bolsters.
2-5. Describe the basic ingredients in different lubricants, and explain the benefits and drawbacks of each product type for use in massage.	The student is able to clearly identify the basic ingredients and explain the benefits and drawbacks for use in massage of oil, lotion and cream.	The student may have a general understanding of the lubricants, but is unable to accurately identify oil, lotion and cream. The student may be able to describe the basic ingredients or explain the benefits and drawbacks of some of the products, but not all three types of products.	The student does not have a clear understanding of the different types of lubricants available to a massage therapist. The student cannot identify, describe the basic ingredients, or explain the benefits and drawbacks of any of the products used in massage.
2-6. List three ways you	The student is able to list	The student is able to list	The student is able to list

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would provide clients with lubricant choices before the massage.	all three categories of lubricant choices they could provide to a client before a massage.	two of the three categories of lubricant choices they could provide to a client before a massage.	only one or none of the three categories of lubricant choices they could provide to a client before a massage.
2-7. Sketch a diagram of a comfortable massage treatment space, considering design elements including décor, color, window treatments, lighting, accessibility, and functionality.	The student is able to sketch a diagram of a massage treatment space that includes décor, color, window treatments, lighting, accessibility, and functionality.	The student is able to sketch a diagram of a massage treatment room that includes some, but not all, of the design elements of décor, color, window treatments, lighting, accessibility, and functionality.	The student does not create a sketch or creates a sketch that includes only one or two of the design elements of décor, color, window treatments, lighting, accessibility, and functionality.

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