

**3rd
Edition**



- 100% Revised Edition
- Original Massage Photo Illustrations

Complete Reference Manual for **DOH MASSAGE THERAPY** Licensure Examinations *3rd Edition*



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Handpring Wellness and Spa Academy OPC (HAWSA)

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Dedication

With profound reverence and unwavering devotion, I humbly present this labor of love, the Complete Reference Manual for the DOH Massage Therapy Licensure Examinations, dedicating it to God and my beloved LMT family.

First and foremost, I express my heartfelt gratitude to my dear mother, Mila Balasuella Eugenio, LMT, whose steadfast support and wisdom continually light my journey.

I also extend my appreciation to my siblings: Dr. Rowena Eugenio-Hautea, LMT, OD, Bernard Eugenio, LMT, and my younger sister, Melanie Eugenio-Lim, LMT. Their unwavering passion for healing and boundless compassion serve as an endless source of inspiration for me.

This work is dedicated to all who believe in the transformative power of touch, regardless of physical abilities. Together, we strive to touch lives and hearts in immeasurable ways, making a meaningful impact on the world around us. (Matthew 11:28-30)



Pose for posterity (L to R) Melanie Eugenio Lim, LMT; Dr. Rowena Eugenio-Hautea, LMT, OD; Benjie Eugenio LMT, MPA; Bernard Eugenio, LMT, LLB; Mila Eugenio, LMT, M.S.Ed

Preface

First and foremost, I express my heartfelt gratitude to God for His divine guidance and blessings that have led to the fruition of this project (Romans 8:28)

I would like to extend my sincere appreciation to the esteemed members of the Committee of Examiners for Massage Therapy (CEMT) of the Department of Health for their invaluable contributions to the field of massage therapy. I am particularly grateful to Dr. Kenneth Ronquillo, the former Chairperson of CEMT, and Dr. Josephine Hipolito, Head of the CEMT Secretariat, for their unwavering dedication and leadership in producing the groundbreaking Massage Therapy DOH Licensure Examination Manual in 2010. The subsequent editions, including the recently revised Reference Manual for DOH Massage Licensure Examinations, are a testament to their commitment to excellence.

The latest edition of the manual reflects the collaborative efforts of Handspring Wellness and Spa Academy OPC – formerly HIMAS Asian Wellness and Spa Academy, to create a comprehensive and user-friendly resource for massage practitioners. By focusing on enhancing the content and structure of the manual, the Filipino translation has been intentionally omitted to streamline its accessibility and applicability.

Noteworthy enhancements in this revised version include reorganizing modules into a more coherent sequence, comprising Fundamental Concepts of Massage Therapy, Practice of Massage Therapy, Anatomy and Physiology, Microbiology and Pathology, and Massage Therapy Application. This restructuring aims to facilitate a more systematic and effective learning experience for aspiring massage therapists.

Furthermore, I am pleased to acknowledge the government's proactive stance in promoting the professionalization of spa and massage services. The issuance of Joint Memorandum Circular No. 01 - Series of 2021, Guidelines for Processing of Business Permits, Related Clearances and Licenses in All Cities and Municipalities, Annex 4, List of Permits/Clearances from National Government Agencies for the Selected Sectors (25. Spa/Massage Clinic) dated April 13, 2021 entered into by the Anti Red Tape Authority (ARTA), Department of Interior and Local Government, the Department of Trade and Industry and the Department of Information and Communications Technology (DICT), which mandates the employment of certified massage therapists in spa and massage establishments, underscores the importance of ensuring quality and safety standards in the industry.

As this book evolves, I hope it will inspire spa and wellness operators and non-licensed massage professionals to pursue formal training and certification through DOH-accredited institutions. By upholding the highest standards of practice and professionalism, we can collectively elevate the standards of the massage therapy profession for the benefit of all.

Mabuhay!

Cpt Benjamin “Benjie” Eugenio Jr, LMT, LET, MPA, PA (RES)
President/Owner

How to Use This Manual and Study for DOH Massage Licensure Exams

1. Choose the Right Resources

- 👉 Whenever possible, rely on this manual as it comprehensively covers anatomy, physiology, massage techniques, and relevant laws.
- 👉 Avoid using unrelated books or videos, as they may lead you off track and waste your time.
- 👉 Attend all AWSA classes, whether online or in-person, if available. Subscribe to the AWSA YouTube Channel/Benjie Eugenio LMT and watch all relevant videos.
- 👉 If you miss a class, catch up by watching the corresponding video on the AWSA YouTube channel.



Benjie Eugenio LMT

2. Create a Study Schedule

- 👉 Dedicate specific times each day for reading and practice.
- 👉 Break your study sessions into manageable blocks (e.g., 30-60 minutes), with short breaks in between.

Benjie Eugenio LMT

3. Skim the Manual First

- 👉 Start with a quick overview: read the table of contents, introduction, and summary sections.
- 👉 This will help you grasp the structure and main topics covered.

4. Active Reading Techniques

- 👉 Highlight Key Concepts: Use a highlighter or sticky notes to mark important information.
- 👉 Take Notes: Write down key points in your own words to reinforce understanding.
- 👉 Summarize Each Chapter: After finishing a chapter, summarize the main ideas to solidify your comprehension.

5. Focus on Practical Applications

- 👉 Pay special attention to sections that describe techniques and procedures.
- 👉 Visualize the techniques as you read and consider how you would apply them in practice.
- 👉 Remember: Many DOH written exams focus on analysis and practical applications.

6. Utilize Diagrams and Illustrations

👉 Study anatomical diagrams and illustrations closely; label them to enhance your memory. Consider creating flashcards for important terms and concepts.

7. Practice Regularly

- 👉 Schedule hands-on practice sessions to apply what you've learned.

- 👉 Work with a partner or practice on a massage table to gain confidence in your techniques.

8. Engage with AWSA Study Groups

- 👉 Join or form study groups with classmates to discuss concepts and practice techniques together.
- 👉 Teaching others can greatly enhance your understanding.

9. Take Practice Exams

- 👉 Use any available practice exams to familiarize yourself with the format and types of questions you might encounter.
- 👉 Review your answers and focus on areas where you need improvement.
- 👉 Avoid the temptation to memorize and focus on answers to test questions especially when a great number of DOH written exams are situational or based on practical applications.

10. Review and Revise

- 👉 Regularly revisit your notes and summaries to reinforce your learning.
- 👉 Focus on weak areas and adjust your study plan accordingly.

11. Stay Healthy and Balanced

- 👉 Ensure you're eating well, sleeping enough, and taking breaks to avoid burnout.
- 👉 Incorporate relaxation techniques, such as meditation or light stretching, to maintain your focus.

12. Prepare for the Practical Exam

- 👉 Review the specific requirements and techniques that will be assessed.
- 👉 Practice the required skills in a realistic setting, simulating exam conditions.

13. Seek Guidance

- 👉 Don't hesitate to reach out to instructors or mentors for clarification on complex topics or techniques.
- 👉 Take to pray regularly and ask for God's guidance and enlightenment while you do your regular study and review. Matthew 7:7

Conclusion

Studying for the DOH massage licensure examinations require a combination of effective reading strategies, practical application, and consistent review. By following this guide and staying committed to your study plan, you'll enhance your chances of success in both the written and practical components of the exam. God bless!

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Course Introduction

Welcome to Handspring Wellness and Spa Academy OPC (HAWSA) Coursework on Massage Therapy (CMT). This comprehensive massage therapy training program is designed to equip you to take and pass the Department of Health massage licensure examinations and become a Licensed Massage Therapist (LMT). Throughout this course, you will delve into the fundamental concepts of massage therapy, the practice of massage therapy, anatomy and physiology, microbiology and pathology, and the application of massage therapy techniques.

In the "Fundamental Concepts of Massage Therapy" module, you will explore the basic principles and techniques of massage therapy. You will learn about the benefits of massage, different types of massage modalities, and how to create a safe and relaxing environment for your clients.

Moving on to the "Practice of Massage Therapy" module, you will have the opportunity to develop hands-on skills and techniques under the guidance of experienced instructors. You will learn how to perform various massage strokes, apply pressure effectively, and tailor treatments to meet the individual needs of your clients.

In the "Anatomy and Physiology" module, you will deepen your understanding of the human body's structure and function. You will study the musculoskeletal, nervous, circulatory, and other key body systems to enhance your ability to provide targeted and effective massage therapy.

The "Microbiology and Pathology" module will cover essential knowledge about common diseases, conditions, and pathogens that massage therapists may encounter. You will learn how to identify contraindications, maintain hygiene standards, and ensure the safety of both yourself and your clients.

Finally, in the "Massage Therapy Application" module, you will integrate all your learning and skills to develop treatment plans, assess client needs, and provide therapeutic massage sessions. You can practice your techniques and receive feedback to refine your abilities as a competent and compassionate massage therapist.

By the end of this training program, you will be equipped with the knowledge, skills, and confidence to embark on a fulfilling career in massage therapy. We look forward to guiding you on this transformative journey towards becoming a skilled and empathetic healing practitioner.

Enjoy the journey!

MODULE 1

Fundamental Concepts of Massage Therapy

MODULE 1

Fundamental Concepts of Massage Therapy

Learning Objectives:

1. Gain a comprehensive understanding of what massage therapy is and its potential benefits for health and wellness.
2. Explore the history of massage, highlighting its significance in promoting health throughout various cultures and eras.
3. Recognize how massage can impact the body, including its therapeutic effects, and identify scenarios where it may not be advisable for certain conditions.

Massage therapy is a hands-on practice that involves manipulating the body's soft tissues, including muscles, tendons, and ligaments. Its primary aim is to promote relaxation, alleviate muscle tension, and enhance overall well-being.

During a massage session, a trained therapist employs various techniques, such as applying pressure, kneading, and stretching, to target specific areas of the body. These methods can increase blood circulation, release built-up tension, and support the body's natural healing processes.

Massage therapy effectively addresses a wide range of physical and emotional concerns, including stress, anxiety, muscle pain, and stiffness. It is often integrated with other treatments, such as physical therapy or chiropractic care, to provide comprehensive, holistic care.

Overall, massage therapy is a gentle, noninvasive practice that offers numerous benefits for both the body and mind. It is a widely embraced form of complementary medicine, valued for its ability to promote relaxation, reduce pain, and enhance overall quality of life.



1. Definition of Terms

1. Ayurveda – Ayurveda is an ancient healing system from India, where "Ayur" means "life" and "Veda" means "knowledge." It takes a holistic approach to health, incorporating diet, herbal remedies, yoga, meditation, and massage.

2. Contraindication – A contraindication is a condition that makes a specific treatment inadvisable or potentially harmful. For massage therapy, contraindications may require further evaluation by a healthcare professional before proceeding.

3. Healing – Healing is the process of restoring health and well-being across physical, mental, emotional, and spiritual dimensions. It involves the body's natural ability to recover from illness or injury, achieving a state of balance and vitality.

4. Indication – An indication is a valid reason or condition that suggests a specific treatment is appropriate. In massage therapy, indications include conditions or symptoms that can benefit from massage, promoting relaxation and overall wellness.

5. Massage– Massage is a healing method that manipulates soft tissues and muscles using various techniques. It can involve the hands, fingers, and other body parts to apply pressure, knead, and stretch, promoting relaxation and reducing tension.

6. Miscellaneous Effects – Miscellaneous effects of massage therapy are additional outcomes that may occur during or after a session. These can include psychological benefits like reduced stress and physical effects such as improved circulation or lymphatic drainage.

7. Physiological Effects – The physiological effects of massage therapy are the changes that happen in the body due to the manipulation of soft tissues and muscles. These include increased blood flow, reduced muscle tension, improved flexibility, enhanced immune function, and overall relaxation of the nervous system.

8. Shiatsu – Shiatsu is a type of massage that originated in Japan. The name combines the Japanese words "shi" (finger) and "atsu" (pressure), reflecting its technique of applying pressure with fingers, palms, elbows, or knees on specific points to promote healing and relaxation.

9. Traditional Chinese Medicine (TCM)– TCM is a holistic healthcare system from ancient China that has developed over thousands of years. It includes practices like acupuncture, herbal medicine, dietary therapy, qigong, and Tui Na massage, all aimed at restoring balance and harmony in the body for better health.

10. Valid – Valid means something that is legally acceptable or meets established standards. In massage therapy, a valid treatment plan is one that is safe, appropriate, and effective for specific health issues or overall wellness.

What is massage?

Massage is a holistic healing practice that uses various techniques, mainly involving the hands, fingers, and other parts of the body. These techniques include applying pressure, holding, vibrating, rocking, kneading, and compressing the muscles and soft tissues. Recognized across cultures, therapeutic massage is valued for managing stress, relieving illnesses, and addressing chronic conditions. Its benefits go beyond physical relaxation to also support mental and emotional well-being, making it an essential part of traditional medicine worldwide.

2. The Evolution of Massage

The word "massage" has a fascinating history with roots in many languages and cultures. It comes from different words: the Hebrew "mashes," which relates to touch; the Arabic "massa," meaning to feel or handle; and the Latin "massa," which refers to mass or dough.

In Greek, words like "masso" and "massin" describe the skillful use of hands for kneading and touching. The French "masser" brings to mind the comforting action of kneading. Even the Sanskrit word "makeh" adds an ancient touch to its background. Overall, "massage" has traveled through time and across cultures to become a well-known practice for healing and relaxation.



ANG SALITANG "MASAHE"

ay maituturing na
may kaakit-akit na
kasaysayan

Massage has a rich and ancient history, dating back thousands of years. Its origins can be traced to ancient civilizations in China, India, Egypt, and Greece.

2.1 Ancient China: *Texts from around 2700 BCE mention the practice of Tui Na, a form of massage therapy. It was used alongside acupuncture and herbal medicine.*

2.2 India: *Ayurveda, an ancient Indian system of medicine, includes massage as an essential component for health and wellness. The practice of Abhyanga involves the use of warm oils and is believed to balance the body's energies.*

2.3 Egypt: Hieroglyphs from around 2500 BCE depict massage techniques. Egyptians used massage for relaxation and healing, often in conjunction with rituals.

2.4 Greece and Rome: In ancient Greece, massage was popular among athletes and was integrated into physical training. Hippocrates, the "Father of Medicine," advocated for the therapeutic benefits of rubbing and friction. The Romans adopted these practices, further developing massage techniques in their baths and wellness centers.



Per Henrik Ling, Father of Swedish Massage

2.5 Modern Era: In the 19th century, massage gained recognition in Western medicine, particularly with the work of figures like Swedish physiotherapist Per Henrik Ling, who developed Swedish massage. Today, numerous styles and techniques exist, reflecting cultural practices and therapeutic goals. Johann Mezger from the Netherlands also played a key role in the history of massage, helping to establish it as a recognized medical treatment and introducing terms like effleurage and petrissage.

2.6 Latest Development in the Philippines



As the healthcare system in the Philippines has evolved, the Department of Health (DOH) has increasingly recognized massage therapy as a vital component of family healthcare. This initiative was formalized through Presidential Decree No. 856 on December 23, 1975, which led to a series of consultative meetings in 2008. Following this, Administrative Order No. 2008-0031 was issued, establishing policies and guidelines for accrediting training institutions, programs, and massage therapy providers across the

Philippines.

In response to this administrative order, a series of workshops were held to develop a comprehensive curriculum, manual, code of ethics, and licensure performance protocol. On December 10, 2010, Secretary Enrique Ona signed a revised Administrative Order No. 2010-0034, updating the implementing rules and regulations of PD 856.

The increasing popularity of massage therapy today can be attributed to the high-stress nature of modern life and the negative impacts of unhealthy lifestyles. As more individuals seek holistic and natural healthcare solutions, the DOH, alongside accredited training institutions and providers, is dedicated to maintaining the highest standards of massage therapy practice in the country. They rigorously enforce revised regulations to uphold the profession's credibility.

Under these regulations, practitioners must possess a valid Certificate of Registration (COR) to work professionally in massage therapy in the Philippines. The COR is issued by the Committee of Examiners for Massage Therapy (CEMT) and approved by the Secretary of Health. The DOH actively promotes massage therapy as a recognized profession and a viable career path in the country.

3. Effects of Massage



The impact of a massage session depends upon the intention behind the therapy, the specific techniques employed, and the individual's unique physical state. The artful selection and application of various massage techniques can evoke sensations ranging from gentle relaxation to invigorating revitalization. It is crucial that massages are administered with a level of pressure that promotes wellness without inducing fatigue, bruising, or harm to the body's tissues. The goal is always to enhance the client's well-being and promote holistic health through the therapeutic power of touch.

3.1 Physiological Effects

The phrase "Physiological Effects of Massage on Systems" refers to the impact of massage therapy on the body's various systems. Massage can have a range of effects on the physiological systems, including the nervous, circulatory, musculoskeletal, and lymphatic systems.

A few examples:

1. **Nervous System:** Massage can help relax the nervous system, reduce stress, and promote a sense of calm. It can also stimulate the release of endorphins, the body's natural painkillers, leading to a decrease in pain perception.
2. **Circulatory System:** Massage can improve blood circulation, which can help deliver oxygen and nutrients to the body's tissues more efficiently. It can also help remove waste products from the muscles, reducing inflammation and promoting healing.
3. **Musculoskeletal System:** Massage can help to relax tight muscles, improve flexibility, and reduce muscle tension. It can also help to break up adhesions and scar tissue, improving range of motion and reducing the risk of injury.
4. **Lymphatic System:** Massage can help stimulate the lymphatic system, which removes waste and toxins from the body. This can help to boost the immune system and reduce inflammation.

Overall, massage's physiological effects on the body's systems can improve overall health and well-being.

Table 1 Physiological Effects of Massage

System Affected	Effect of Massage	Description
1. Circulatory System	Dilates blood vessels	<i>Helps widen superficial blood vessels.</i>
	Improves blood circulation.	<i>Deep strokes boost blood circulation by helping blood flow back to the heart.</i>
	Decreases blood pressure	<i>When blood vessels widen, blood pressure drops.</i>
	Replenishes nutritive materials	<i>Better circulation delivers nutrients and oxygen (e.g. carbohydrates, water, fat, etc.) to cells and tissues.</i>
	Helps in removal of waste products	Improved circulation helps remove metabolic waste.
	Reduces heart and pulse rates	Massage lowers heart rate by triggering relaxation.
	Increases red blood cell (RBC) count	The number of RBCs and their oxygen-carrying capacity are increased. Stagnant capillary beds are stimulated, returning this blood into general circulation.
	Increases white blood cell (WBC) count	The body views massage as mild stress, which increases white blood cells (WBCs) and enhances its ability to fight disease.
2. Lymphatic System	Improves lymph circulation	Lymph circulation relies on pressure from muscle contractions (thorax and abdomen) and changes in pressure during breathing or massage.
	Reduces edema (accumulation of excessive amount of watery fluid in cells, tissues, or body cavities)	Massage reduces edema (swelling) by improving lymph circulation.
	Decreases circumference of an area affected with edema	When an area swells, the diameter increases and when it subsides, circumference decreases
	Decreases weight in patients with edema	Fluid retention adds weight to a person so when edema is addressed with massage, weight is reduced .
	Increases skin temperature	Warming of the skin indicates a reduction of stress.

3.Integumentary System	Improves skin condition	As circulation increases, added nutrients are made available to the skin thus improving its condition, texture and tone
	Stimulates oil glands	Stimulation of the sebaceous oil glands causes an increase in oil (sebum) production
	Reduces skin dryness	Reduces skin dryness by increasing oil (sebum) production.
4. Nervous System	Reduces stress	Triggering the relaxation response effectively lowers stress levels.
	Reduces anxiety	With the activation of the relaxation response, anxiety and nervousness are significantly reduced. Interestingly, research indicates that this effect benefits both the recipient and the giver of the massage.
	Improves ability to relax	General relaxation is fostered by activating the relaxation response, which also has a soothing effect that can reduce pain.
	Decreases beta wave activity	<i>Beta brain waves, which are present during wakefulness, are linked to relaxation. Electroencephalogram (EEG) studies confirmed a reduction in beta brain wave activity both during and after a massage.</i>
	Increases delta wave activity	Delta wave activity, commonly associated with deep sleep, was found to increase during a massage, as confirmed by EEG measurements..
	Activates sensory receptors	Depending on factors such as stroke type, direction, speed, and pressure, massage can stimulate various sensory receptors. For instance, cross-fiber tapotement activates muscle spindles, leading to muscle contraction.

5.Endocrine system	Increases dopamine levels	Massage stimulates the increase production of dopamine. This decreases stress and reduces depression
	Increases serotonin levels	Massage stimulates signals that increase the production of serotonin. Serotonin is believed to inhibit pain signals, thus reducing pain.

	Reduces analgesic use	Since pain is reduced with massage, the need for excessive use of pain medication is also reduced.
6. Muscular system	Relieves muscular tension	There is a relationship between muscle tension and blood flow. As massage enhances blood circulation, it relieves muscular restrictions, tightness, stiffness and spasms.
	Relaxes muscles	Muscles relax as massage reduces excitability in the sympathetic nervous system.
	Reduces muscle soreness and fatigue	Massage enhances blood circulation increasing the amount of oxygen and nutrients available to muscles. This reduces muscle fatigue and post exercise soreness.
	Manually separates muscle fibers	Compressive strokes and cross-fiber friction strokes separate muscle fibers. The result is reduced muscle spasms.
	Increases range of motion	When muscular tension is reduced, range of motion is improved. The freedom of the joints is dictated by the freedom of the muscles.
	Improves performance (balance and posture)	When trigger points and muscle tensions are reduced, many postural distortions are removed. Range of motions increases, posture is more aligned and balanced, and performance is improved.
	Lengthens muscles	Massage mechanically stretches and broadens tissue especially when combined with joint mobilization and stretches.
	Increases flexibility	Enhances flexibility by lengthening muscles and encouraging deep relaxation.
	Tones weak muscles	Muscle spindle activity is increased during massage stroke (e.g. tapotement, vibration). This further stimulates tiny muscle contractions and help tone weak muscles.
7. Respiratory system	Reduced respiratory rate	Massage slows down breathing because of activation of the relaxation response
	Strengthens respiratory muscles	The muscles of respiration have a greater capacity to contract, thus helping improve pulmonary functions.
	Decreases asthma attack	Through increased relaxation and improved pulmonary functions, a person with asthma experiences fewer attacks after massage.

	Increases fluid discharge from the lungs	The mechanical loosening and discharge of phlegm increase with rhythmic pressures like tapotement (cupping) and vibration on the rib cage.
8. Digestive system	Improves evacuation of the colon	By increasing peristaltic activity in the colon through massage, movements of bowel content toward the anus for elimination is facilitated.
	Relieves constipation	Because evacuation of the colon is promoted, constipation is relieved
	Relieves colic and intestinal gas	Increased peristaltic activity. It also relieves colic and the expulsion of intestinal gases.
	Stimulates digestion	Massage also promotes activation of the relaxation response. This stimulates digestion.
9. Urinary system	Increases urine output	Massage activates dormant capillary beds and recovers lymphatic fluids for filtration by the kidney. This increases the frequency of urination and amount of urine produced.
	Improves excretion of metabolic wastes	Levels of metabolic wastes like nitrogen, inorganic phosphorus and sodium chloride in urine are increased after massage

3.2 Psychological/Miscellaneous Effects

In addition to the physiological benefits previously mentioned, massage therapy offers significant psychological and miscellaneous effects on individuals. Here are some key examples:

A) Psychological Effects:

1. **Stress Reduction:** Massage therapy effectively lowers stress levels by promoting relaxation and decreasing the production of stress hormones like cortisol, leading to enhanced mental well-being and a sense of calm.
2. **Relief from Anxiety and Depression:** Regular massage sessions can alleviate symptoms of anxiety and depression by boosting levels of serotonin and dopamine, neurotransmitters that help regulate mood.
3. **Improved Sleep:** By reducing muscle tension and calming the nervous system, massage promotes relaxation, resulting in better sleep quality and duration.
4. **Enhanced Mental Clarity:** Massage therapy can improve focus, concentration, and cognitive function by alleviating mental fatigue and fostering a sense of mental clarity.

B) Miscellaneous Effects:

1. Pain Management: Beyond its physiological impact on pain perception, massage therapy can help manage chronic pain conditions such as arthritis, fibromyalgia, and migraines by reducing muscle tension and promoting relaxation.
2. Immune System Boost: Regular massage sessions stimulate the lymphatic system, which is vital for removing toxins and waste from the body, thus enhancing immune function.
3. Improved Posture: Massage therapy can correct postural imbalances by releasing tight muscles, increasing flexibility, and promoting proper alignment of the musculoskeletal system.

Overall, the psychological and miscellaneous effects of massage therapy contribute to improved mental health, effective pain management, enhanced immune function, and overall well-being.

Table 2 Psychological/Miscellaneous Effects of Massage

EFFECTS OF MASSAGE	DESCRIPTION
1. Reduces fatigue and increases vigor	Many clients experienced a sense of renewed energy after massage. This is attributed to effects on muscular system
2. Improves sleep patterns	Clients of massage therapy reported deeper sleep. They felt more rested after waking due to effects on the endocrine system
3. Reduces job related and post traumatic stress	Massage reduces many types of stress, including job related and post traumatic stress. This is due to increased production of dopamine levels that decreases stress.
Improves mood	The mental health status and mood improved after massage due to effects on the endocrine system
4. Decreases feeling of anger	Clients reported a decreased feelings of anger after massage. This is due to lesser stress and good state of mind.
5. Improves self-esteem	Because clients feel good physically, their self-esteem is improved.
6. Eases communication and expression	Massage can assist the ease of emotional expression with relaxation.
7. Improves lifestyle habits	Lifestyle habits include increased activities of daily living, fewer physical symptoms, fewer visits to physician, and increased level of exercising.

1. Increases physical well being	Massage enhances well-being through stress reduction and subsequent relaxation.
2. Reduces touch aversion and touch sensitivity	After a massage done with much care and empathy, victims of rape and spousal abuse reported a reduction in touch aversion. Hypersensitivity to touch was reduced in other individual.
3. Increases academic ability	A decrease in math computation time and an increase in accuracy were noted in massage studies.
4. Increases mental alertness	Massage increases mental alertness by relaxing the body and mind and by removing stress.
12. Satisfies emotional needs	Using the therapeutic relationship, clients emotional needs for attention, acceptance, caring and nurturing touch is satisfied.

4. Indications and Contraindications for Massage

Massage therapy is a widely recognized form of treatment that offers numerous physical and psychological benefits. However, its effectiveness and safety depend on understanding when it is appropriate to use massage (indications) and when it should be avoided (contraindications).

4.1 Indications for Massage - refer to the specific reasons or conditions for which massage therapy may be beneficial or recommended. Massage therapy can help alleviate symptoms, improve function, or promote overall well-being in these situations. Indications for massage can include muscle tension, pain, stress, anxiety, headaches, sports injuries, circulation issues, and more. A trained massage therapist must assess the individual's needs and tailor the massage treatment to address these specific indications effectively.



For Example:

Muscle Tension and Pain: Massage therapy can benefit individuals experiencing muscle tension, soreness, or pain due to physical activity, poor posture, or stress. For example, a person who

frequently experiences neck and shoulder tension from sitting at a desk all day may benefit from a neck and shoulder massage to relieve muscle tightness and discomfort.

4.2 Contraindications for Massage (Local and Absolute/Systemic)

Conversely, contraindications for massage refer to situations where massage therapy may not be suitable or safe for an individual. These are conditions or circumstances that could potentially worsen with massage therapy or pose a risk to the client's health. Contraindications can include acute injuries, certain medical conditions (such as deep vein thrombosis, severe osteoporosis, uncontrolled high blood pressure), infectious skin conditions, fever, recent surgery, and more. It is crucial for a massage therapist to be aware of contraindications and screen clients appropriately to ensure their safety and well-being during a massage session.

For Example:

Inflammatory Conditions: Individuals with acute inflammatory conditions such as rheumatoid arthritis, severe eczema, or severe sunburn should avoid massage therapy as it can potentially exacerbate inflammation and discomfort. For example, a person with severe sunburn should not receive a massage until the skin has healed to prevent further irritation and pain.

Table 3 Indication for Massage

Indication For Massage	Description
1. Anxiety	A feeling of apprehension, uncertainty, and fear without apparent stimulus, associated with physiological changes.
2. Depression	In psychiatry, a mental state of altered mood characterized by feelings of sadness, despair, and discouragement; distinguished from grief, which is realistic and proportionate to a personal loss.
3. Insomnia	Inability to get quality sleep either by not falling asleep or keeping asleep.
4. Lumbago	Is a common term for lower back pain
5. Myalgia	Simply means muscle pain. It can occur for various reasons such as injury or illness.
6. Myofascial Pain Syndrome (MPS)	Is a condition characterized by chronic pain in specific areas of the muscles and the surrounding connective tissue (fascia).

7. Neuralgia	Is a type pain that occurs along the path of a nerve.
8. Paralysis	A complete loss of strength in an affected limb or muscle group.
9. Sciatica	Is a pain that occurs along the sciatic nerve, which runs from the lower back down through the hips and buttocks and into each leg.
10. Pre and Post Stress Syndrome	A set of symptoms occurring together either before or after being stressed.

Table 4 Local Contraindication for Massage

Condition	Description	Area to avoid
1. Abdominal diastasis	An abnormally large separation between associated bones, as between the ribs.	Avoid abdomen.
2. Abnormal lumps.	Unusual swelling as in skin lumps.	Avoid the affected area.
3. Acne vulgaris (chronic acne)	A skin disease characterized by pimples on the face, chest, and back. It occurs when the pores of the skin become clogged with oil, dead skin cells, and bacteria.	Avoid infected area.
4. Athlete’s foot (Tinea Pedis or Foot Ringworm)	A common fungus infection between the toes in which the skin becomes itchy and sore, cracking and peeling away	Avoid infected area.
5. Blister	A local swelling of the skin that contains watery fluid and is caused by burning, infection, or irritation.	Avoid affected area
6. Bruise	An injury to underlying tissues or bone in which the skin is unbroken, often characterized by ruptured blood vessels and discolorations; a contusion.	Avoid bruised area if less than 72 hrs old /
7. Burn	Injury to tissues caused by contact with heat, flame, chemicals, electricity, or radiation.	Avoid affected area
8. Decubitus ulcers	An ulcer due to local interference with the circulation; also called pressure sore.	Avoid ulcerated area

9. Folliculitis	Inflammation or infection of one or more hair follicles (openings in the skin that enclose hair).	Avoid infected area
10. Fracture	A bone fracture is a break in the continuity of a bone.	Avoid the fractured area
11. Furuncle/carbuncle (boil)	It is almost always caused by infection by bacteria resulting in a painful swollen area on the skin caused by an accumulation of pus and dead tissue.	Avoid infected area
12. Herpes simplex	Is a viral infection caused by the herpes simplex virus (HSV).	Avoid infected area
13. Local inflammation	Usually a result of an injury or infection characterized by pain, heat, redness, swelling	Avoid infected area
14. Open wounds	Any break in the skin or an organ or part as the result of violence or a surgical incision	Avoid wounded area
15. Phlebitis	Is the inflammation of a vein, often accompanied by pain redness and swelling	Lightly over affected area
16. Shingles	An acute viral disease affecting the ganglia of certain nerves, characterized by inflammation, pain, and skin eruptions along the course of the affected nerve	Avoid infected area
17. Varicose veins	Are swollen, twisted veins that are visible just under the surface of the skin, often appearing blue or dark purple.	Lightly over affected area.
18. Wart	Is a skin virus that develops a rough, hard bump, usually appearing on a hand or foot and often with tiny black dots in the bump	Avoid infected area

Table 5 Absolute/Systemic Contraindication for Massage

Condition	Description
1. Cardiac arrest	Sudden cessation of the pumping function of the heart with disappearance of arterial blood pressure

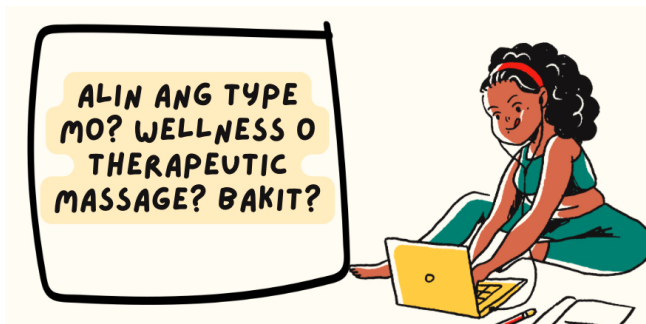
2. Chickenpox	Itchy rash of spots that look like blisters appear all over the body and accompanied by flu-like symptoms caused by the varicella-zoster virus (VZV)
3. Contact dermatitis (if widespread area is involved)	Any skin inflammation that occurs when the skin's surface comes in contact with a substance originating outside the body.
4. Fever	Any body temperature elevation over 100 °F (37.8 °C).
5. German measles (rubella)	Highly contagious viral disease, spread through contact with discharges from the nose and throat of an infected person
6. Gout (during acute stage)	A form of acute arthritis that causes severe pain and swelling in the joints
7. Hepatitis (during acute phase)	Inflammation of the liver.
8. Hypertension	High blood pressure (if not controlled by diet, exercise, and or medication)
9. Infectious disease	Caused by pathogenic microorganisms, such as bacteria, viruses, parasites or fungi; the diseases can be spread, directly or indirectly, from one person to another e.g Cholera, Malaria.
10. Influenza	A highly infectious disease that attacks cells in the upper respiratory tract, causing typical flu symptoms such as fatigue, fever and chills, a hacking cough, and body aches.
11. Lice	A flat wingless parasitic insect that may be a carrier of pathogens.
12. Liver Cirrhosis (if due to viral agent)	A condition in which the liver fails to fulfill its function or is unable to meet the demand made on it. It may occur as a result of trauma, neoplastic invasion, prolonged biliary obstruction, viral infections (hepatitis C), or chronic alcoholism.
13. Migraine headache (during the migraine headache episode)	A severe recurring headache, usually affecting only one side of the head, that is characterized by sharp pain and is often accompanied by nausea, vomiting, and visual disturbances
14. Multiple sclerosis (during flare-up)	Chronic autoimmune disorder affecting movement, sensation, and bodily functions. It is caused by destruction of the myelin insulation covering nerve fibers (neurons) in the central nervous system (brain and spinal cord).
15. Mumps	Relatively contagious mild short-term viral infection of the salivary glands
16. Pneumonia (during acute phase)	This is an inflammation of the lung tissue affecting one or both sides of the chest. It often occurs as a result of an infection.

5. Comparison between Wellness and Therapeutic Massage

Wellness massage and therapeutic massage are both valuable forms of massage therapy designed to enhance health and well-being, but they differ in focus and objectives.

Wellness Massage

1. Focus: Primarily emphasizes overall relaxation, stress relief, and general well-being.
2. Goals: Aims to help clients unwind, reduce stress, and foster a sense of calm and well-being.
3. Techniques: Often employs gentle, flowing strokes to promote relaxation and alleviate muscle tension.
4. Benefits: Enhances circulation, alleviates muscle tightness, promotes relaxation, and boosts overall wellness.



Therapeutic Massage

1. Focus: Concentrates on specific musculoskeletal issues, injuries, or chronic pain conditions.
2. Goals: Seeks to relieve pain, improve range of motion, and address particular muscular or soft tissue concerns.
3. Techniques: May include deep tissue work, trigger point therapy, myofascial release, and other targeted techniques.
4. Benefits: Reduces pain, improves mobility, aids in injury recovery, and addresses specific muscular issues.

Similarities

1. Both types of massage involve hands-on manipulation of soft tissues to promote health and well-being.
2. Each can improve circulation, alleviate muscle tension, and foster relaxation.
3. Sessions can be tailored to meet individual client needs and preferences.

Summary

In essence, wellness massage is geared toward relaxation and overall health, while therapeutic massage is more focused on resolving specific musculoskeletal issues or injuries. Clients can choose the type of massage that aligns with their personal needs and goals, whether for relaxation or for addressing specific pain and mobility challenges.

Table 6 Wellness Massage vs. Therapeutic Massage

Factor	Wellness Massage	Therapeutic Massage
1. Customer relationship	Client	Patient
2. Dominant paradigm -	Intuitive, nurturing –	Scientific, problem-solving
3. Reason for treatment	Client request	Medical necessity
4. Focus	Client satisfaction	Functional outcomes
5. Termination of care	When client’s needs are met or change	Maximum medical improvement (usually)
6. Primary massage treatment techniques	Relaxation massage techniques like Swedish massage, deep tissue, circulatory massage, and craniosacral	Clinical massage techniques like myofascial treatments, deep tissue massage, cross-fiber friction, neuromuscular “trigger point” technique, and muscle energy technique
7. Therapist accountable to-	Clients	<ul style="list-style-type: none"> • Patients • Referring providers • Other health care providers involved with case
8. Time spent on documentation, coordination & communication	1-5 minutes or less per session	5-20 minutes or more per session
9. Training	Basic massage certification course	Basic massage certification course plus advanced training in <ul style="list-style-type: none"> • Orthopedic assessment & treatment protocols • Pathologies and contraindications • Medical terminology • Pharmacology • Documentation • Communication skills
10. Experience	<i>Can start practicing right after passing DOH licensure exam for massage therapist</i>	<i>Need clinical and professional experience and/or an internship</i>
11. Receiver’s emotional state/level of pro-activeness	Proactively seeking care, typically healthy and active	Didn’t ask to be injured, may be depressed, anxious, or otherwise distressed by both the injury/accident and/or ensuing work, life, and health complications
12. Physical demands on practitioner	May be lighter – Swedish and some other techniques are less demanding, but deep tissue massage can be hard on your body	Can be heavy – orthopedic assessments, muscle energy techniques, myofascial treatments, cross-fiber fractioning, and other injury-treatment techniques can be hard on your body

13. Emotional demands on practitioner	Typically light and/or manageable	Can be heavy – patients can be disengaged, distraught, or otherwise unengaged or difficult to engage
14. Client education	OK within scope of practice (“drink plenty of water,” “do that stretch I showed you,” “put an ice pack on it,” etc.)	May be OK (therapist should ask the prescribing referrer about this,) but shouldn’t contradict what the rest of the medical team is saying
15. Marketing model	Consumer marketing (much like a tax preparer, hair dresser, real estate agent, etc.); gift certificates, referral discounts, and other consumer marketing practices are o.k. –	Business-to-business networking with referring providers, health care networks, etc.; many legal and ethical considerations regarding referral relationships, etc.

6. Unit Test – Module 1 (Fundamental Concepts of Massage)

1. *What is the Code of Life?*
2. *Greek word for massage, which means to handle or touch.*
3. *Massage is a method of _____ that applies various techniques.*
4. *Known to be the Father of Swedish massage.*
5. *What is the description for a fitting therapeutic treatment on a given condition?*
6. *This refers to the presence of disease or physical condition making therapy in the usual manner impossible or undesirable.*
7. *It is a remedial, rehabilitative and medical type of massage.*
8. *What does finger pressure mean in Japanese?*
9. *The terms effleurage, petrissage, and tapotement were introduced by _____.*
10. *What is Presidential Decree 856 and when was this signed into law?*

MODULE 2

Practice of Massage Therapy

MODULE 2

Practice of Massage Therapy

Lesson Objectives:

1. Explore the similarities and differences between ethics and professionalism, understanding how each concept contributes to the integrity and credibility of the massage therapy profession.
2. Gain insight into what a Code of Ethics entails and discover how adhering to these principles can elevate the standards of practice within the massage profession, fostering trust and respect among clients and practitioners alike.
3. Become acquainted with various government laws and directives that govern massage practice, ensuring compliance and awareness of legal responsibilities essential for safe and effective service delivery.

The practice of massage therapy involves the skilled manipulation of soft tissues in the body, including muscles, tendons, ligaments, and connective tissue, to promote health and well-being. Massage therapists use their hands, fingers, elbows, and sometimes even tools or devices to apply pressure, knead, stretch, and manipulate the body's tissues. The goal of massage therapy is to alleviate pain, reduce muscle tension, improve circulation, enhance relaxation, and promote overall physical and mental well-being



Massage therapists often work with clients to assess their needs and develop a treatment plan tailored to address specific issues or goals. This may involve discussing the client's medical history, current symptoms, and desired outcomes. During a massage therapy session, the therapist will use a variety of techniques and modalities to address the client's individual needs, whether it be for relaxation, pain relief, injury recovery, or improved range of motion.

In addition to hands-on manipulation, massage therapists may also provide guidance on self-care practices, such as stretching exercises, ergonomic adjustments, and lifestyle modifications to help clients maintain the benefits of their massage therapy sessions between appointments.

The practice of massage therapy requires a combination of technical skill, knowledge of anatomy and physiology, and a compassionate, client-centered approach. Massage therapists must also adhere to ethical standards and professional guidelines to ensure the safety and well-being of their clients. Overall, the

practice of massage therapy plays a valuable role in promoting physical, mental, and emotional wellness for individuals seeking natural and holistic approaches to health and healing.

1. Definition of Terms

1. *Allied - Refers to the connection or similarity between things, showing a shared relationship.*
2. *Behavior - The actions and conduct of a person, especially in how they interact with others.*
3. *Client- The person who receives a service or benefits from an offering.*
4. *Code - A set of rules or guidelines that dictate proper conduct and behavior.*
5. *Employer - A person or organization that hires and manages employees.*
6. *Ethics - Moral principles that guide a person's behavior and help distinguish right from wrong.*
7. *Moral Principle -Fundamental beliefs about what is right or wrong, guiding ethical decisions.*
8. *Preamble -An introductory statement that outlines the purpose and values of a document.*
9. *Professionalism - Qualities and behaviors that reflect expertise, integrity, and dedication in a profession.*
10. *Responsibility -The duty to manage or take care of a specific task or the well-being of others.*

2. Code of Ethics for Massage Therapists

Ethics and professionalism are the cornerstones of a successful massage practice. The massage therapy profession follows a set of guiding principles based on right and wrong, commonly referred to as ethics. They provide guidelines for appropriate behaviors and safe decisions. The fundamental ethical principle for massage therapy is a client-centered care. This focuses on the attitudes, decisions, and activities best for the client's health and well-being. Client-centered care is the key that determines a massage therapist's professionalism. These are the combined qualities of integrity, competency, effective communication and interpersonal skills, respectful behavior, and good business practices.

Ethics and professionalism are closely intertwined and sometimes inseparable. They reinforce and support each other. The relationships one develops as a professional can be complicated and rewarding. But ethics and professionalism can provide guidance. Combining ethics and integrity with professionalism establishes a foundation for developing oneself as an effective, successful, professional massage therapist.

1. What is Code of Ethics?

A Code of Ethics serves as a fundamental guide, outlining the principles and professional conduct expected of massage therapists. It is a cornerstone for upholding the integrity and credibility of practitioners, established by professional organizations to set a standard of behavior and professionalism. This Code not

only directs therapists in their decisions but also informs the public about the ethical standards upheld within the profession. Additionally, it serves as a declaration of the core values, responsibilities, and aspirations of the massage therapy profession.

2. Why do we need a Code of Ethics?

A Code of Ethics symbolizes our unwavering dedication to ethical practice. As integral members of the healthcare community, we have made a solemn commitment to society to bear the responsibility of maintaining trust and upholding ethical standards. By adhering to a Code of Ethics, we reaffirm our dedication to ethical conduct, nurturing a bond of trust between practitioners and the public, and fostering a culture of integrity and reliability.

3. What does a Code of Ethics do?

A Code of Ethics meticulously defines the foundational values of the Massage Therapy Profession, elucidating the essence of these principles. It serves as a guiding light, illuminating the path towards safeguarding and enhancing public welfare. By delineating actions that promote well-being and cautioning against those that may cause harm, a Code of Ethics establishes a framework for ethical decision-making and professional excellence.

4. To whom does this Code apply?

This Code applies universally to all individuals within the massage therapy profession, whether they serve as practitioners, educators, researchers, administrators, or policymakers. It serves as a standard binding all members to the outlined principles, guiding their behavior towards ethical excellence and unwavering professionalism.

Philippine Massage Code of Ethics

PREAMBLE

Massage Therapists are duly licensed professionals. They possess, maintain, and uphold at all times the dignity, integrity, and reputation of the profession. They have high moral values as well as technical skills and professional competence. They strictly adhere to principles, standards, and values. This Code's principles and rules of conduct aim to help massage therapists as individuals and as a professional group. They have to pursue and maintain a high level of ethical conduct in the practice of massage therapy. They are means by which a massage therapist may be guided in his/her relationship with the clients, co-practitioners, employers, members of allied professions and the public in general.

Duties and Responsibilities of a Professional Massage Practitioner

Massage therapists provide services without discrimination based on nationality, race, creed, color, politics, or social standing. The responsibilities of massage therapists towards various stakeholders in the industry are as follows:

1. DUTIES TOWARDS THE CLIENT – *The client's well-being is of utmost importance.*

1. Massage therapists must prioritize the well-being and best interests of their clients, providing professional care with dedication and integrity. They should uphold high service standards and not compromise on quality for any reason.
2. Massage therapists are expected to base their practice on evidence-based scientific principles to ensure the effectiveness and safety of their treatments.
3. A massage therapist should refrain from questionable or morally inappropriate practices and always act in the best interest of the client's health and well-being.
4. A massage therapist must safeguard all client information and maintain strict confidentiality unless required by law or for public health and safety reasons.
5. Regularly assessing and monitoring the client's condition during treatments is essential, with prompt action taken in response to any unexpected changes or concerns.



6. Respecting the client's privacy and individuality, a massage therapist should honor their values, beliefs, and cultural customs throughout the therapeutic process.
7. A massage therapist's key responsibility is to encourage and empower clients to prioritize their own wellness and self-care, promoting a holistic approach to health and healing.

2. DUTIES TOWARDS THE PROFESSION- *Upholding excellence and enhancing the profession's ethical standing through honorable and principled conduct.*

1. A massage therapist shall uphold the dignity and integrity of the profession by maintaining the highest standards of ethical conduct and professionalism in all interactions with clients, colleagues, and the community.
2. A massage therapist shall strive to broaden his/her cultural outlook and deepen his/her professional interest by actively seeking opportunities for continuing education, exploring diverse modalities, and staying informed about advancements in the field to enhance the quality of care provided to clients.
3. Massage therapists should be receptive to new ideas, knowledge, and innovations that contribute to the development and growth of the profession. They should actively engage in ongoing research, collaborate with peers, and participate in professional development activities to advance the practice of massage therapy.
4. A massage therapist should not directly or indirectly assist in any immoral or illegal practices and must report any knowledge of such practices being carried out by members of the profession to the appropriate authorities, upholding the ethical standards and integrity of the profession.
5. A massage therapist should provide an optimal level of professional massage service by demonstrating excellence in practice and promoting health and well-being through responsible, compassionate, and respectful touch. By prioritizing the needs and preferences of clients, maintaining a safe and welcoming environment, and upholding the highest quality of care, the therapist ensures the delivery of exceptional service that reflects the values and principles of the profession.

3. DUTIES TOWARDS CO-PRACTITIONERS- *Promoting camaraderie, support, and professional respect among fellow practitioners.*

1. A massage therapist is expected to collaborate harmoniously with colleagues, sharing knowledge and experience for the collective benefit of all massage therapists.
2. It is imperative for a massage therapist to exercise the utmost caution, tact, and discretion in their interactions with fellow professionals, refraining from making any statements that may undermine a client's trust in their colleagues.
3. A massage therapist should refrain from assuming responsibility for a client already under the care of another therapist, unless in cases of emergency or with the explicit endorsement of the primary therapist.

4. In cases of irreconcilable disputes or conflicts among massage therapists, it is essential to refer the matter to the appropriate authorities such as the Center for Health Development (CHD) Human Resource Development Unit (HRDU) or the CEMT.
5. It is crucial to encourage other Licensed Massage Therapists (LMTs) to actively engage in self-regulation processes, including internal assessments, external evaluations of professional performance, and the implementation of remedial measures and disciplinary actions for members who do not meet established standards.
6. Collaborating with other massage therapy associations to advance the professional standing of massage therapy is essential.
7. Licensed Massage Therapists should be motivated to continuously enhance their skills and knowledge in the field of massage therapy.
8. Constructive criticism of colleagues should benefit the client and improve service quality. It should be formally addressed to the appropriate authorities for fair evaluation.
9. Criticizing a competitor's qualifications solely to gain a competitive advantage in employment is unethical and should be avoided by all massage therapists.

4. DUTIES TOWARDS EMPLOYERS - *Demonstrating fairness, honesty, and loyalty in interactions with employers.*

1. Massage therapists are expected to uphold the highest ethical standards by refraining from entering into agreements with institutions or enterprises of questionable repute, involvement in illegal activities, or agreements that contravene the provisions outlined in this Code. Maintaining integrity in professional affiliations is paramount to preserving the trust and credibility of the massage therapy profession.
2. Massage therapists employed within accredited training institutions or wellness enterprises are required to conscientiously adhere to all legal agreements established with these entities. By demonstrating unwavering commitment to the terms of their employment, therapists contribute to a culture of accountability and professionalism within their workplace.
3. As providers of massage therapy training, therapists are encouraged to actively engage in ongoing research to enhance their understanding of the art and science of massage. By employing effective teaching methodologies aligned with regulatory standards and institutional guidelines, therapists can ensure the delivery of high-quality education that meets the evolving needs of students and the industry.
4. Massage therapists must vigilantly avoid conflicts of interest and refrain from participating in activities that may undermine the objectives of the training institutions or wellness enterprises they are affiliated with through mutual agreements. By prioritizing the interests and goals of their employing organizations, therapists uphold the principles of loyalty and dedication essential for fostering a harmonious and productive professional environment.

5. DUTIES TOWARDS OTHER ALLIED PROFESSIONALS- *Providing mutual respect and understanding among allied professionals*

1. It is imperative to refer clients to other allied healthcare professionals when they encounter health concerns beyond the scope of your expertise. This ensures comprehensive care and optimal outcomes for the client's well-being.
2. Adhere strictly to the services within the scope of your qualifications, certifications, and professional affiliations, upholding the highest standards of competence and professionalism in your practice.
3. Recognize and honor the ethical commitments of all healthcare providers, fostering a collaborative and harmonious environment that prioritizes the promotion of health and wellness through mutual respect and cooperation.

6. DUTIES TOWARDS THE PUBLIC. *Adhering to all laws governing the profession and the broader legal framework as mandated by the authorities.*

1. A massage therapist should actively engage with relevant authorities to advance public health initiatives within the community, contributing to the overall well-being of its members through collaborative efforts.
2. A massage therapist must participate in community service projects in coordination with local authorities, demonstrating a commitment to enhancing public health and wellness through collective action.
3. Educate the public on the esteemed status of Licensed Massage Therapists as integral members of the healthcare community, emphasizing the importance of their role alongside other allied health professionals in promoting and maintaining optimal health.
4. Utilize a variety of media platforms to advocate for massage therapy's benefits, raising awareness and understanding of its positive impact on physical and mental health and thereby contributing to the public's overall well-being.

EFFECTIVITY

This Code of Ethics for massage therapists shall be disseminated through the accredited training institutions and massage therapists' associations after approval by the Department of Health, Committee of Examiners for Massage Therapists (DOH-CEMT), and shall take effect immediately.

Done in the City of Manila this July 2010.

Signed: DR. ENRIQUE T. ONA, MD, FPCS, FACS
Secretary of Health

3. Legal Mandate: Massage Therapy Practice

In the Philippines, the practice of massage therapy is regulated by the Department of Health (DOH) through the issuance of licenses to qualified individuals. The legal mandate of massage therapy practice in the Philippines includes the following key points:

1. **Licensing Requirement:** In order to practice massage therapy legally in the Philippines, individuals must obtain a license from the DOH. This license serves as proof that the individual has met the necessary educational and training requirements to provide safe and effective massage therapy services.
2. **Educational Standards:** The DOH sets specific educational standards that individuals must meet to qualify for a massage therapy license. These typically include completing a formal training program in massage therapy from a recognized institution.
3. **Scope of Practice:** The DOH defines the scope of practice for licensed massage therapists in the Philippines, outlining the types of services they are permitted to provide. This helps ensure that therapists are practicing within their area of expertise and training.
4. **Code of Ethics:** Licensed massage therapists in the Philippines must adhere to a code of ethics that governs their professional conduct. This includes maintaining client confidentiality, providing high-quality care, and upholding the standards of the profession.
5. **Regulatory Oversight:** The DOH is responsible for overseeing the practice of massage therapy in the Philippines and enforcing regulations to protect public health and safety. This includes conducting inspections of massage therapy establishments and taking action against individuals who practice without a license.

Overall, the legal mandate of massage therapy practice in the Philippines is designed to ensure that licensed therapists meet specific standards of education, training, and conduct in order to provide safe and effective care to the public.

A Milestone: Philippine Massage Industry

The development of the Philippine massage industry has been marked by significant milestones that have shaped the practice of massage in the country. These milestones highlight the evolution of regulations and standards to ensure the quality and safety of massage therapy services for the public.

- a. **1975** - A foundational moment for the Philippine massage industry was the issuance of Presidential Decree 856 (Code of Sanitation of the Philippines) Chapter XIII by President Ferdinand Edralin

Marcos Sr. on December 23, 1975. This decree laid the groundwork for regulating massage clinics and sauna bath establishments in the country.

- b. **1996** - Building upon the provisions of Chapter XIII, the Department of Health (DOH) implemented the Implementing Rules and Regulations on October 2, 1996. A key feature of these regulations was Section 4.1.1, which emphasized the importance of personnel and personal hygiene for massage practitioners. It mandated that masseurs must obtain a Certificate of Registration from the DOH Committee Examiners for Masseurs before practicing their profession.*
- c. **2010**—On December 10, 2010, then-Health Secretary Enrique T. Ona issued Administrative Order 2010-0034, a significant development that revised the Implementing Rules and Regulations governing massage clinics and sauna bath establishments and strengthened the requirements for massage practitioners. It mandated that only individuals holding a valid certificate of registration issued by the Committee of Examiners for Massage Therapy and approved by the Secretary of Health would be authorized to practice massage as a profession in the Philippines (Section 5.1.1)*
- d. **2021** - The latest milestone in the regulation of the massage industry in the Philippines occurred on April 13, 2021, with the signing of Joint Memorandum Circular No. 01 Series of 2021. This circular, involving representatives from the Anti-Red Tape Authority (ARTA), the Department of Interior and Local Government (DILG), the Department of Trade and Industry (DTI), and the Department of Information and Communications Technology, emphasized the importance of training and certification for spa and massage clinic operators. It highlighted that a certificate of training issued by the Department of Health or the Technical Education and Skills Development Authority (TESDA) would be required upon the renewal of business permits for spa/massage clinics.*

These milestones reflect the ongoing efforts to regulate and elevate the standards of the massage therapy profession in the Philippines, ensuring that practitioners meet specific requirements to provide safe and effective services to the public.

A. Presidential Decree 856 (Code on Sanitation of the Philippines), Chapter 13, Massage and Sauna Bath Establishments

Implementing Rules and Regulations (IRR) of Chapter 13 – “Massage Clinics and Sauna Bath Establishments” of the Code on Sanitation of the Philippines (P.D. 856)

October 02, 1996

To carry out the provisions of Chapter XIII — “Massage Clinics and Sauna Bath Establishments” of the Code on Sanitation of the Philippines (P.D. 856), these rules and regulations are hereby formulated for implementation and strict compliance of all concerned.

SECTION 1. Scope. — *These implementing rules and regulations shall apply to all massage clinics and sauna bath establishments, masseurs/massagists, massage attendants, sauna bath attendants and other similar entities and practitioners.*

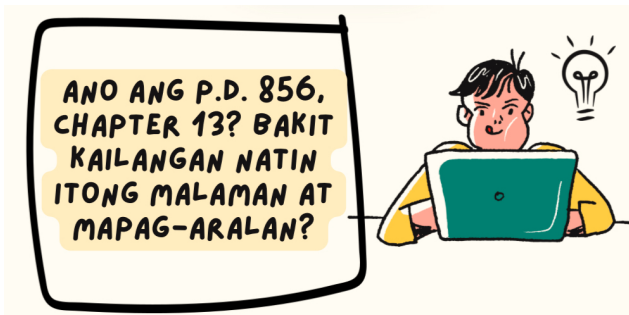
SECTION 2. Definition of Terms. — *As used in these rules and regulations, the following terms shall mean:*

1. CERTIFICATE OF REGISTRATION — *a certification in writing issued by the Department of Health Committee of Examiners for Masseurs who will be authorized to perform massage and to supervise massage attendants/masseurs.*

2. COMMITTEE — *the Department of Health Committee of Examiners for Masseurs.*

3. HEALTH CERTIFICATE — *a certification in writing issued by the city or municipal health officer using the prescribed form to persons employed as masseurs, massage attendants, sauna bath attendants and other related practitioners after passing the required physical and medical examinations and having been administered the required immunizations.*

4. LOCAL GOVERNMENT UNIT — *the political subdivision which refers to the province, city, municipality or barangay.*



5. **LOCAL HEALTH OFFICER** — the provincial, city or municipal health officer.

6. **LOCAL HEALTH AUTHORITY** — an official or employee responsible for the application of a prescribed health measure in a local political subdivision. For a province, the local health authority is the governor and for a city or municipality, the local health authority is the mayor.

7. **MASSAGE** — a method wherein the superficial soft parts of the body are rubbed or stroked or kneaded or tapped for remedial or aesthetic or hygienic purposes. It also includes the practice of reflexology, synchrotherapy, physical therapy and other similar techniques that use instruments and/or other parts of the body.

8. **MASSAGE ATTENDANT** — a trained person who have complied with the basic requirements under the provisions of these rules and regulations and authorized to massage customers under the guidance and supervision of a registered masseur.

9. **MASSAGE CLINIC** — an establishment equipped with necessary facilities for the practice of massage under the guidance/supervision of a registered masseur.

10. **MASSEUR/MASSAGIST** — a trained person who has passed the masseurs' examination and is a holder of a valid certificate of registration for masseur issued by the Department of Health Committee of Examiners for Masseurs.

11. **SANITATION INSPECTOR** — a government official or personnel, employed by the national, provincial, city or municipal government, who enforces sanitary rules, laws and regulations and implements environmental sanitation activities under the supervision of the provincial/city/municipal health officer/sanitary engineer.

12. **SANITARY ENGINEER** — a person duly registered with the Board of Examiners for Sanitary Engineers (Republic Act 1364) and who heads the sanitation division/section/unit of the provincial/city/municipal health office or employed with the Department of Health or its regional health offices.

13. **SANITARY PERMIT** — the permission or certification in writing of the city health officer or the municipal health officer or in his absence the chief or head of the sanitation division/section/unit that the establishment complies with the existing sanitation requirements upon evaluation or inspection conducted in accordance with Presidential Decree Nos. 522 and 856 and local ordinances.

14. **SAUNA BATH ATTENDANT** — a person who applies the proper technique of giving steam bath to customers.

15. **SAUNA BATH ESTABLISHMENT** — an establishment where customers are exposed to steam which is generated by sprinkling water on hot stones or by some other means.

16. **VERMIN** — a group of insects or small animals such as flies, mosquitoes, cockroaches, lice, bedbugs, mice and rats which are vectors of diseases.

SECTION 3. SANITARY PERMIT.

1. No massage clinic or sauna bath establishment shall open and operate for public patronage without a sanitary permit issued by the local health officer.
2. Any extension or additional construction or alteration in an establishment shall require a new sanitary permit before it could be operated.
3. Application or renewal of the sanitary permit.

3.3.1 The application or renewal of the sanitary permit shall be filed with the city or municipal health office having jurisdiction over the establishment.

3.3.2 The sanitary permit shall be issued upon compliance to at least a satisfactory rating utilizing the form for sanitary inspection of public places establishment (EHS Form No. 103-B).

3.3.3 Fees shall be paid to the local government unit upon application, renewal and noting of sanitary permit. The amount of fees shall be set through city or municipal ordinance.

- 1.1. **3.4 Noting of Permit.** If there is a change in ownership of massage clinic and sauna bath establishment, the new owner shall apply to the city municipal health office within fourteen (14) working days to have such change noted in the records and permit certificate and shall pay the corresponding fee for such noting.

3.5 Validity. The sanitary permit shall be valid for one (1) year, ending on the last day of December of each year, and shall be renewed every beginning of the year, thereafter. Upon the recommendation of the local health officer to the local health authority, the sanitary permit shall be suspended or revoked for violation of any sanitary rules and regulations.

3.6 Posting of Permit. The sanitary permit shall be posted in a conspicuous place of the establishment for public information and shall be available for inspection by authorized health and other regulatory personnel.

3.7. Record of sanitary permit.

- 3.7.1 Every city or municipality shall keep a record of all massage clinics and sauna bath establishments which have been issued sanitary permit and renewal thereof.

3.7.2 *The record shall in every case show the following:*

- a. *The name and address of the holder of the sanitary permit;*
- b. *The location of the establishment;*
- c. *The nature/kind of business for which the permit has been issued;*
- d. *The date the first permit was issued and the dates of any renewal thereof;*
- e. *Every change of management of the establishment since the first permit was issued;*
- f. *Sanitary conditions under which the permit was issued or any renewal thereof granted;
and*
- g. *The revocation of the sanitary permit.*

3.7.3 *3.7.3 The record shall be available at all reasonable times for inspection by any authorized officer of the Department of Health or local government unit.*

SECTION 4. PERSONNEL AND PERSONAL HYGIENE

4.1 Masseurs

4.1.1 *No masseur shall be allowed to practice their profession without first securing a Certificate of Registration issued by the Department of Health Committee of Examiners for Masseurs.*

4.1.2 *The masseur and massage clinic attendant shall possess an up-to-date health certificate (EHS Form No. 102-C; pink color) including Sexually Transmitted Diseases (STD) clearances at least every two weeks secured from Department of Health accredited government clinic or hospital. Other examinations such as hepatitis-B antigen (HBsAG), VDRL and HIV may be required depending upon the discretion of the local health officer. However, in case of HIV examination the consent of the masseur/attendant shall be secured first by the local health officer.*

4.1.3 *The health certificate shall be clipped visibly in the upper left front portion of the uniform worn while working.*

4.1.4 *The masseur shall wear a clean working garment when attending to customers or when supervising clinic attendants.*

4.1.5 *The masseur shall wash his/her hands thoroughly with soap, water and 70% isopropyl alcohol before and after massaging a customer.*

4.1.6 *The masseur is not allowed to take a bath with the customers whether in the shower or in the tub*

or hydromassage tub/shower.

4.1.7 A registered masseur shall supervise a maximum of fifty (50) massage attendants.

4.1.8 A registered masseur shall render no less than six (6) hours of supervision a day.

4.1.9 A copy of the certificate of registration of masseur issued by the committee including its renewal shall be displayed at a conspicuous place of the massage clinic in full view of the public. A copy of which shall be furnished to the city/municipal health office.

4.2 Massage Attendants

4.2.1 Basic requirements for the employment of massage attendant:

a. He/she must be at least (18) years of age.

b. He/she must submit a medical certificate from a government physician preferably hospital/city/municipal health officer that he/she is physically and mentally fit.

c. He/she must have a certificate of training noted by the local health officer after having completed at least sixty (60) hours of training on practical massage under the supervision of a registered masseur..

d. He/she must present a certification that he/she had attended seminars or lectures on sexually transmitted diseases including AIDS conducted by competent health authorities.

4.2.2 Attendants must possess an up-to-date health certificate (same requirement as in Section 4, subsection 4.1, paragraph 4.1.2).

4.2.3 The health certificate shall be clipped visibly in the upper left front of the uniform worn while working.

4.2.4 The attendant shall wear a clean working uniform when attending to customers.

4.2.5 The attendant shall thoroughly wash his/her hands with soap, water and 70% isopropyl alcohol before and after massaging a customer.

4.2.6 The massage attendant is not allowed to take a bath with the customers whether in the shower or in the tub or hydromassage shower/tub.

4.2.7 The massage attendant shall be under the close supervision and control of a registered masseur.

4.3 Sauna Bath Attendants

4.3.1 *Basic requirements for the employment of sauna bath attendants:*

- a. *He/she must be at least eighteen (18) years of age.*
- b. *He/she must submit a medical certificate from a government physician preferably hospital/city/municipal health officer that he/she is physically and mentally fit.*
- c. *He/she must have a certificate of training noted by the local health officer after having completed at least sixty (60) hours of training on sauna bath techniques and procedures under the supervision of a registered masseur.*
- d. *He/she must present a certification that he/she had attended seminars or lectures on sexually transmitted diseases including AIDS conducted by competent health authorities.*

4.3.2 *Sauna bath attendants must possess an up-to-date health certificate (same requirement as in Section 4, sub-section 4.1, paragraph 4.1.2).*

4.3.3 *Health certificate of sauna bath attendants shall be clipped in the upper left front of the uniform worn while on duty or while inside the establishment.*

4.3.4 *Attendants are strictly prohibited to take the sauna bath with the customers.*

4.4 Operators

4.4.1 *The operator of the establishment must possess an up-to-date health certificate issued by the local health officer concerned.*

4.4.2 *The operator shall hire a licensed masseur during the entire operation of the establishment corresponding to the recommended ratio of attendants to be supervised.*

4.5 Other Personnel

4.5.1 *All personnel in the massage clinic or sauna bath establishment other than those mentioned above must possess an up-to-date health certificate issued by the local health officer concerned.*

SECTION 5. STRUCTURAL REQUIREMENTS.

5.1 Floors

5.1.1 All floors shall be constructed of concrete or other impervious materials, easily cleaned and non-toxic materials.

5.1.2 Where the floors are constructed of wood with dovetailed or tongue and groove floor boards, it shall be laid in a firm foundation and clamped together.

5.1.3 Floor covering such as vinyl tiles, wood parquet, linoleum or similar materials may be used as long as they are fixed to the floor with cement or suitable materials. In case carpet is used, it shall be cleaned and maintained in satisfactory condition.

5.1.4 All floors shall be kept clean and dry at all times.

5.2 Walls

5.2.1 All internal walls shall have a smooth, even, non-absorbent and easily cleaned surface of non-toxic materials.

5.2.2 Walls for the toilet and bath shall be constructed of impervious, non-absorbent materials with a height of not less than two (2) meters from the floor.

5.2.3 Walls shall be painted with light color.

5.2.4 Wall covering shall be adhered firmly to the wall to avoid open spaces or cracks that would provide harborage for vermin.

5.2.5 All light fixtures and decorative materials attached to the walls or ceilings shall be kept clean.

5.3 Ceiling

5.4 Lighting

5.4.1 All rooms shall be provided with illumination of sufficient intensity to permit effective inspection and cleaning in accordance with the DOH general illumination standards.

a. Massage, reception, office and other rooms shall be provided with a minimum of ten (10) foot-candle (107.6 lux) illumination.

b. Sauna bath rooms shall have a minimum level of illumination of five (5) foot-candle (53.8 lux).

5.4.2 All lightings shall be reasonably free from glare and distributed so as to avoid shadows.

5.5 Ventilation

5.5.1 All rooms shall be provided with effective and suitable ventilation to maintain comfortable room temperature. The natural air supply in any room shall in no instance be less than 0.005 cubic meter per second per person.

5.5.2 The ventilation shall be adequate to maintain a comfortable room temperature to prevent condensation and the formation of excess moisture on walls, ceiling as well as to allow the removal of objectionable odors and impurities.

5.5.3 When natural ventilation only is provided, massage, reception, office and other rooms shall be provided with a window opening of at least 10% of the total floor area. Windows shall be kept clean and in good condition.

5.5.4 In the absence of effective natural ventilation, mechanical ventilation with airflow from a clean area and discharged in such manner as not to create a nuisance, shall be provided with the following:

a. **Air-conditioning units** — provide 1.50 horse power (6,000 BTU/hr) air conditioner for every 50 cubic meter room volume.

b. **Exhaust fans or blowers**

i. *Massage rooms* — provide a 25.40 centimeter diameter blower fan per 35 cubic meter room volume.

ii. *Toilet and bathroom* — provide a 15.24 centimeter diameter exhaust fan per 10 cubic meter room volume. Mechanical exhaust systems shall be connected to the light circuits of windowless bathrooms.

5.5.5 Air circulated in the room of the establishments shall be supplied through air inlets arranged, located and equipped so that the personnel and customers are not subjected to air velocities exceeding 1.02 meter per second.

5.6 Changerooms

5.6.1 Changerooms for Customers

a. Customers shall be provided with changerrooms, at least one for each gender. It shall be located either in the massage room or adjacent to the toilet or shower room or the sauna room. Such

changerooms shall be provided with individual lockers with lock.

b. Each changerroom shall be provided with chairs and lounges, the number of which shall be equal to at least 25% of the customers that could be accommodated at one time in the establishment.

5.6.2 Changerooms for Personnel

a. Masseurs, massage attendants and sauna bath attendants/helpers shall be provided with changerrooms with lockers. Changerrooms may be located adjacent to the personnel shower and toilet room.

b. There shall be separate changerrooms for each gender.

c. Each changerroom shall be provided with chairs and lounges, the number of which shall be equal to at least 25% of the number of personnel using the changerrooms.

5.7 Reception Rooms

5.7.1 Reception rooms shall be provided with lounges, easy chairs or sofas, the number of which shall be equal to at least 10% of the number of massage tables in the establishment for massage clinics and at least 10% for the number of customers that could be accommodated at one time in the sauna bath establishment. The reception rooms shall be maintained clean at all times.

5.8 Massage Rooms

5.8.1 Massage rooms shall be of adequate size which will guarantee the easy movement of the masseur/attendant in their work, but in no case less than five (5) square meters in floor area.

5.8.2 Massage room shall be provided with sliding curtain or swing type wooden door or equivalent materials at the entrance. Doors with locks are not permitted.

5.8.3 Massage table shall have the following dimensions: length of 1.80 meters, width of 0.80 meter and a height of 0.70 meter.

5.8.4 Massage table shall be provided with firm mattress, two (2) freshly laundered and clean sheets, two (2) bath towels, one (1) pillow and one (1) pillow case for every customer.

5.8.5 Each room shall be provided with massage needs such as alcohol, lotion, massage oil, tissue and powder.

5.8.6 Every room shall be disinfected with water-based disinfectant after every use.

5.9 Sauna Bath Rooms

5.9.1 *Sauna bath rooms shall be of adequate size to accommodate several customers at one time but in no case shall be less than five (5) square meters in floor area. Doors shall be of the automatic type that could be opened inside the room in case of emergency.*

5.9.2 *It shall be provided with wooden plank benches or other non-heat retaining materials.*

5.9.3 *Thermometer shall be provided inside every sauna room. Thermostat regulators shall be well maintained to prevent accidental overheating of the room.*

5.9.4 *When ice or cold water are served inside the room, they should be of potable quality and placed in sanitized ice buckets or like containers.*

5.10 Other Floor Spaces in the Establishment

5.10.1 *There shall be sufficient floor space to enable every person working thereon to carry out his duties efficiently and to permit easy access for cleaning. Working spaces, aisles or passageways, stairways and areas to which customers have access shall be unobstructed and with at least 1.20 meter width to permit movement of employees and customers without personal contacts.*

5.10.2 *Floor spaces shall be in accordance with the National Building Code of the Philippines and local ordinances.*

SECTION 6. SANITARY FACILITIES REQUIREMENT.

6.1 Toilet, Bath and Handwashing Facilities

6.1.1 *Sanitary handwashing, bath and toilet facilities shall be available. For every five (5) massage tables, there shall be at least one (1) handwashing facility with hot (at least 48.9°C or 120°F) and cold water, one (1) shower room, and one (1) water closet.*

6.1.2 *One (1) shower room, one (1) water closet, one (1) lavatory and one (1) urinal shall be provided for every five (5) customers in the sauna bath. Individual lockers shall likewise be furnished.*

6.1.3 *Customers shall be provided with soap, clean towels, sufficient number of clean bed linen, and sanitized rubber or plastic slippers. They shall be required to take a thorough bath before massage. Cabinets for supplies shall be provided adjacent to toilet room.*

6.1.4 *All plumbing connections and fixtures shall be in accordance with the National Plumbing Code of the Philippines.*

6.2 Water Supply

6.2.1 *The water supply shall be adequate and potable in accordance with the Philippine National Standards for Drinking Water.*

6.2.2 *Hot and cold running water shall be provided.*

6.2.3 *In case bottled drinking water is served, it shall be in conformity with Department of Health Administrative Order No. 18 s. 1993.*

6.2.4 *All ice shall come from approved sources, or if coming from ice makers dispensing units of the establishment, adequate and acceptable ice storage and dispensing utensils shall be provided and properly used.*

6.2.5 *Steam water shall be free from any material or additive other than those specified by the Department of Health.*

6.3 Food and Drink

6.3.1 *Dispensing of food and drink shall be in accordance with Chapter III — "Food Establishments" of the Code on Sanitation of the Philippines (P.D. 856) and its implementing rules and regulations.*

6.4 Sewage Disposal and Drainage

6.4.1 *All sewage discharged from massage clinics and sauna bath establishments shall be disposed in a public sewerage system, or in the absence thereof, in a manner complying with Chapter XVII — "Sewage Collection and Disposal, Excreta Collection and Drainage" of the Code on Sanitation of the Philippines (P.D. 856) and its implementing rules and regulations.*

6.5 Solid Wastes Management

6.5.1 *All rooms of the establishments shall be provided with two (2) refuse receptacles or containers made of impervious materials, one for biodegradable and one for non-biodegradable wastes.*

6.5.2 *All receptacles or containers shall be provided with tight fitting lids or covers, so constructed and maintained as to be vermin-proof and easily cleaned. The receptacles or containers shall be lined with black plastic trash bags for non-biodegradable and green plastic trash bags for biodegradable materials.*

6.5.3 *After being emptied, each container shall be thoroughly cleaned inside and outside with water, soap and brush.*

6.5.4 *Storage of refuse shall be done in such a way that it shall be inaccessible to vermin in order to avoid becoming a potential insect and rodent attractant and harborage and cause of nuisance.*

6.5.5 *Refuse storage areas shall be maintained clean at all times.*

6.5.6 *All refuse shall be disposed at least once a day, or more frequently through the collection system or by any approved method and in such manner as to prevent nuisance.*

6.6 Vermin Control

6.6.1 *A vermin control program shall be maintained in the massage clinics and sauna bath establishments by the owners, operators or administrators. If they fail, neglect or refuse to maintain a vermin abatement program, the local health agency will undertake the work at the expense of the owners, operators or administrators.*

6.6.2 *Massage rooms, changerooms, bathrooms and other openings to outdoor space shall be effectively screened, unless air-conditioned.*

6.6.3 *All below grade openings such as windows, lighting and ventilation shall be rat-proofed. Likewise, all openings in the exterior walls, ground or first floor and roof shall be rat-proofed. In cases of heavy rat infestation, wooden exterior door shall be covered with cuff and chain metal and equipped with an automatic closing device.*

6.6.4 *The growth of bush, weeds and grass shall be controlled to prevent harborage of ticks, bugs and other insects.*

6.6.5 *The procedure and frequency of vermin abatement program shall be determined and approved by the local health office.*

SECTION 7. EVALUATION AND INSPECTION.

7.1 Responsible Officer

It shall be the duty of the city/municipal health officer to cause the evaluation and inspection of every massage clinic and sauna bath establishment at least once every three (3) months and to cause additional inspections and re-inspections and evaluation as deemed necessary for the enforcement of these rules and regulations. Inspection of the establishment shall be conducted within seven (7) days

after payment of the inspection fee to the city/municipal treasurer concerned.

7.2 Sanitation Inspection Fee

The fees payable for every inspection shall be of such amount prescribed by local ordinance.

7.3 Mission Order

7.3.1 The city/municipal health officer or the chief of sanitation division/section/unit of the local health office, as the case maybe, shall issue a mission order (EHS Form No. 112) for every sanitary inspection that will be conducted by the sanitary engineer/sanitation inspector.

7.3.2 The mission order must contain the date, mission order number and series, the name of the inspector and I.D. number, the business names, addresses, categories of establishments to be inspected and the scheduled dates of inspection. This must be shown to the owner/operator of the establishment before any inspection is conducted. The immediate supervisor of the inspector shall monitor the enforcement of the mission order.

7.3.3 Sanitary inspection conducted without a mission order is prohibited.

7.3.4 The owner/operator of the establishment shall report to the local health officer or chief of sanitation division/section/unit the unauthorized inspection that was executed.

7.4 Uniform of the Sanitation Inspector and Aids to Inspection

7.4.1 The sanitation inspector shall wear the prescribed uniform of the office with the proper identification card while conducting the inspection.

7.4.2 He shall likewise bring all the equipment and supplies needed in the inspection such as the inspection forms, clipboards, thermometers, flashlight, measuring tape, camera, light meter, water pressure gauge, residual chlorine and pH comparator kits, blacklight, etc., and copy of the sanitation laws and other materials.

7.5 Recording of Inspection

7.5.1 The sanitary engineer/sanitation inspector shall keep a record of all his inspections or evaluation reports in an inspection form (EHS Form-103-B).

7.5.2 The sanitary engineer/sanitation inspector shall furnish the original of such report to the owner/operator.

7.5.3 Demerits entered in the appropriate column of the inspection form shall indicate that the item does not conform with the requirements of these regulations.

a. The inspection form has twenty (20) items. Non-complying items are indicated with an (X). Every such item is weighted with a demerit of 5. The rating of the establishment is therefore: 100 less (number of demerits x 5). The result is expressed as a percentage (%) rating.

7.5.4 Sanitation Standard

a. The percentage rating has an equivalent sanitation standard as follows:

Percentage Rating	Sanitation Standard	Color Code
90% - 100%	EXCELLENT	Luminous Green
70% - 89%	VERY SATISFACTORY	Luminous Yellow
50% - 69 %	SATISFACTORY	Luminous Red

b. The sanitation standard rating sticker (SSRS) (EHS form No. 104 A/C) shall be posted in a conspicuous part of the establishment, preferably at the door, for guidance of the customers. It shall be updated once every three (3) months, unless revoked earlier.

7.5.5 The average sanitation standard of every massage clinic and sauna bath establishment shall be evaluated by the local health officer/chief of sanitation division/section/unit every year end to determine its improvement/maintenance of rating.

7.6 Report of Inspection

B) and the sanitary order shall be furnished and acknowledged by the holder of the sanitary permit or the owner/operator of the establishment. The inspection report shall be personally delivered, or shall be sent through 7.6.1 The sanitary engineer/sanitation inspector who conducted the inspection shall complete the sanitary inspection report, and whenever an inspection form issued indicates non-complying items, he shall notify the owner/operator of the corrections to be made and indicate a reasonable period for its compliance.

a. The recommended corrective measures shall be specific in nature for easy understanding of the owner/operator of the establishment.

b. Reasonable period for compliance or grace period shall be inclusive of Saturdays, Sundays and holidays.

7.6.2 The sanitary engineer/sanitation inspector who conducted the inspection shall likewise prepare a sanitary order (EHS Form No. 107) for approval by the city or municipal health officer or

chief of the sanitation division/section/unit as the case maybe.

7.6.3 *Within 48 hours of the inspection or evaluation, the original copy of the inspection report (EHS Form No. 103-postal service, registered with return card.*

7.7 Re-inspection

7.7.1 *If upon re-inspection of the establishment after the deadline, the sanitary engineer/sanitation inspector finds that correction has not been effected, he shall report to the local health officer who shall recommend to the local health authority the revocation of the sanitary permit.*

7.7.2 *A copy of the inspection form and any notice served shall, in all cases be filed and kept by the local health office and be available for inspection by authorized officials.*

7.8 Service of Notice

7.8.1 *Whenever an inspection or evaluation form indicates non-complying items, the city/municipal health officer shall serve to the owner/operator a sanitary order requiring him, within the grace period stated in the order, to take such remedial action as may be specified therein.*

7.8.2 *In the event of non-compliance of the first sanitary order by the owner/operator, the health officer may serve a second notice:*

a. Second Sanitary Order

i. If the owner of the establishment needs additional time to comply with the first sanitary order, he shall request the city/municipal health officer in writing, prior to the expiration of the sanitary order, for an extension of the grace period. The local health officer, upon the recommendation of the sanitary engineer/sanitation inspector who conducted the inspection, will act on such request.

ii. Notice of Hearing (EHS Form No. 118). The city/municipal health officer shall call the holder of the sanitary permit to show cause, at a time and place stated in the notice, why the permit issued in respect of the establishment should not be revoked.

7.9 Revocation of Permit

7.9.1 *After prior notices and hearing as provided above, the local health officer, if satisfied that the terms of the two notices have not been complied with or failure to comply therewith is not excusable, shall recommend the revocation of the said permit, or;*

7.9.2 *After the second sanitary order on an extended grace period, a re-inspection was conducted and still the owner/operator fails to comply with such order as reported by the sanitary engineer/sanitation inspector, the local health officer shall recommend to the local health authority the revocation of the sanitary permit without delay and shall inform other related agencies of the city/municipality of such revocation.*

7.9.3 *Lifting of suspension of permit may be recommended when the owner/operator of the establishment complies with the notices.*

7.9.4 *The owner of the establishment may file a motion for reconsideration to the local health authority if he is not satisfied with the action of the local health officer.*

7.9.5 *The local health authority may file court proceedings against any establishment for continuously operating after the revocation of its permit.*

7.10 Summary Suspension of Permit

Whenever the city/municipal health officer finds unsanitary or unhealthy conditions in the operation of the massage clinic or sauna bath establishment which constitute a substantial hazard to public health, the local health officer shall recommend the immediate suspension of the sanitary permit. Any person to whom such order is issued may file a written petition and shall be afforded a hearing within 48 hours.

7.11 Appeals

The person or panel conducting the hearing may confirm, modify or reverse the decision appealed from which decision shall be final.

7.12 Power of Entry

Any sanitary engineer/sanitation inspector or duly authorized officer of the Department of Health or of the provincial, municipal or city health offices, upon presentation of proper credentials may at all reasonable times enter into any premises engaged in massage or premises used for any of the purposes referred to in these rules and regulations for the purpose of inspection or any other action necessary for administration of these rules and regulations.

7.12.1 *Sanitary inspections shall be conducted by officials in accordance with Section 7, sub-*

section 7.3 of these rules and regulations.

7.12.2 Sanitary inspections shall be done preferably during the time while the establishment is in operation.

7.13 Hearings - The local health authority may conduct hearings regarding erring establishments to include appeals from establishments. The decision of the local health authority shall be deemed final and executory.

SECTION 8. COMMITTEE OF EXAMINERS FOR MASSEURS.

8.1 Membership

8.1.1 A Committee of Examiners for Masseurs shall be created through a Department Order which will hereinafter be referred to as the "Committee" and shall be composed of:

- the Director of the Environmental Health Service
- one medical officer from the Traditional Medicine Unit, DOH
- one sanitary engineer
- one legal officer
- one representative from the Office for Public Health Services
- one representative from masseurs association

8.1.2 The Secretary of Health shall designate the chairman of the committee from among the members.

8.1.3 The Environmental Health Service shall serve as the committee secretariat.

8.1.4 Two (2) members shall hold office for three (3) years, another two (2) members for two (2) years and another two (2) members for one (1) year. However the Secretary of Health may re-appoint any member for another term. All re-appointments shall be for a term of three (3) years.

8.2 Powers, Duties and Functions of the Committee

8.2.1 To announce, schedule and hold examinations for masseurs; to approve or disapprove applications for examination and to perform all other duties pertinent and related thereto.

8.2.2 To issue licenses to masseurs who have satisfactorily passed the masseurs examinations and have complied with the requirements prescribed by law; to deny the issuance of license to any candidate and/or to cancel the license issued to any holder of certificate upon conviction of any criminal offense involving moral turpitude, or has been found guilty of immoral or dishonorable conduct, or has been declared to be of unsound mind or physically unfit, or who

has been found violating existing laws, rules and regulations as the case maybe.

8.2.3 *To issue certified true copies of lost or damaged licenses for masseurs.*

8.2.4 *To conduct investigations of all sworn complaints against registered masseurs or against the operation of massage parlors/clinics or sauna bath establishments and to submit its findings and recommendations to the Secretary of Health for appropriate action.*

8.2.5 *To accredit institutions, associations or trainers conducting training programs and review courses for masseurs.*

8.2.6 *To establish criteria for the accreditation of institutions, associations or trainers who shall train the masseurs.*

8.2.7 *To have visitorial powers on establishments and other related matters covered by these rules and regulations.*

8.2.8 *To perform other functions necessary to regulate, standardize, professionalize and uplift the practice of massage.*

8.2.9 *To perform such other related duties assigned by the Secretary of Health to implement pertinent provisions of the Code on Sanitation of the Philippines and these implementing rules and regulations.*

8.3 Examination for Masseurs

8.3.1 *Date of Examination*

Examination for masseurs shall be conducted any day of the first week of June and December of every year. In exceptional cases, the committee may give examination on other dates outside the prescribed ones.

8.3.2 *Place of Examination*

- a. *The examination for masseurs shall be conducted at the Department of Health, Manila, or*
- b. *At any Department of Health regional health office as determined by the committee upon the recommendation of the regional director.*

8.4 Qualification of Applicants

8.4.1 *Applicants for masseur examination must possess the following qualifications:*

- a. *He/she must be a Filipino citizen, not less than twenty one (21) years but not more than sixty (60) years of age;*
- b. *He/she must be of good moral character certified by the barangay captain of the community where the applicant resides;*
- c. *He/she must submit a certification or clearance from the National Bureau of Investigation (NBI) or provincial fiscal that he/she is not convicted by the court of any case involving moral turpitude;*
- d. *He/she must submit medical certificate from a government physician that he/she is physically and mentally fit;*
- e. *He/she must be at least a high school graduate;*
- f. *He/she must submit a certificate of training from any Department of Health accredited institution, association or trainer that he/she had received basic instruction on Anatomy and Physiology, Microbiology and Parasitology, Ethics and Jurisprudence, Hygiene and Sanitation and a certificate of training that he/she had taken practical massage from any registered masseur for at least sixty (60) hours; or certificate of training that he/she has received instruction on the above subjects from recognized school or college; and*
- g. *He/she must submit a certificate that he/she has received at least five (5) hours lecture on Sexually Transmitted Diseases including AIDS.*

8.5 Application and Examination Fee

8.5.1 *Applicants must submit to the committee secretariat two (2) copies of the prescribed application form duly accomplished and accompanied by two (2) copies of passport size photograph taken within the last six months.*

8.5.2 *Applicants shall pay an examination fee in the amount prescribed by the Department of Health.*

8.5.3 *The application form and the examination fee including the necessary documents stated must be filed two weeks before the examination date in order for the applicant to be included in the list of examinees.*

8.6 Scope of Examination - *The examination shall be conducted in English or Filipino and will consist of theoretical and oral/practical questions. The theoretical examination shall be conducted in*

writing and shall comprise basic questions on Anatomy and Physiology; Microbiology and Parasitology; Hygiene and Sanitation; and Ethics, Jurisprudence and Practice of Massage. The oral/practical examination shall consist of the preparation of the patient for massage, massage treatment, remedial exercises, gymnastics, techniques in the practice of massage, and massage applied on the different parts of the body.

8.7 Passing Average

8.7.1 *Only those who have passed the theoretical examination shall be allowed to take the oral/practical examination.*

8.7.2 *All examinees who passed the theoretical examination shall take the oral/practical examination within one (1) month after official advice, otherwise, the results of the theoretical examination shall be deemed cancelled.*

8.7.3 *In order that an examinee may be deemed to have passed the examination successfully, he/she must obtain a general average of 75% without a grade below 50% in any subject given in the theoretical examination and a general average of 75% in the oral/practical examination.*

8.8 Certificate of Registration for Masseurs

8.8.1 Issuance

a. *All examinees who have passed the required examination shall be issued a certificate of registration duly signed by the chairman of the committee and approved by the Secretary of Health.*

b. *The certificate of registration shall bear a recent picture and signature of the successful examinee and will be valid for three (3) years. Original registration and miscellaneous fees shall be paid to the Department of Health (central office).*

c. *The certificate of registration shall be posted conspicuously in the establishment concerned.*

8.8.2 Renewal of the Certificate of Registration

a. *A masseur shall apply for the renewal of the certificate of registration and pay the registration and miscellaneous fees compounded for three years to the regional health office concerned.*

b. *The following requirements shall be presented when applying for renewal of the certificate of registration:*

i. *Certificate of a recent physical and medical examination issued by a government physician;*

ii. *Current professional tax receipt;*

iii. *Current community tax certificate;*

- iv. Receipt as payment of registration and miscellaneous fees for three years in the amount prescribed by the Department;
 - v. Certificate of attendance to continuing education/training on massage conducted by accredited institutions/associations/trainers; and
 - vi. When all the requirements are found in order, the said certificate shall be stamped with the notation "VALIDITY EXTENDED TO THE END OF YEAR ____" and the receipt number of registration fee and the signature of the regional health director concerned shall be affixed below.
- c. The regional health director concerned shall submit the list of renewed licenses of masseurs to the committee every year.

8.8.3 Suspension or Revocation of Certificate of Registration of Masseurs

a. The committee and/or the regional health office concerned shall recommend to the Secretary of Health to reprimand erring masseurs by suspension or revocation of the certificate of all those found guilty after due investigation on any of the following grounds:



- i. Conviction by a court of competent jurisdiction of any criminal offense involving moral turpitude;
- ii. Insanity;
- iii. Fraud in the acquisition or renewal of the certificate of registration;
- iv. Gross negligence, ignorance or incompetence in the practice of his/her occupation;
- v. Addiction to alcoholic drinks and prohibited drugs;
- vi. False or unethical advertisement and practice;
- vii. Physical incapacity which will impair the performance of duty as a masseur/massagist; and
- viii. Failure to revalidate the certificate of registration for at least five (5) years.

SECTION 9. PRACTICE OF MASSAGE.

9.1. Licensed massagists/masseurs shall practice massage in accordance with the following:

9.1.1 No person is authorized to practice massage in the Philippines without holding a valid certificate of registration for masseur issued by the committee and approved by the Secretary of Health.

9.1.2 It is absolutely prohibited for any qualified or practicing masseur to use the "Dr" sign before, or the letters "M.D." after his name in advertising his profession in the newspapers, cards, signboards or any other means of advertisement.

9.1.3 No masseur shall engage in any other occupation which may infect his hands and transfer the disease to other person. In case of disease/infection, the masseur shall inhibit himself in the practice of massage until such time that the infection has been cured.

9.1.4 No masseur is allowed to prescribe any form of drugs or medical therapy.

9.1.5 No masseur shall perform massage to any person by using applying substance or preparation of any kind containing chemicals or materials that are detrimental to human health and hygiene.

9.1.6 Masseurs shall comply with the standard and scientifically accepted procedures and techniques in performing massage to any person.

9.2 Massage attendants/sauna bath attendants shall practice their occupation in accordance with the following:

9.2.1 A massage attendant is authorized to practice massage only with the direct supervision of a licensed masseur.

9.2.2 A sauna bath attendant shall apply the technique of giving sauna or steam bath to customers under the supervision of a licensed masseur.

SECTION 10. RESPONSIBILITY OF THE REGIONAL HEALTH DIRECTOR. — The regional director shall:

10.1 Act on the renewal of the certificates of registration of masseurs;

10.2 Submit the list of renewed licenses of masseurs to the committee every year; and

10.3 *Recommend to the Secretary of Health the suspension or revocation of the certificate of erring masseurs.*

SECTION 11. RESPONSIBILITY OF THE LOCAL HEALTH AUTHORITY. — *The local health authority shall:*

11.1 *Issue sanitary permit to massage clinics and sauna bath establishments;*

11.2 *Issue sanitary order to establishments not complying with these rules and regulations;*

11.3 *Conduct hearings regarding erring establishments to include appeals from such establishments, and*

11.4 *Act on the recommendation of the local health officer to suspend or revoke sanitary permit;*

SECTION 12. RESPONSIBILITY OF THE LOCAL HEALTH OFFICER. — *The local health officer shall:*

12.1. *Conduct or cause the inspection and evaluation of massage clinics and sauna bath establishments at least once every three (3) months to ascertain their state of sanitation:*

12.2 *Inspect the health certificate of masseur, massage clinic attendants and sauna bath attendants;*

12.3 *Check at least every two weeks the sexually transmitted diseases clearance records of massage clinic masseurs and attendants; and*

12.4 *Enforce the provisions of these rules and regulations.*

SECTION 13. PENAL PROVISION.

13.1 *Any person who shall violate, disobey, refuse, omit or neglect to comply with any of the provisions of these rules and regulations, shall be guilty of misdemeanor and upon conviction shall be punished by imprisonment for a period not exceeding six (6) months or by a fine of not exceeding Php 1,000.00 or both depending upon the discretion of the court.*

13.2 *Any person who shall interfere with or hinder, or oppose any officer, agent or member of the Department or of the bureaus and offices under it, in the performance of his duty as such under these rules and regulations, or shall tear down, mutilate, deface or alter any placard, or notice, affixed to the premises in the enforcement of these rules and regulations, shall be guilty of a misdemeanor and punishable upon conviction by imprisonment for a period not exceeding six (6) months or by a fine of not exceeding Php 1,000.00 or both depending upon the discretion of the court.*

SECTION 14. Separability Clause. — *In the event that any rule, section, paragraph, sentence, clause or words of these implementing rules and regulations is declared invalid for any reason, the other provisions thereof shall not be affected thereby.*

SECTION 15. Repealing Clause. — *All rules and regulations which are inconsistent with the provisions of these implementing rules and regulations are hereby repealed or amended accordingly.*

SECTION 16. Effectivity. — *These rules and regulations shall take effect after fifteen (15) days from date of publication in the official gazette or newspaper of general circulation.*

Adopted: 02 Oct. 1996

(SGD.) CARMENCITA NORIEGA-REODICA, M.D., M.P.H., CESO II
Secretary of Health

Comment:

The Local Government Code (LGC) of 1991 laid the foundation for devolution, enabling the transfer of specific powers and resources from the central government to Local Government Units (LGUs). As a result, the Department of Health (DOH) no longer plays a direct and active role in implementing PD 856, Chapter 13, concerning massage. However, LGUs can utilize this law as a framework for implementing its local law or ordinances, due to the devolution process.

HAWSA has included this law in the manual solely for discussion and reference purposes only.



Benjie Eugenio LMT

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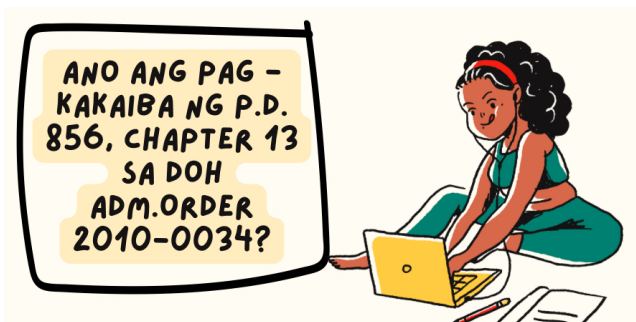
B. Department of Health Administrative Order 2010-0034

July 16, 2010

Subject: Revised Implementing Rules & Regulations Governing Massage Clinics & Sauna Bath Establishments

I. RATIONALE

Traditional medicine throughout the world recognizes the significance of therapeutic massage in managing stress, illnesses or chronic ailments. Massage therapy is considered the oldest method of healing that applies various techniques like fixed or movable pressure, holding, vibration, rocking, friction, kneading and compression using primarily the hands and other areas of the body such as the forearms, elbows or feet to the muscular structure and soft tissues of the body.



Massage therapy can lead to significant biochemical, physical, behavioural and clinical changes to the client as well as the person giving the massage. It contributes to a higher sense of general well-being. Recognizing this, many healthcare professionals have begun to incorporate massage therapy as a complement to their routine clinical care. Efficacy of massage therapy in patient ranges from preterm neonates to senior citizens.

To effectively carry out the provisions of Section XIII of PD 856 – “Massage Clinics and Sauna Bath Establishments”, the Department of Health created the Committee of Examiners for Massage Therapy (CEMT) to regulate the practice of massage therapy. Hence, ensure that only qualified individuals enter the regulated profession and that the care and services which the massage therapists provide are within the standards of practice.

The revision of the implementing rules and regulations will further adopt current trends and modern practices of massage. It will prepare massage therapists to become more competent and globally competitive.

At the same time, it will help improve the quality of health service, as well as the performance of massage therapists.

II. OBJECTIVES

General: To set sanitation standards to governing facilities providing massage services

7. Specific:

- a. Upgrade the quality of health services being accorded to the public.
- b. Delineate the scope of functions of massage therapists and offices responsible in the management of the practice.
- c. Recognize the specific offices responsible relative to the management of facilities providing massage services.
- d. Instill the essence of compassionate service to the public/clients.

III. SCOPE

These implementing rules and regulations shall apply to all facilities providing massage services, and practitioners.

IV. DEFINITION OF TERMS

To provide the implementers/stakeholders with a common frame of reference in the interpretation of the guidelines, the following terms are herein defined as used in this Order:

- a. **Accreditation** – This refers to the act of recognition or a method of determining that an eligible organization, institution, individual or program complies with the approved standards.
- b. **Assessor** – This refers to a person expert in the industry of massage, appointed by the chairman of the Committee of Examiners for Massage Therapy (CEMT) to conduct practical assessment of the candidates undergoing DOH Massage therapy oral and practical licensure examination.
- c. **Certificate of Registration** – This refers to a written commendation issued by the DOH-CEMT authorizing a person to practice massage therapy as a profession.
- d. **Committee** – This refers to the Department of Health Committee of Examiners for Massage Therapy (CEMT).
- e. **Continuing Massage Therapy Education (CMTE)** - This refers the acquisition of knowledge, skills, ethical and moral values after the initial registration of a massage therapist, which improves and enhances his/her technical competence in massage therapy
- f. **Health Certificate** – This refers to a written commendation issued by the city or municipal health officer to persons providing massage services after passing the required physical and medical examinations. This includes having been administered the required immunizations: X-Ray/Fluoroscopic examination, stool and other examination required

- g. **Licensed Massage Therapist** – This refers to a trained person who passed the licensure examination for massage therapists. He/She is a holder of a valid Certificate of Registration (COR) and license for massage therapists issued by the Department of Health (DOH) Committee of Examiners for massage therapy (CEMT).
- h. **Massage Therapy** - This refers to a system of manual assessment, evaluation and application techniques used in a scientific manner. Muscle locations, stress points and other parts of the human body are accounted for. Included in the technique is the external application of water, heat and cold, stretching, passive and active joint movement within the normal physiologic range of motion. These are means of promoting pain relief, injury rehabilitation or health improvement in a safe, non-sexual environment. The client’s self-determined outcome for the session is respected.

V. GENERAL GUIDELINES

Article 1 Organization, Structure & Functions

SECTION 1 COMMITTEE OF EXAMINERS FOR MASSAGE THERAPY (CEMT)

1.1. Membership

1.1.1 There shall be a Committee of Examiners for Massage Therapy, hereinafter referred to as the “Committee”, created by the Department of Health, through a Department Personnel Order which shall be directly under the Secretary of Health. The “Committee” shall be composed of a chairperson, vice-chairperson and members coming from the following offices / organizations and shall hold office for three (3) years or until their successors shall have been appointed and duly qualified without prejudice to reappointment for another term;

- Health Human Resource Development Bureau – Chairperson
- Environmental Health Office – Vice-Chairperson
- Sanitary Engineer – Member
- Medical Practitioner – Member
- Physical Therapist – Member
- Legal Officer – Member
- Massage Therapists – Members / Assessors / Facilitators (active members of an organization of massage therapists)

1.1.2 The Health Human Resource Development Bureau (HHRDB) shall serve as the Committee Secretariat;

1.2 Powers, Duties and Functions of the Committee

1.2.1 To announce, schedule and hold examinations for massage therapists; to approve or disapprove applications for examination and to perform all other duties pertinent and related thereto;

1.2.2 To issue licenses to massage therapists who have satisfactorily passed the licensure examination and have complied with the requirements prescribed by law; to deny the issuance of license to any candidate and / or to cancel the license issued to any holder of certificate upon conviction of any criminal offence involving moral turpitude, or has been declared to be of unsound mind or physically unfit, or who has been found violating existing laws, rules and regulations as the case maybe;

1.2.3 To issue certified true copies of lost or damaged licenses for massage therapists;

1.2.4 To conduct investigations of all sworn complaints against licensed massage therapists and to submit its findings and recommendations to the Secretary of Health for appropriate action;

1.2.5 To accredit institutions, associations or trainers conducting training programs and review courses for massage therapists;

1.2.6 To establish criteria for the accreditation of institutions, associations or trainers who shall train the massage therapists;

1.2.7 It shall be the duty of the Department of Health (DOH) Committee of Examiners for Massage Therapy (CEMT) to cause the monitoring of massage therapists employed by massage establishment at least twice a year or as may be deemed necessary for the enforcement of the rules and regulations as applied to massage therapists.

1.2.8 To perform other functions necessary to regulate, standardize, professionalize and uplift the practice of massage.

1.2.9 To perform such other related duties assigned by the Secretary of Health to implement pertinent provisions of the Code on Sanitation of the Philippines and these implementing rules and regulations.

1.3. Allowance

The Chairperson, Vice-Chairperson and Members of the Committee shall receive a monthly allowance during their term of office. Likewise, they are allowed to receive honorarium as resource speakers/persons under Administrative Order No. 93 s.2003 dated September 23, 2003.

SECTION 2 CONTINUING MASSAGE THERAPY EDUCATION COUNCIL (CMTEC)

Composition

In accordance to the provisions of Administrative Order No. 2008-0031, the DOH Committee of Examiners for Massage Therapy (CEMT) hereby creates the three-member composition of the Continuing Massage Therapy Education Council (CMTEC)

2.1.2 The CMTE Council shall be composed of a chairperson and two (2) members and will be assisted by the CEMT Secretariat. The chairperson shall be designated amongst the members of the CEMT. The first member shall be chosen by the members themselves from amongst the members of the DOH accredited training institutions for massage therapists. The second member shall be chosen from among the licensed massage therapists (active organization with the most number of massage therapist members) who are in active practice with valid certificate of registration and updated license. He is chosen by the members themselves.

Powers, Duties and Functions

Accept, evaluate, and approve applications for accreditation of CMTE programs, activities or sources as to their relevance to the profession; and determine the number of CMTE credit units to be earned on the basis of the contents of the program, activity or source submitted by the CMTE providers;

2.2.2 Determine the appropriateness of the training fee vis-à-vis the training course / programs, activities to be offered;

Monitor the implementation of CMTE programs, activities or sources;

Assess periodically and upgrade criteria for CMTE programs, activities or sources; and

Perform such other related functions that may be incidental to the implementation of the CMTE programs, activities or sources.

Honoraria

The Chairperson and two Members of the Council shall receive the same compensation / honorarium as resource speakers/persons under Administrative Order No. 93 s.2003 dated September 23, 2003.

Article 2

Examination, Registration & Practice

SECTION 3 EXAMINATION

3.1 Date of Examination

3.1.1 Examination for massage therapists shall be conducted any day of the first week of June and December of every year. In exceptional cases, the committee may give examination on other dates outside the prescribed ones as may be deemed necessary.

3.1.2 Place of Examination

The examination for massage therapists shall be conducted at the Department of Health, Manila, or

At any Department of Health regional health offices as determined by the Committee upon the recommendation of the regional director.

3.1.3 Qualifications of Applicants

Applicants for the licensure examination must possess the following qualifications:

- a. He/she must be a Filipino citizen, at least eighteen (18) years old at the time of the examination;
- b. He/she must be of good moral character certified by the Barangay Captain of the community where the applicant resides.
- c. He/she must submit a Certification or Clearance from the National Bureau of Investigation (NBI) or provincial fiscal that he/she is not convicted by the court of any case involving moral turpitude;
- d. He/she must submit medical certificate from a government physician that he/she is physically and mentally fit to take the licensure examination;
- e. He/she must be at least a high school graduate;
- f. He/she must submit a certificate of training from any Department of Health accredited training provider that he/she has taken practical massage for at least sixty (60) hours;
- g. He/she must submit certificate of training from any Department of Health accredited training institution that he/she had received basic instructions on the following:

Basic Instruction for Certificate of Training

Course Code	Course Title	Course Description
ANA	Anatomy & Physiology	General and Organ System Anatomy
PHY	Physiology	General and Organ System Physiology
PTH	Pathology & Microbiology	General Pathology and Microbiology
MT I	Massage Therapy I	Introduction to Massage Therapy
MT II	Massage Therapy II	Massage Therapy Application

MT III	Massage Therapy III	Practice of Massage Therapy
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3.4 Application and Examination Fees

3.4.1. Applicants must submit to the committee secretariat the prescribed application form duly accomplished and notarized and accompanied by three (3) copies of passport size photograph taken within the last six (6) months;

3.4.2. Applicants shall pay an examination fee in the amount prescribed by the Department of Health Committee of Examiners for Massage Therapy; and

3.4.3. The application form and examination fee, including the necessary documents stated, must be filed two (2) weeks before the examination date in order for the applicant to be included in the list of examinees.

3.5 Scope of Examination

The examination shall be conducted in two (2) parts: theoretical and oral/practical. The theoretical examination shall be conducted in writing and shall comprise basic questions based on the prescribed curriculum (Article 2, Section 3.3). The oral/practical examination shall consist of three (3) phases: (1) pre-massage phase, (2) massage proper and (3) post-massage phase.

3.6 Passing Average

3.6.1. Only those who have passed the theoretical examination shall qualify to take the oral/practical examination.

3.6.1. All examinees who passed the theoretical examination shall take the oral/practical examination within one (1) month after official advice, otherwise, the results of the theoretical examination shall be deemed cancelled. He/she shall pay the fee prescribed by DOH;

3.6.2. In order that an examinee maybe deemed to have passed the examination successfully, he/she must obtain a general average of 75% in the theoretical examination and a general average of 75% in the oral/practical examination.

SECTION 4 CERTIFICATE OF REGISTRATION

4.1 Issuance

4.1.1 All examinees who have passed the required examination shall be issued a Certificate of Registration duly signed by the chairperson of the committee and approved by the Secretary of Health.

4.1.2 The Certificate of Registration shall bear the recent picture and signature of the successful examinee and will be valid for three (3) years from the date of issuance. Payment of registration and miscellaneous fees shall be paid to the Department of Health.

4.1.3 The Certificate of Registration shall be posted conspicuously in the establishment concerned.

4.2 Renewal of the Certificate of Registration

4.2.1 A massage therapist shall apply for the renewal of the Certificate of Registration and miscellaneous fees for three (3) years. He will do this on his / her birth month to any regional health office;

4.2.2 The following requirements shall be presented when applying **for renewal of the Certificate of Registration:**

- a. Health Certificate.
- b. Current professional tax receipt.
- c. Current community tax certificate.
- d. Receipt as payment of registration and miscellaneous fees for three (3) years in the amount prescribed by the Department of Health.
- e. Certificate of Attendance to Continuing Education/training on Massage conducted by accredited institutions, associations, trainers.
- f. When all the requirements are found in order, the said certificate shall be stamped with the notation "VALIDITY UNTIL _____" and the receipt number of registration fee and the signature of the regional health director concerned shall be affixed below.

4.2.3 The regional health director concerned shall submit the list of renewed licenses of massage therapists to the Committee every last quarter of the year.

4.3 Suspension or Revocation of Certificate of Registration

4.3.1 The Committee and / or the regional health office concerned shall recommend to the Secretary of Health to reprimand erring massage therapists by suspension or revocation of the certificate of all those found guilty after due investigation on any of the following grounds:

- a. Conviction by a court of competent jurisdiction of any criminal offence involving moral turpitude.
- b. Insanity
- c. Fraud in the acquisition or renewal of the Certificate of Registration
- d. Gross negligence, ignorance or incompetence in the practice of his/her occupation
- e. Addiction to alcoholic drinks and prohibited drugs
- f. False or unethical advertisement and practice
- g. Physical incapacity which will impair the performance of duty as a massage therapist
- h. Failure to revalidate the Certificate of Registration for at least five (5) years
- i. Other analogous grounds affecting the occupation

SECTION 5 – PRACTICE OF MASSAGE

5.1 Licensed massage therapists shall practice massage in accordance with the following:

5.1.1 Only persons holding valid Certificate of Registration issued by the Committee and approved by the Secretary of Health shall be authorized to practice massage as a profession in the Philippines;

5.1.2 Qualified or practicing massage therapists are absolutely prohibited to use the “Dr. sign before, or the letters “M.D.” after his/her name in advertising his/her profession in the newspapers, cards, signboards or any other means of advertisement.

5.1.3 Massage therapists shall not engage in any other occupation that may infect his/her hands and transfer the disease to another person. In case of disease/infection, the massage therapist shall inhibit him/herself in the practice of massage until such time that the infection has been cured.

5.1.4 Massage therapists cannot prescribe any form of drugs or medical therapy.

5.1.5 Massage therapists shall not use or apply substances or preparations of any kind containing chemicals or materials that are detrimental to human health and hygiene in performing massage to anyone.

5.1.6 Massage therapists shall comply with the standard and scientifically accepted procedures and techniques in performing massage on any person.

5.1.7 Massage therapists shall possess an annual up-to-date Health Certificate secured from the Department of Health accredited government clinic or hospital.

5.1.8 Massage therapists shall clip their health certificate visibly in the upper left portion of the uniform while working.

5.1.9 Massage therapists shall wear clean working garment when attending to clients.

5.1.10 Massage therapists shall wash his/her hands thoroughly with soap, water and 70% isopropyl alcohol before and after attending to clients.

5.1.11 Massage therapists are not be allowed to render other services, other than the proper standard massage to client.

5.1.12 Massage therapist shall render no more than eight (8) hours of supervision a day.

5.2 Career Path

5.2.1 Human Resource Production, Utilization, Placement and Development

The Committee, is hereby mandated to formulate and develop a comprehensive Massage Therapy Program through a continuing massage therapy education. This should be in coordination with the accredited training institutions; accredited training providers, as well as professional organizations, The program should include a valid assessment of career performance and potential to upgrade the level of skills of massage therapists in the country, such as but not limited to the areas of performing massage procedures as may be determined by the Committee.

5.2.2 Salary and Compensation

The minimum base pay of licensed massage therapists shall not be lower than the prescribed minimum wage by the Department of Labor and Employment (DOLE).

This is to enhance the general welfare, commitment to service, and professionalism of massage therapists who work in massage clinics, sauna establishments, training institutions, and areas relevant to the practice of the profession. Salaries of Licensed Massage Therapists working in small massage parlors shall be in accordance with the number of clients per month as per agreement between the employer and the massage therapist.

SECTION 6 FUNCTIONS & RESPONSIBILITIES OF THE REGIONAL DIRECTOR

The Regional Director shall

- 6.1.2 Act on the renewal of the Certificates of Registration of massage therapists through the Human Resource Development Units (HRDUs).
- 6.1.2 Submit the list of renewed licenses of massage therapist to the Committee every last quarter of the year.
- 6.1.3 Recommend to the Secretary of Health through the Committee, the suspension or revocation of the certificate of the erring massage therapist.

Article 3

Penal Provisions

SECTION 7. PENAL PROVISION

Any person who shall violate, disobey, refuse, omit or neglect to comply with any of the provisions of these rules and regulations, interfere with or hinder, or oppose any officer, agent or member of the Department or of the bureaus and officers under it, in the performance of his/her duty as such under these rules and regulations, or shall tear down, mutilate, deface or alter any placard, or notice, affixed to the premises in the enforcement of these rules and regulations, shall be prosecuted before the Court of Justice as provided in Section 103 (a) and (b) of the Code of Sanitation of the Philippines (P.D. 856)

7.1 All massage therapists and other personnel who violate the provision of P.D. 856 and the IRR shall be punished by revocation or suspension of license to practice the profession or shall be prosecuted under Section 103 (a) and (b) of P.D. 856.

SECTION 8. SEPARABILITY CLAUSE

In the event that any rule, section, paragraph, sentence, clause or words of these implementing rules and regulations is declared invalid for any reason, the other provisions thereof shall not be affected thereby.

SECTION 9. REPEALING CLAUSE

All rules and regulations which are inconsistent with the provisions of these implementing rules and regulations are hereby repealed or amended accordingly. As thus amended, all other provisions in this AO still stands in effect.

SECTION 10. EFFECTIVITY

These rules and regulations shall take effect after fifteen (15) days from date of publication in the official gazette or newspaper of general circulation.

Signed: **DR. ENRIQUE T. ONA, MD, FPCS, FACS**
Secretary of Health

Comment:

The Joint Memorandum Circular No. 01, Series of 2021, issued by the Department of the Interior and Local Government (DILG), the Department of Trade and Industry (DTI), the Department of Information and Communications Technology (DICT), and in accordance with the Anti-Red Tape Law, outlines the guidelines for processing business permits, related clearances, and licenses in all cities and municipalities.

One key requirement for the renewal of business permits is that massage therapists must possess training certificates from either TESDA or training institutions accredited by the Department of Health. Additionally, it is a standard requirement for spa owners to provide proof of having at least one licensed massage therapist within their spa or massage establishment for said business to operate.



Benjie Eugenio LMT

4. Unit Test – Module 2 (Massage Therapy Application)

1. *Define a Code of Ethics and explain its significance in the massage therapy profession.*
2. *Identify and elaborate on the fundamental pillars essential for running a successful massage therapy practice.*
3. *Describe the essential elements encompassing integrity, competency, effective communication, interpersonal skills, respectful behavior, and good business ethics in the context of massage therapy.*
4. *Define the ethical compass that guides decision-making processes distinguishing right from wrong in the field of massage therapy.*
5. *Assess the statement: "Massage therapists are individuals who not only possess technical skills and professional competence but also uphold high moral values." Provide a yes or no response along with a brief justification.*
6. *Define the type of care in massage therapy that prioritizes the client's health and well-being through a combination of attitude, decision-making, and activities.*
7. *Explain the responsibility of a massage therapist to refer clients to appropriate allied health care professionals when faced with issues beyond their expertise. This duty reflects a commitment to _____.*
8. *Discuss the obligation of a massage therapist to engage in community service in partnership with local authorities. This duty is a demonstration of our commitment to _____.*
9. *Identify the specific chapter in Presidential Decree (PD) 856 that addresses the Implementing Rules and Regulations (IRR) concerning Massage and Sauna Bath Establishments.*
10. *Highlight a significant provision of Administrative Order (AO) 2010-0034 that paves the way for the organization and implementation of massage licensure examinations.*

MODULE 3

Anatomy and Physiology

MODULE 3

Anatomy and Physiology

Learning Objectives:

- 1. Develop proficiency in recognizing anatomical terms, precise anatomical locations, and distinct body regions utilized throughout the module.*
- 2. Explore and explain the workings of the major organ systems, comprehending their functions, composition, and pivotal contributions to the holistic human organism.*
- 3. Attain a comprehensive understanding of essential vital sign indicators, including but not limited to blood pressure, body temperature, respiratory rate, and pulse rate, enabling the ability to interpret and analyze these critical parameters effectively.*

Anatomy and physiology play a crucial role in massage therapy as they provide the foundational knowledge necessary to understand the human body's structure and function. Here are some key points regarding anatomy and physiology in the context of massage therapy:

1. **Musculoskeletal System:** Understanding the muscles, bones, joints, and connective tissues is essential for a massage therapist. Knowledge of muscle attachments, muscle actions, and common injuries helps in providing effective massages and addressing clients' specific needs.

2. **Nervous System:** Knowledge of the nervous system helps understand how massage techniques can affect the body's response. Understanding the sensory and motor functions of nerves aids in providing therapeutic massages that promote relaxation and pain relief.

3. **Circulatory System:** Understanding how blood circulates through the body is crucial for assessing clients' conditions and determining the appropriate pressure and techniques to use during a



massage. Knowledge of conditions like hypertension or varicose veins helps adapt the massage session accordingly.

4. Integumentary System: The skin is the largest organ of the body and plays a vital role in massage therapy. Understanding skin conditions, allergies, and sensitivities helps select the right products and techniques during a massage session.

5. Respiratory System: Knowledge of how breathing affects relaxation and stress levels is essential for providing a holistic massage experience. Encouraging deep breathing during a massage can enhance the therapeutic benefits for the client.

6. Digestive System: Awareness of digestive issues or conditions can help in selecting appropriate massage techniques that promote digestion and alleviate discomfort. Understanding the impact of stress on digestion can guide the therapist in providing stress-relief massages.

7. Endocrine System: Knowledge of how hormones affect the body's response to stress, pain, and relaxation is valuable for tailoring massages to meet the client's specific needs. Understanding conditions like diabetes or thyroid disorders helps adapt the massage session accordingly.

By integrating anatomy and physiology knowledge into their practice, massage therapists can provide safe, effective, and personalized treatments that promote overall health and well-being for their clients.

1. Definition of Terms

1. *Abduction* - Drawing something away from the body's midline, creating space and release.

2. *Anatomy* - The intricate study of the structure and composition of living organisms, spanning from the cellular level to the entirety of the organism's form.

3. *Cell* - The fundamental unit responsible for the structure and function of most living beings. Often hailed as the essential building block of life, cells are the smallest components of multi-cellular organisms.

4. *Circumduction* - A complex movement pattern where a body part traces a circular path, combining elements of extension, adduction, flexion, and abduction. This intricate movement is commonly observed in the shoulder and hip joints, as well as in the thumb, knuckles, and wrist.

5. *Depression* - The downward movement of a body part, bringing a sense of grounding and relaxation.

6. *Dorsiflexion* – Flexing the foot upwards at the ankle, promoting a stretch and release in the lower leg.

7. *Elevation* - A movement that lifts a body part superiorly or upward along the coronal plane, creating a sense of lightness and expansion.

8. *Eversion - The external rotation of the foot, positioning the sole away from the body or splaying the toes outward for a sense of openness.*

9. *Extension - The extension of body parts at a joint, straightening and opening them to increase the angle between the parts and create space and length.*

10. *Flexion - The bending movement of a joint, bringing body parts closer together by decreasing the angle between them, fostering a sense of relaxation and release.*

2. Body Regions

In simple terms, the human body is like a perfectly balanced mirror image. It has a right side and a left side – that look very similar. Many body parts come in pairs, with one on each side of the body.

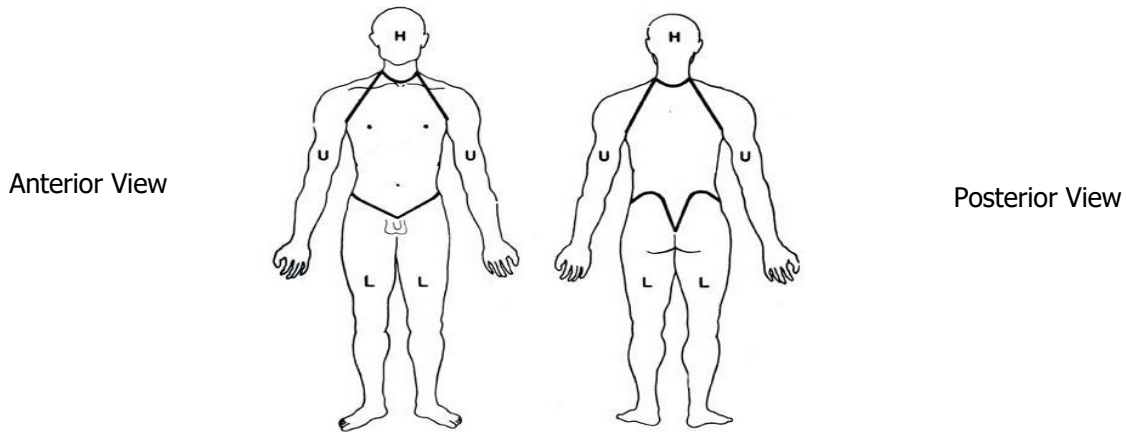
For example, we have two brain hemispheres, two eyes, two ears, and two lungs. When we talk about the orientation and direction of body parts and organs, we use terms like abduction (moving away from the body), depression (moving downward), and extension (straightening and opening up). These terms help us describe how our body moves and functions.

Table 7 Orientation and Direction

Orientation/ Direction	What does it mean?
Superior	When we say something is "superior," it means it's higher up or closer to the head. For example, we can say that the brain is superior to the heart because it's located above the heart in the body.
Inferior	Inferior means something is lower down or closer to the feet. For instance, we can say that the chin is inferior to the nose because it's located below the nose on the face.
Anterior	Towards the front of the body means closer to the front side of the body. Example: Breasts are located on anterior side of the body.
Posterior	Posterior refers to the direction towards the back of the body, while anterior denotes towards the front of the body. For instance, the buttocks are situated at the posterior surface, while the breasts are located towards the anterior side of the body.
Medial	Medial indicates a position at or closer to the body's center plane or on the inner side. For instance, the mouth is located medially in comparison to the ears.

Lateral	Lateral refers to a position that is situated away from the central plane of the body, as exemplified by the lungs being positioned laterally to the heart.
Proximal	Proximal means nearer to the center of the body. For example: The hip is proximal to the knee.
Distal	Distal indicates a position that is farther away from the central axis of the body. For example, the hand is distal to the elbow.

When viewed externally, the whole body is divided into four (4) regions or areas:



ANATOMIC LOCATION OF BODY REGIONS

Table 8 Body Region and Descriptions

Body Region	Description
1. Head and Neck Region	The head holds the brain and important senses like eyes, nose, and mouth. It shapes the face and is supported by the neck, connecting it to the body.
2. Trunk	The trunk (or torso) forms the central part of the body and has two sections: the thorax forms the upper trunk; from the neck to the diaphragm; the abdomen forms the lower part of the trunk.
3. Upper Extremities	The upper extremities are divided into three regions: the arm, forearm, and hand. The hollow part just below the connection between the upper extremity and the trunk is the axilla or armpit.
4. Lower Extremities	The lower extremities are made up of the thigh, leg, and foot.

3. Body Positions

Body position in massage refers to how the client's body is positioned during the massage session. This includes how the client is lying on the massage table, whether they are face up or face down, and the positioning of their arms, legs, and head. Proper body positioning is important for the client's comfort and safety and for the massage therapist to access and work on the muscles effectively.

Anatomical Position

In massage therapy, "anatomical position" refers to the standard reference position used to describe the location of body parts and movements. In the anatomical position (see image above):

1. The body is standing upright.
2. The feet are parallel and flat on the floor.
3. The arms are by the sides, with the palms facing forward.
4. The head is facing forward, and the eyes are looking straight ahead.

This position allows for a consistent and standardized way to describe the body's structure and movements, which is important in massage therapy for understanding muscle attachments, joint movements, and body mechanics.

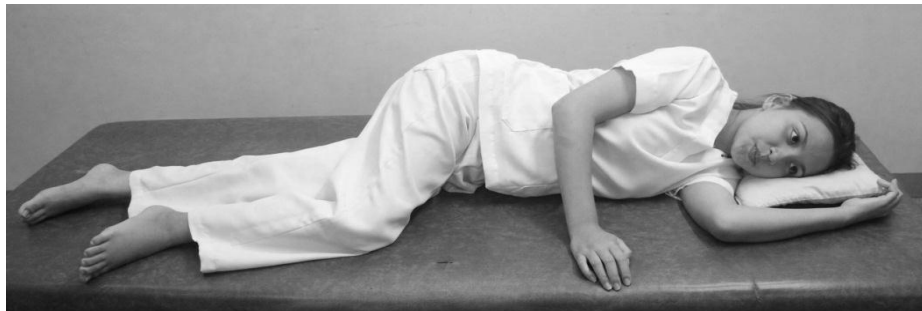
The images below display different massage positions. Massage therapists must identify and comprehend these positions to reduce or prevent client injuries.



SUPINE - a position of the body lying down face up



PRONE - A Position of the Body Lying Down with Face Down



SIDE-LYING - A Position of the Body Lying on One Side

7. Body Movements

Body movements refer to the various positions and motions that a client's body can be placed in during a massage session. These movements are essential for the therapist to effectively target specific muscles and areas of tension. Understanding body movements allows the therapist to apply the right amount of pressure and use proper techniques to provide a safe and beneficial massage experience for the client. It also helps prevent strain or injury to both the client and the therapist during the session.

1. SPINAL COLUMN

Your spine can move in different ways, such as bending forward (flexion), backward (extension), sideways (lateral flexion), and twisting (rotation).



FLEXION



EXTENSION



LATERAL FLEXION



ROTATION

2. SHOULDER GIRDLE

The shoulder girdle has the following normal ranges of movement: Elevation, Depression, Adduction and Abduction.



ELEVATION



DEPRESSION



ADDITION



ABDUCTION

3. SHOULDER JOINT

The shoulder can move in different ways, such as bending forward (flexion), backward (extension), towards the body (adduction), away from the body (abduction), and rotating inward (medial rotation).



FLEXION



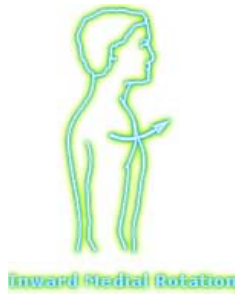
EXTENSION



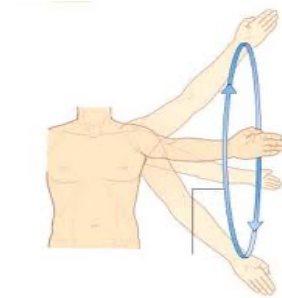
ADDITION & ABDUCTION



**OUTWARD
MEDIAL
ROTATION**



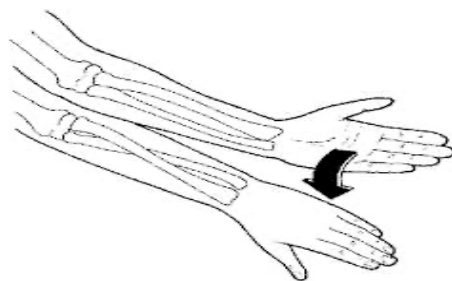
**INWARD MEDIAL
ROTATION**



CIRCUMDUCTION

4. ELBOW JOINT

The elbow can bend (flexion), straighten (extension), rotate your palm down (pronation), and rotate your palm up (supination)



PRONATION

SUPINATION



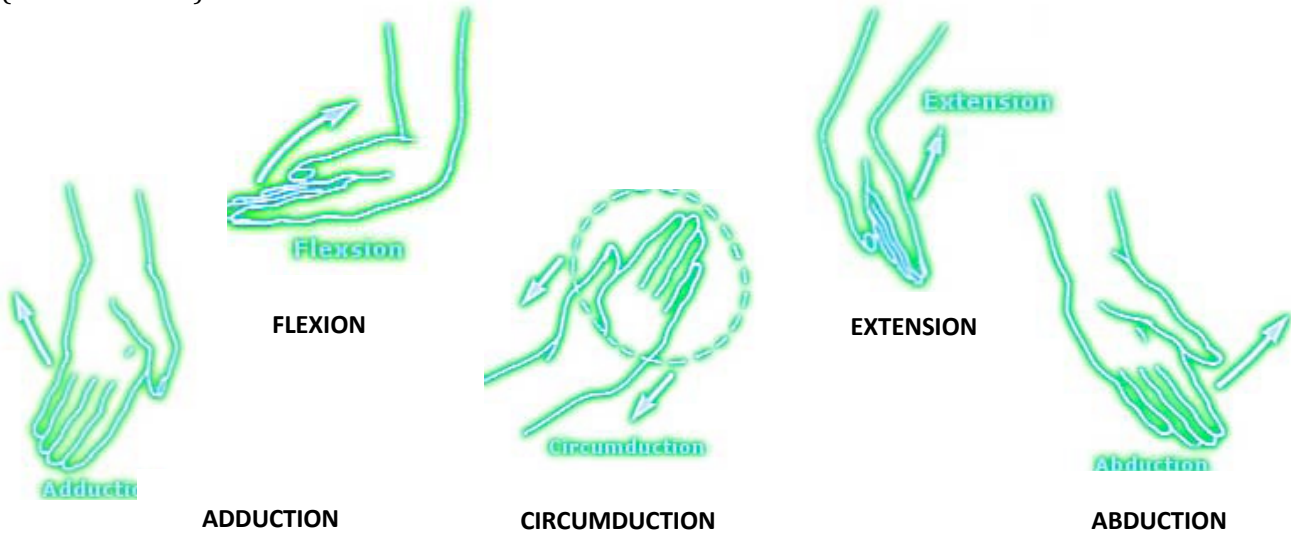
FLEXION



EXTENSION

5. WRIST JOINT

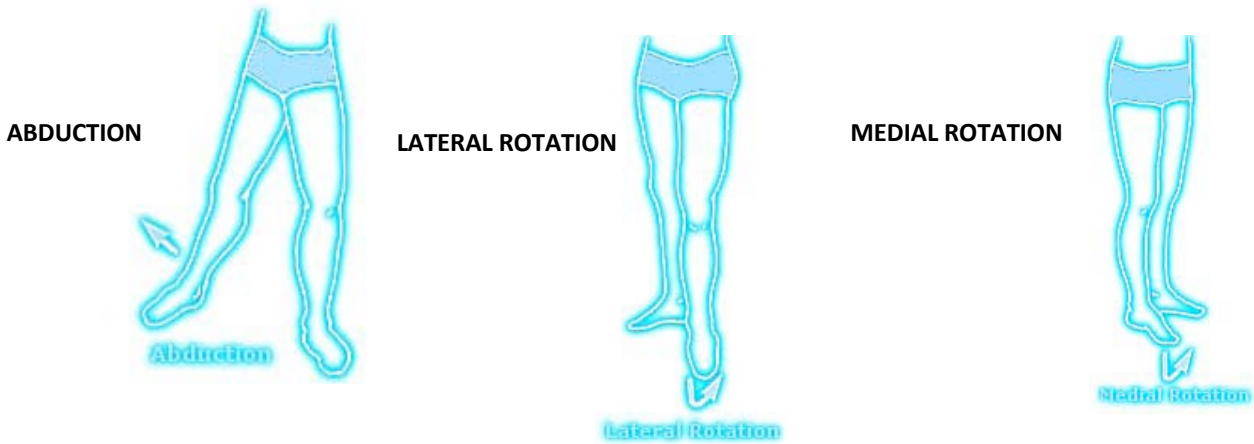
The wrist can move up (flexion), down (extension), side to side (adduction, abduction), and in circles (circumduction).



6. HIP JOINT

The hip can move forward (flexion), backward (extension), sideways (adduction, abduction), and rotate inwards (medial rotation) and outwards (lateral rotation).



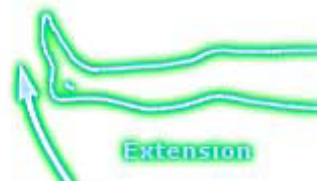


7. KNEE JOINT

The knee can bend (flexion) and straighten (extension).



FLEXION



EXTENSION

8. ANKLE JOINT

The ankle can move up (plantar flexion) and down (dorsi flexion), and twist in (inversion) and out (eversion).



PLANTAR FLEXION



DORSI FLEXION



INVERSION



EVERSION

5. Major Organ Systems



In this discussion we shall be exploring human major organ systems, which are essential for maintaining homeostasis and supporting life. Each system, from the circulatory to the respiratory, plays a unique and vital role in the body’s overall function. We’ll delve into how these systems work together to facilitate processes like digestion, movement, and response to environmental changes.

Understanding these systems not only enhances our knowledge of human biology but also informs our practices in health and wellness, particularly in fields like massage therapy. As we discuss each organ system, we’ll highlight their structure, function, and interconnections, emphasizing the importance of holistic health in our approach to care and treatment.

Table 9 Body Systems, Organs and Functions

System	Organs	Functions
1. Skeletal system	Bones, joints, cartilage and ligaments	Provides shape and framework for the body and support and protection of vital organs.
2. Muscular system	Skeletal, smooth and cardiac muscles	Produces movement, heat and help maintain balance.

3. Integumentary system	Skin, hair, nails, oil glands and sweat glands	Protects internal organs and helps prevent entry of harmful microorganisms.
4. Circulatory system	Heart, blood and blood vessels	Responsible for the flow of blood, nutrients, hormones, oxygen and other gases to and from the cells.
5. Lymphatic System	Spleen, thymus, lymph nodes and tonsils	Helps remove body of toxins, wastes and other unwanted materials. It also defends the body from harmful microorganisms.
6. Nervous System	Brain and spinal cord	Sends, receives and processes nerve impulses in the body. It is the major controlling, regulatory, and communicating system within a living organism.
7. Respiratory System	Upper and lower respiratory tract, lungs and accessories	Helps bring oxygen to the human body and removes harmful carbon dioxide.
8. Digestive System	Alimentary canal and accessory digestive organ	Processes food into molecules that can be absorbed and utilized by the cells of the body.
9. Urinary System	Kidneys, ureters, bladder and urethra	Produces, stores and eliminates urine and waste products of cellular metabolism.
10. Endocrine System	Glands and hormones	Acts through chemical messengers called hormones that influences growth, development, and metabolic activities.

5.1 SKELETAL SYSTEM

The skeletal system serves as the body's robust internal framework, providing essential support and protection for vital organs. Comprising 206 bones in adults, it not only maintains our structural integrity but also facilitates movement and flexibility through its network of joints. Most of these joints are freely movable, allowing for a wide range of motion essential for daily activities.

In addition to bones, the skeleton is composed of cartilage and ligaments. Cartilage, a tough yet flexible connective tissue, forms key structures such as the framework of the ear and nose, links the ribs to the sternum, and cushions the ends of bones at joints, ensuring smooth movement.

Ligaments, on the other hand, are strong strips of fibrous connective tissue that stabilize joints by holding bones together, providing the necessary stability during various movements.

1

The skeletal system works in close coordination with the nervous system to facilitate muscle movements, enabling us to stand, walk, and engage in a myriad of physical activities.

Additionally, certain bones contain marrow, where the formation of blood cells occurs, highlighting the skeletal system's crucial role in overall health.

By understanding the complexities of the skeletal system, we gain insight into its vital functions in supporting, protecting, and enabling movement within the human body.

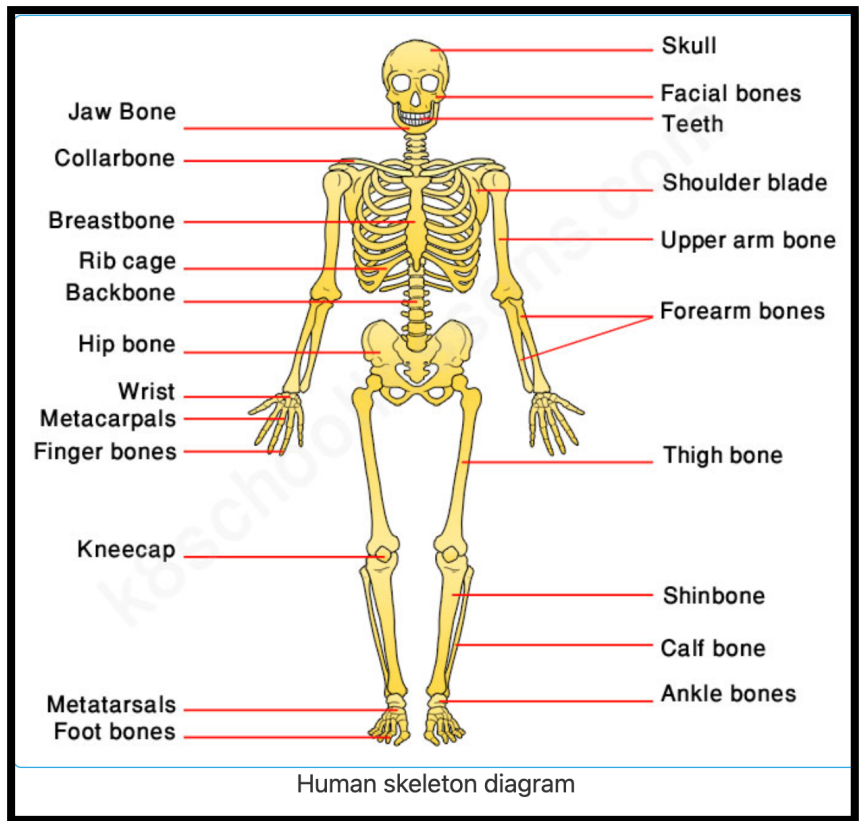


Table 10 Major Bones and Bone Groups of the Body

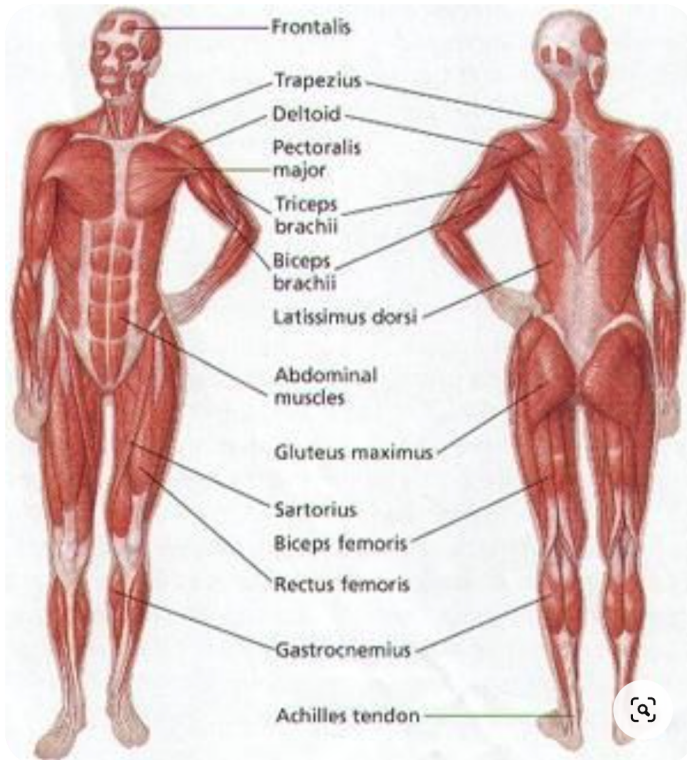
Head	Function
Skull	The cranium is the bony framework of the head. It is composed of the cranial and facial bones; the maxilla and mandible (upper and lower jaws). The skull houses and protects the brain
VERTEBRAL COLUMN	

¹ <https://k8schoollessons.com/human-skeleton/>

Vertebrae (33)	<p>The vertebral column, consisting of 33 individual bones known as vertebrae, plays a crucial role in supporting the body and protecting the spinal cord. It is divided into distinct regions: 7 cervical vertebrae in the neck, 12 thoracic vertebrae in the upper back, 5 lumbar vertebrae in the lower back, and the sacral and coccygeal regions, which comprise 5 fused sacral vertebrae and 4 coccygeal vertebrae respectively.</p> <p>The spinal cord, a vital component of the central nervous system, passes through the vertebral column, where it is safeguarded by the bony structures of the vertebrae. This intricate system of bones not only provides structural support but also facilitates movement and coordination throughout the body.</p>
THORACIC CAGE	
Ribs (2x12)	<p>The ribs, twelve pairs of slender, curved bones, extend from the vertebrae to the sternum, forming a protective cage around vital organs. The upper seven pairs envelop the thoracic cavity, safeguarding the heart and lungs, while the lower five pairs shield a portion of the abdominal cavity, contributing to the body's overall structural integrity and organ protection.</p>
Sternum	<p>The sternum is a central bone in the chest wall, connecting the ribs from the throat to the upper abdomen. Each rib's front end is connected to the sternum.</p>
PECTORAL GIRDLE	
Clavicle	<p>The clavicle, also known as the collarbone, extends from the sternum to the scapula and is an important landmark for locating the internal carotid artery.</p>
Scapula	<p>The scapula or shoulder blade, connects the collarbone and upper arm bone, extending down over the back of the rib cage.</p>
Humerus	<p>Humerus is the long bone in your upper arm that connects your shoulder to your elbow.</p>
UPPER EXTREMITIES	
Radius	<p>The radius is one of the two bones in the forearm, located on the same side as the thumb. It runs from the elbow to the wrist.</p>
Ulna	<p>The ulna is the other bone in the forearm, located on the opposite side of the thumb. It runs from the elbow to the wrist, next to the radius.</p>
Carpal	<p>The carpal is a group of small bones located in the wrist that connect the hand to the forearm.</p>
Metacarpals	<p>Metacarpals are the long bones in the hand that connect the fingers to the wrist.</p>
PELVIC	

Pelvic girdle	Three pairs of bones: the ilium, ischium and pubis, fused to form the pelvic girdle. They attach to the lower spine and provide support to the internal organs. They have sockets where the upper leg bones (femur) are attached.
LOWER EXTREMITIES	
Femur	The femur, also known as the thigh bone, holds the distinction of being the longest, strongest, and heaviest bone in the human body.
Fibula	The fibula, one of the two bones in the lower leg, is situated laterally and is notably smaller in size compared to its counterpart, the tibia.
Patella	The patella, commonly known as the kneecap, is a small, round bone located in front of the knee joint. It acts as a protective shield for the knee and helps to strengthen and stabilize the joint during movement.
Tibia	The tibia is the larger of the two bones in your lower leg, often referred to as the shinbone. It runs down the front of the leg and connects the knee to the ankle, providing support and structure for the lower part of the leg.
Tarsals	Tarsals are a group of small bones in the foot, kind of like the building blocks that make up the ankle and the back part of the foot. They help support the body weight and allow to move the foot in different directions.
Metatarsals	Metatarsals are the long bones in the foot that connect the toes to the ankles. They help support the body weight and provide balance when a person stand, walk, or run.
Phalanges	Phalanges are the bones in your fingers and toes that help you grab things and move around.

5.2 Muscular System



The muscles in your body are often referred to as the "machines" that power your movements and bodily functions. These incredible structures not only facilitate the movement of food through your digestive system and enable you to perform physical tasks, but they also play a crucial role in maintaining your posture and supporting your internal organs.

Tendons, which are strong cords of connective tissue, serve as the bridge between muscles and bones, allowing for the transmission of force and movement. This intricate system of muscles and tendons working together enables you to exert the necessary pulling force to carry out a wide range of activities.

Muscles possess remarkable properties of extensibility and elasticity, meaning they can be stretched to accommodate various movements and then return to their original length when at rest. This flexibility is essential for activities that require a wide range of motion, such as dancing or playing sports.

2

Within the human body, there are three main types of muscles: skeletal muscles, responsible for voluntary movements like walking and lifting; smooth muscles, which control involuntary functions such as digestion and breathing; and cardiac muscles, found exclusively in the heart and responsible for its rhythmic contractions to pump blood throughout the body. Together, these muscle types form a complex network that powers your body and enables you to perform a multitude of tasks with precision and efficiency.

² <https://www.pinterest.com/pin/229965124698659685/>

What are the Two (2) Major Skeletal Muscles:

The two major skeletal muscles in the human body are the biceps brachii and the quadriceps femoris.

1. Biceps Brachii - The biceps brachii is a two-headed muscle located in the upper arm. It is responsible for flexing the elbow joint and supinating the forearm (turning the palm upward). The biceps brachii is commonly known as the "biceps" and is a prominent muscle that is often associated with strength and physical fitness.

Table 11 Skeletal Muscle Distribution

Body Region	Muscle Area	Contents
1. Upper extremities	Arm	Deltoid
		Biceps
		Triceps
	Forearm	Brachioradials
		Pronator
		Supinator
	Fingers	Thenar muscles
		Hypothenar
	2. Lower extremities	Upper leg
Quadriceps		
Hamstring		
Lower leg		Gastrocnemius muscle
Upper back		Trapezius
		Erectors spinae
Lower back		Gluteals (buttocks)

2. Quadriceps Femoris - The quadriceps femoris, often called the quads, is a group of four muscles located in the front of the thigh. These muscles work together to extend the knee joint and are essential for walking, running, and jumping. The quadriceps femoris is one of the largest and strongest muscle groups in the body.

Skeletal Muscles and their Respective Elements

Upper Extremities - The upper extremities refer to your arms, including everything from your shoulders down to your fingertips. This includes your shoulders, upper arms, elbows, forearms, wrists, and hands.

1. Arm

a. **Deltoid muscle** – The deltoid muscle is a large, triangular muscle that shapes the shoulder. It originates from the clavicle and scapula and inserts into the upper humerus.

b. **Biceps** - Biceps is a key upper arm muscle that flexes the elbow and rotates the forearm to face upwards. It begins in the humerus and attaches to the radius.

c. Triceps- The triceps, known as triceps brachii, is a powerful muscle located at the back of the upper arm that has three points of attachment at one end. It is crucial in extending the elbow joint and straightening the arm.

1.2 Forearm

a. Brachioradialis – Brachioradialis is a muscle in the upper arm that starts at the front of the upper arm bone and attaches to the forearm bone. It helps in bending the elbow.

b. Pronator- Pronator is a muscle that helps to turn your hand or foot palm down.

c. Supinator- Supinator is a muscle that helps to turn your hand so that the palm faces up.

1.3 Fingers

a. Thenar muscles – Thenar muscles are a group of muscles located in the palm of your hand near the base of your thumb.

b. Hypothenar- The hypothenar is the fleshy area on the inner side of your palm near the small finger. It's also known as the antithenar (opposite side of the palm).

2. Lower Extremities - Lower extremities refer to your legs, including everything from your hips down to your toes. This includes your hips, thighs, knees, lower legs, ankles, and feet.

2.1 Upper Leg

a. Rectus femoris – The rectus femoris is a strong muscle in the middle of your thigh that goes from your hip to your knee.

b. Quadriceps - The quadriceps is a big muscle at the front of your thigh with four parts that helps you straighten your leg.

c. Hamstrings- The hamstrings are two tendons at the back of your thigh that help form the upper inner and outer edges of the area behind your knee.

2.2 Lower leg

a. Gastrocnemius muscle – The gastrocnemius muscle is a large muscle in the back of your lower leg that helps you stand, walk, run, and jump. It starts from the thigh bone just above the knee and goes down to the heel.

- b. Tibialis anterior-** The tibialis anterior is a muscle near the front of your lower leg that helps lift your foot and turn it inward. It starts from the shin and goes down to the inner side of your foot.

2.3 Upper back

a. Trapezius- The trapezius is a big muscle in your upper back that looks like a kite. It runs from the base of your skull down to the middle of your back and out to your shoulder blade.

b. Erectors Spinae- The erector spinae muscles are deep muscles in your back that start from the lower back and run up the spine, splitting into different muscles that help with posture and movement.

2.4 Lower back

a. Gluteals (Buttocks) – The gluteal muscles, also known as the buttocks, start at the top of your pelvis and help you extend your upper leg. They're crucial for activities like standing up, sitting down, walking up stairs, and running. These muscles are important because they can weaken easily.

TYPES & DESCRIPTION OF MUSCLES

There are different types of muscles in the human body. Each one has specific important functions.

A. Skeletal muscle

Skeletal muscles are attached to bones, giving the body shape. There are over 640 named muscles, making up over 40% of body weight. They are arranged in layers, with superficial and deep muscles. Muscles are connected to bones by tendons, contracting to move bones and produce various movements. Brain and spinal cord control muscle contractions. Skeletal muscles are voluntary, allowing conscious movement. They help maintain posture, stabilize joints, and generate heat to regulate body temperature (37°C).

B. Smooth muscle

It is found in the walls of hollow organs it controls, like the digestive system, blood vessels, bladder, airways and in female uterus. It is classified as involuntary muscle. Its contraction is automatically controlled by the autonomic nervous system (ANS). This means that man does not have to think about contracting it. For example, smooth muscles in the stomach and intestines contract all day long. And man never knows what's going on inside.

Table 12 Types of Muscles

Type Of Muscle	Description	Where Found
A. Skeletal muscle	Voluntary muscles	Attached to the bones of the skeletons
B. Smooth muscle	Involuntary muscles	Hollow organs like small intestine, blood vessels
C. Cardiac muscle	Involuntary muscle	Heart

In many organs, smooth muscle is arranged in two layers: an outer layer that runs lengthwise and an inner layer that runs in circles. This muscle is controlled by the autonomic nervous system and can also be influenced by hormones in the bloodstream. Nerve endings connect with smooth muscle cells, and the different parts of the autonomic nervous system (sympathetic and parasympathetic) have opposite effects on these layers, affecting how the organ functions.

C. Cardiac muscle

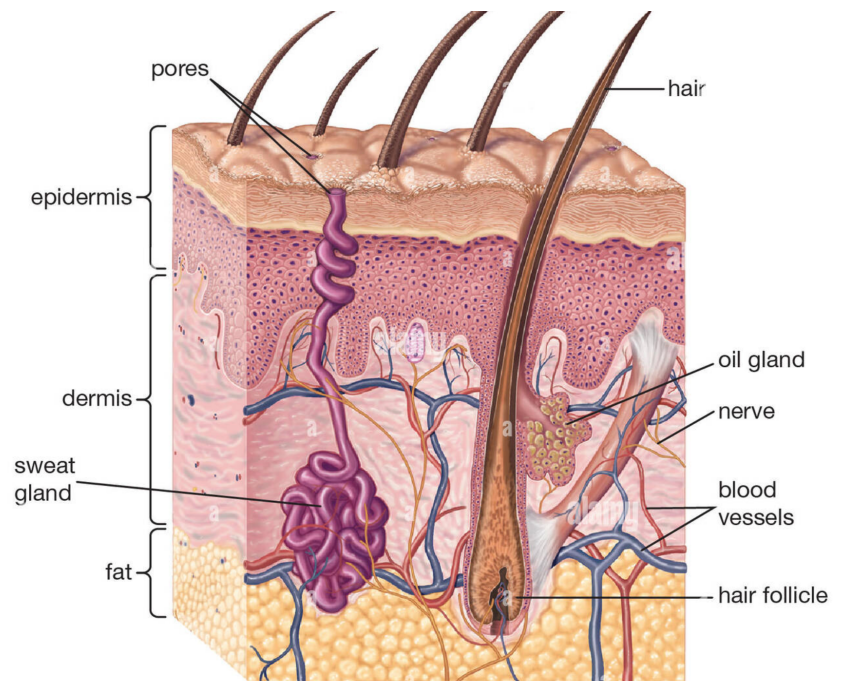
Cardiac muscle is found solely in the wall of the heart. Its fibers do not require stimulation to contract. They do so automatically, regularly, and without fail, for a lifetime. Electrical impulse from part of the heart is called pacemaker. It travels across and through the heart wall. It sets the pace of contraction of other cardiac muscle fibers. To meet the human body's changing demands, the sympathetic and parasympathetic branches of the autonomic nervous system (ANS) increase or decrease the rate set by the pacemaker.

5.3 Integumentary System

3

The skin is the largest organ of the body. Its two main layers are the epidermis (outer layer) and dermis (inner layer). It is the protective covering of the body. The skin prevents the entry of bacteria and other disease-causing microorganisms.

It also prevents the loss of body fluids. The skin filters out the harmful and potentially carcinogenic ultraviolet (UV) radiation in sunlight. It also helps maintain the body's temperature at a constant 37°C (98.6°F).



Layers of the Skin

1. **Epidermis** – this is the thin, outer portion of the skin. Its main role is protective. Its uppermost layer consists of dead, flattened cells, packed with *keratin* (a tough, waterproof protein). This is constantly worn away. The daily wear and tear, releases scaly skin flakes. The skin flakes are replaced by living cells that divide continuously.

Other epidermal cells are called *melanocytes*. They produce the brown pigment melanin. Melanin gives skin its color. It forms a protective screen against harmful UV rays. People with darker skin produce more melanin. Prolonged exposure to sunlight increases melanin production and temporarily darkens the skin.

2. **Dermis** is the layer beneath the epidermis. It is the thicker part of the skin. A network of collagen and elastin fibers gives this connective tissue strength and elasticity. The dermis contains blood

³ <https://www.alamy.com/stock-photo-cross-section-of-human-skin>

vessels, sensory nerve endings and receptors. The blood vessels play a part in temperature regulation. Also found in the dermis are hair follicles from which hairs grow. There are glands (*sebaceous and sweat glands*).

3.

An oily and bactericidal liquid called *sebum is released from sebaceous gland*. Sebum keeps the skin and hairs soft, flexible, and waterproof. *Sweat glands* release watery sweat onto the surface of the skin in warm conditions. Evaporation of sweat cools the body. *Adipose (fat) cells* beneath the dermis help insulate the body. Tiny veins, arteries, and capillaries with red blood cells give living skin a healthy reddish color which is lost at death.

Table 13 Skin Layer and Component

Skin Layer	Description	Component
1. Epidermis	Upper layer of the skin	Keratin
		Melanin
2. Dermis	Lower, thicker part of the skin	Blood vessels
		Sensory nerve endings and receptors -
		Sebaceous glands
		Sweat glands
		Adipose cells
		Tiny veins, arteries, capillaries

5.4. Circulatory System

The circulatory or cardiovascular system - is composed of the heart and a closed system of vessels called arteries, veins, and capillaries. It is the organ system that passes nutrients, gases, hormones, blood cells and other nutrients to and from cells of the body.

Blood is pumped by the heart around a closed circuit of blood vessels. It is carried from the heart to the tissues and back to the heart once again in an unending circulation of this life-giving fluid.

Heart Rate

Heart rate is measured as the number of beats per minute and can be checked by taking the pulse. A normal heart rate ranges from 60 to 85 beats per minute, but it can vary based on age, sex, and size. The sinoatrial (SA) node, located in the upper wall of the right atrium, is responsible for maintaining a steady heart rhythm and is known as the heart's pacemaker.

Changes in heart rate are mainly controlled by the cardiac center in the brain's medulla oblongata, which has parts that either speed up or slow down the heart rate based on the body's needs. Factors like emotions, ion levels, and body temperature can also influence heart rate.

Monitoring heart rate helps assess heart function and overall health.

Circulatory System, Organs & Functions

1. **BLOOD** is a liquid tissue. It is the fluid of life. It carries oxygen from the lungs to body tissue and carbon dioxide from body tissue to the lungs. It is the fluid of growth. It transports nourishment from digestion and hormones from glands throughout the body.

Blood is the fluid of health. It transports disease-fighting substances to the tissue and waste to the kidneys. Because it contains living cells, blood is alive. Red blood cells and white blood cells are responsible for nourishing and cleansing the body. Without blood, the human body would stop working.

Structure & Functions of Blood

- **Red Blood Cell (RBC)** - This cell is a concave disk, microscopic in size (about 7 micrometers in diameter). It contains hemoglobin. Red blood cells (RBCs) are by far the most abundant cells in the blood. RBCs give blood its red color. As the main element of the circulating blood, its main function is to transport oxygen, which is carried by the hemoglobin.
- **White Blood Cells (WBC)**- These cells are also called leukocytes. They are less in number than the red blood cells. They are part of the immune system. They help the body fight infection. They can be transported to an area where an infection has developed. They deal with foreign materials, such as disease organisms that get into the body. They may engulf and disable them or they may cause the body to produce antibodies against them.
- **Platelets** - These are irregularly-shaped, colorless bodies that are present in blood. Their sticky surface lets them, along with other substances, form clots to stop bleeding. *Platelets* are produced in the bone marrow, the same as the red blood cells and most of the white blood cells.
- **Plasma and plasma proteins** - This is a straw-colored, clear liquid in lymph and blood that is 90 percent water. Plasma contains dissolved salts and minerals like calcium, sodium, magnesium, and potassium, and other substances. Plasma is needed to carry the many parts of the blood

through the bloodstream. It carries food and wastes from the tissues, and keeps the acid-base balance of the body.

2. BLOOD VESSELS

It is located throughout the body, blood vessels are hollow tubes that circulate blood.

A. Arteries. Arteries are elastic blood vessel that transports blood away from the heart. Mga artery- ito ay nababangat na daluyan ng dugo na nagdadala ng dugo mula sa puso.

Two (2) Types of arteries.

- Pulmonary arteries transport blood that has low oxygen content from the right ventricle to the lungs.
- Systemic arteries transport oxygenated blood from the left ventricle to the body tissues.

B. Capillaries. There are the smallest and most numerous of the blood vessels. Unlike the arteries and veins, capillaries are very thin and fragile. They are so thin that blood cells can only pass through them in a single file.

They form the connection between the vessels that carry blood away from the heart (arteries) and the vessels that return blood to the heart (veins). The red blood cells inside the capillary release their oxygen which passes through the wall and into the surrounding tissue. The tissue releases its waste products, like carbon dioxide, which passes through the capillary wall and into the red blood.

C. Veins. They are similar to arteries but, because they transport blood at a lower pressure, they are not as strong as arteries.

- In the pulmonary circuit, the pulmonary veins transport blood from the lungs to the left atrium of the heart.
- This blood has high oxygen content because it has just been oxygenated in the lungs.
- Systemic veins transport blood from the body tissue to the right atrium of the heart.
- This blood has reduced oxygen content because the oxygen has been used for metabolic activities in the tissue cells.
- The walls of veins are thinner than those of arteries. This is because blood in the veins has less pressure than that in the arteries.
- Venous valves are especially important in the arms and legs, where they prevent the backflow of blood in response to the pull of gravity.

a. Heart

The heart is a muscular pump. It provides the force needed to circulate the blood to all tissues in the body. The heart keeps the blood moving through the vessels. It's shape and size roughly resembles a man's closed fist.

⁴

The heart lies inside the thorax behind the sternum or breastbone. It is surrounded by a fluid filled sac called the pericardium. It rests inside the pericardial cavity which is surrounded by the ribcage. The diaphragm, a tough layer of muscle, lies below. As a result, the heart is well protected.

The heart is divided into two halves – the left and right – separated by a partition called septum. The halves are in turn divided into chambers. The two upper chambers of the heart are called atria. The lower two chambers are called ventricles. There are valves that allow blood to flow in one direction. The two pairs of chambers, atrium and ventricle, act as separate pumps. The right side pumps oxygen poor blood to the lungs. This is the pulmonary circulation. The left side pumps oxygen rich blood from the lungs, systemic circulation.

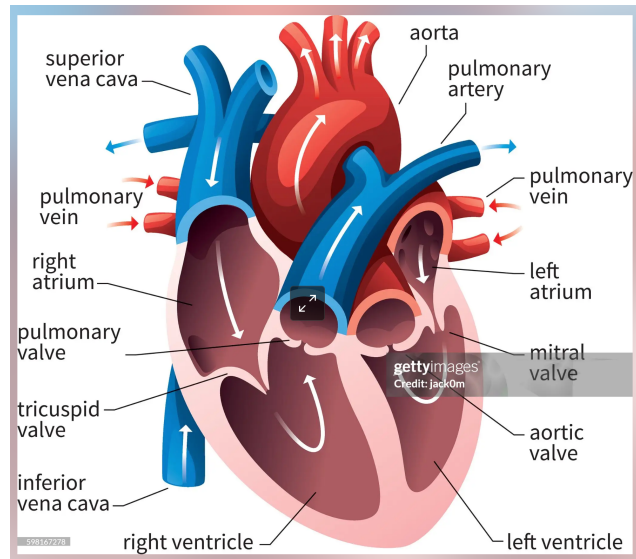


Table 14 Circulatory System, Organ and Function

Organ	Structure	Function
1. Blood	Red blood cells	Transport oxygen through haemoglobin (a protein that carries oxygen)
	White blood cells	Produces antibodies that deal with harmful microorganisms
	Platelets	Responsible in blood clotting

⁴ <https://www.gettyimages.com/detail/illustration/human-heart-circulatory-system-royalty-free>

	Plasma and plasma proteins	Carries food and waste from tissues
2. Blood vessels	Arteries	Carries blood away from the heart
	Capillaries	Exchange of gas between blood and tissue cells.
	Veins	Carries blood towards the heart
3. Heart	Arch of the aorta	Carries oxygenated blood to the rest of the body
	Abdominal aorta and thoracic aorta	Supplies blood to the thoracic and abdominal areas.
	Superior and inferior vena cavae	Carries deoxygenated blood from the rest of the body to the heart

Arc of the Aorta – This is the curved portion between the ascending and descending parts of the aorta. It gives rise to the brachiocephalic trunk, left common carotid and left subclavian arteries.

Abdominal Aorta at Thoracic Aorta

As the aorta turns downward, it becomes the thoracic aorta. Below the diaphragm, it is the abdominal aorta. They lie in the anterior surface of the spinal column. Vena cava are the two largest veins in the body. They carry de-oxygenated blood from different regions of the body to the right atrium of the heart.

Superior and Inferior Vena Cava

Superior vena cava - is located in the upper chest region. It is formed by the left and right brachiocephalic veins. It brings de-oxygenated blood from the head, neck, arm and chest regions of the body to the right atrium.

Inferior vena cava - is formed by the left and right common iliac veins. The inferior vena cava travels along the spine. It brings de-oxygenated blood from the lower body regions – legs, back, abdomen and pelvis to the right atrium.

5.5 Lymphatic System

The lymphatic system is a crucial network in the body, consisting of organs, ducts, and nodes. It plays a vital role in the immune system, which is made up of cells, tissues, and organs that work together to protect the body from disease-causing microorganisms like bacteria, viruses, parasites, and fungi. Central to the lymphatic system are lymphocytes, small white blood cells that are key players in the immune response.

As blood flows through capillary beds, some of its fluid leaks into the spaces between cells. While much of this fluid returns to the capillaries, a portion remains in the interstitial spaces. The lymphatic system collects this excess fluid, known as lymph, and returns it to the circulatory system.

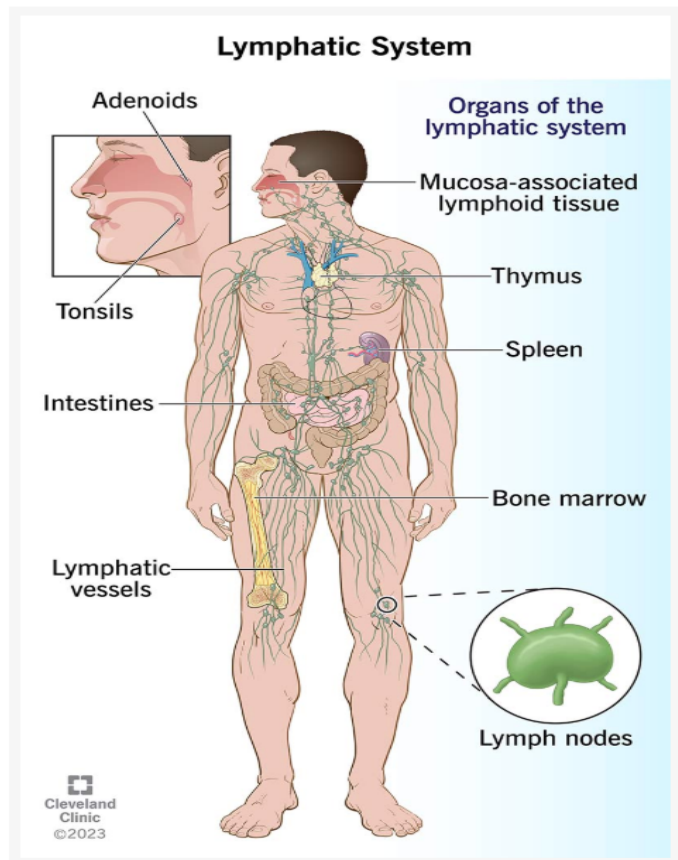
Lymphatic vessels, which are thin-walled and closely associated with most tissues, transport lymph. These vessels converge to form the thoracic duct, which drains lymph from the lower part of the body into the subclavian vein. This process is essential; without it, the body would experience dangerous fluid accumulation, or edema, and could face severe health consequences within just 24 hours.

Overall, the lymphatic system not only helps maintain fluid balance in the body but also plays a critical role in immune function, ensuring that the body can effectively defend itself against infections.

LYMPHATIC SYSTEM & ORGANS

⁵ a. Lymph Nodes

These are swellings in the lymphatic system. Here, lymph is filtered and cleansed of bacteria and waste products from the cells. Lymphocytes (white blood cells which are part of the immune system) are stored here. Lymph nodes are round or kidney-shaped. Their size varies from very tiny to one (1) inch in diameter. They are usually found in groups in different places throughout the body. There are lymph nodes in the neck,



⁵ <https://my.clevelandclinic.org/health/body/21199-lymphatic-system>

armpit, chest, abdomen, pelvis, and groin. About two thirds of all lymph nodes and lymphatic tissue are within or near the gastrointestinal tract.

b. Spleen - is the largest organ in the adult lymphatic system. It is a solid, deep-red organ about 12cm long. It is located on the left side of the upper abdomen between the lower ribs and the stomach. The spleen removes worn out red blood cells, bacteria and cell fragments from the blood. It holds a reserve of blood in case of hemorrhagic shock. It recycles iron and process lymphocytes and antibodies.

Table 15 Lymphatic System, Organ and Function

Organ	Description	Function
1. Lymph nodes	Swelling in the lymphatic system	Storage for lymphocytes or white blood cells
2. Spleen	Largest organ in the lymphatic system	Removes worn out red cells, bacteria and cell fragments from the blood
3. Thymus	Lies on the top of the thorax and partly over the heart and lungs	Produces lymphocytes. Main center for providing immunity against harmful microorganisms
4. Tonsils	Two small masses of lymphoid tissues on both sides of the throat	Provides protection against harmful pathogens that enter the body through the mouth or nose

c. Thymus is a specialized organ of the immune system. It lies at the top of the thorax, partly over the heart and the lungs. In the newborn the thymus controls the development of the spleen and the lymph nodes. The thymus produces lymphocytes. It is the main center for providing immunity against harmful microorganisms. After puberty the thymus becomes smaller in size.

d. Tonsils - these are two small masses of lymphoid tissue. It is found on either side of the throat, embedded in a pocket at the side of the palate (roof of the mouth). Pathogens may enter the body through the nose or mouth. Lymphocytes and macrophages in the tonsils provide protection against these pathogens.

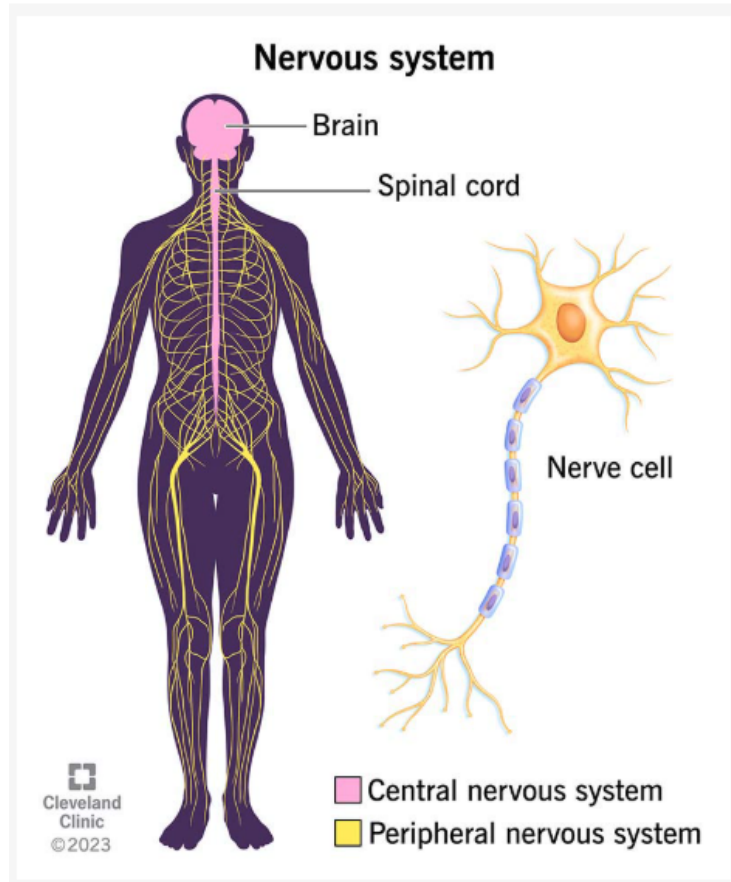
5.6 ⁶Nervous System

The nervous system is the body's information gatherer, storage center and control system. Its overall functions are to collect information about the body's external and internal states and transfer this information to the brain .

Information are gathered by sensors such as the eyes and proprioceptors. Then instruction is sent out to effectors such as muscles and glands to make the body react. It enables a person to think, create, remember, and feel. It is also responsible for regulation of internal changes such as heart rate or body temperature.

Two (2) Main Parts of Nervous System:

- 1) **The Central Nervous System (CNS)** - is made up of the brain and spinal cord. They form the command center of the nervous system and carry out the roles of processing and integration.



- a. **Brain**- The brain receives sensory information, process it and sends out motor signals in response. It is inside the skull or the cranium. It is the seat of intelligence.
- b. **Spinal cord** - This is a very large bundle of nerve fibers connected to the brain. It extends from the foramen magnum at the base of the skull to the upper part of the lumbar region. It is surrounded and protected by the bony vertebral column. It is the major trunk line carrying **The Peripheral Nervous System (PNS)**. The PNS consists of nerves that arise from the CNS and connect to the other parts of the body. Sensory nerves sends messages to the brain and motor nerves carry responses coming from the brain. There are two parts:

⁶ <https://my.clevelandclinic.org/health/body/21202-nervous-system>

a) Somatic Nervous System (SNS) - connects the CNS to the skin and muscle. The somatic nervous system is the portion responsible for voluntary body movement and for sensing external stimuli. All five senses are controlled by the somatic nervous system as well as all the skeletal muscles, used for voluntary movement. It is also responsible for conscious activities like standing, walking and running.

Table 16 The Nervous System

<ul style="list-style-type: none"> ▪ Central Nervous System (CNS) 	<ul style="list-style-type: none"> • Brain • Spinal cord
<ul style="list-style-type: none"> ▪ Peripheral Nervous System (PNS) 	<ul style="list-style-type: none"> • Somatic System (controls voluntary movements and sensory information) • Autonomic System (controls involuntary functions)

b) Autonomic Nervous System (ANS) - Connects the CNS to the viscera and controls unconscious or involuntary activities. The Autonomic Nervous System regulates certain body processes, such as blood pressure and the rate of breathing. This system works automatically (autonomously), without a person’s conscious effort.

5.7 Respiratory System

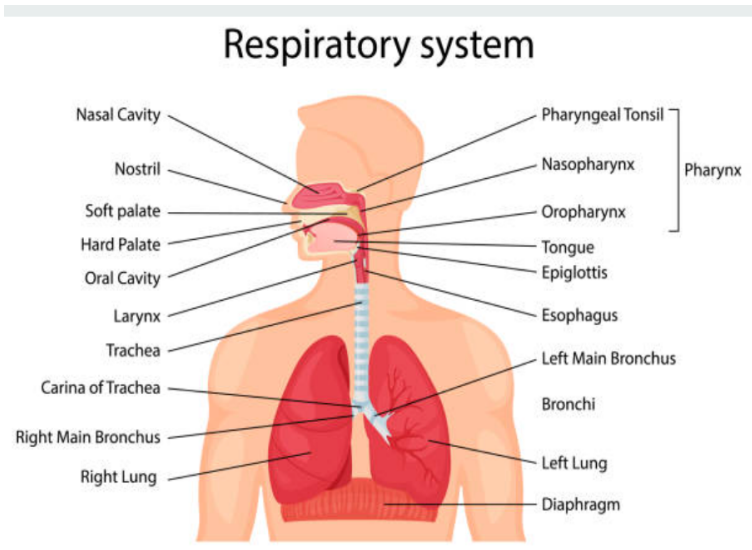
The respiratory system is essential for bringing air into the body and facilitating the exchange of gases. Its primary function is to allow oxygen to enter the bloodstream, which is then transported by blood to all body cells. This system consists of the lungs, where oxygen is absorbed, and carbon dioxide is expelled from the bloodstream.

The airways include the nose, pharynx (throat), larynx, trachea, and bronchi. These structures serve as passageways for air, with the bronchi transporting it between the lungs and the atmosphere. During the process of breathing, air is inhaled into the lungs and exhaled back out, allowing the respiratory system to remove carbon dioxide—a waste product of metabolism—from the body. If carbon dioxide were to accumulate, it could be toxic, leading to serious health issues.

In summary, the respiratory system not only supplies the oxygen necessary for cellular function but also ensures that carbon dioxide is efficiently removed, maintaining the body's overall health and balance.

5.8 Organs of the Respiratory System

Welcome to our exploration of the respiratory system, a vital network responsible for gas exchange and maintaining the body's oxygen levels. One of the most visible and essential organs in this system is the nose, which features two openings known as nostrils. These nostrils play a crucial role in the reception and expulsion of air, facilitating respiration.



a. Nose

The nose acts as a first line of defense by cleaning the incoming air of dust and impurities, ensuring that only filtered air reaches the lungs. Additionally, it has the remarkable ability to warm cool air as it passes through the nasal sinuses and to moisten dry air, preparing it for optimal absorption in the lungs. Beyond its respiratory functions, the nose is also the organ of smell, allowing us to perceive and enjoy various scents in our environment.

Understanding the role of the nose helps us appreciate its importance in the respiratory system and its overall contribution to our health and well-being.

b. Pharynx

⁷It is the area at the back of the throat that serves both the digestive and respiratory systems. It is a 5" long passageway for air and food.

c. Trachea

Trachea is also called the wind pipe. It is a membranous tube. It has cartilaginous rings that keep it open at all times. It descends from the pharynx to the level of the lungs where it branches to the left and right bronchi

d. Bronchi, Bronchioles

⁷ <https://www.istockphoto.com/photos/respiratory-system>

The bronchi are small tubes in the lungs. They subdivide repeatedly into smaller airways called bronchioles.

Table 17 Respiratory System, Organ and Function

Structure	Organ	Function
1. Upper Respiratory Tract	Nose	Where air passes; organ of smell
	Pharynx	Serves both digestive and respiratory systems
2. Lower Respiratory Tract	Trachea	Windpipe; Transport air to and from the lungs
	Bronchi, Bronchioles	Allows the exchange of air and waste gases between the alveolar ducts and the terminal bronchioles
	Lung	Transport air to alveoli for gas exchange
3. Accessory	Diaphragm	Muscular partition that separates abdominal and thoracic cavities. Plays a crucial role in respiration.

e. Lungs

Lungs are a pair of organs of respiration in the thoracic cavity. The functional units of the lungs are the alveoli, tiny sacs attached to the ends of smallest bronchioles. Oxygen from inhaled air passes readily to the blood in capillaries. At the same time, carbon dioxide passes from the blood into the air spaces of the alveoli and is exhaled. Oxygen and carbon dioxide exchange takes place between these and capillaries.

f. Diaphragm

This is the muscular partition separating the abdominal and thoracic cavities. It is an accessory muscle for respiration.

PHYSIOLOGY OF RESPIRATION

Respiration involves two main processes: pulmonary ventilation and alveolar ventilation.

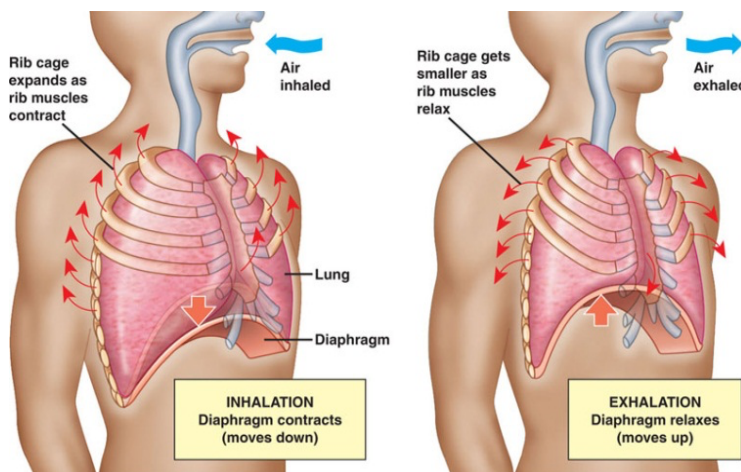
Pulmonary Ventilation (External Respiration) occurs in the lungs and involves the exchange of gases between the air and the blood. When we inhale, air enters the lungs through the trachea, bronchi, and bronchioles, reaching the alveoli—tiny air sacs where gas exchange takes place. Oxygen from the air diffuses through the thin walls of the alveoli into the bloodstream, while carbon dioxide (a waste product produced by cells) diffuses from the blood into the alveoli to be exhaled.

Alveolar Ventilation (Internal Respiration) refers to the exchange of gases between the blood and body cells. Once oxygen is transported by red blood cells to tissues throughout the body, it is released for cellular metabolism. In this process, cells use oxygen to produce energy, releasing carbon dioxide as a byproduct, which then enters the bloodstream.

The **mechanics of breathing**—known as ventilation—are controlled by the diaphragm and intercostal muscles. When the diaphragm contracts, it moves downward, creating negative pressure that draws air into the lungs. During exhalation, these muscles relax, and the elastic recoil of the lungs pushes air out.

Overall, respiration is a continuous cycle that ensures the body receives the oxygen it needs for energy production while efficiently removing carbon dioxide to maintain homeostasis.

Two (2) Process of Breathing



1) Inspiration (inhalation) is the process of taking air into the lungs. It is the active phase of ventilation. It is the result of muscle contraction. During inspiration, the diaphragm contracts and the thoracic cavity increases in volume. This decreases the intra alveolar pressure so that air flows into the lungs. Inspiration draws air into the lungs.

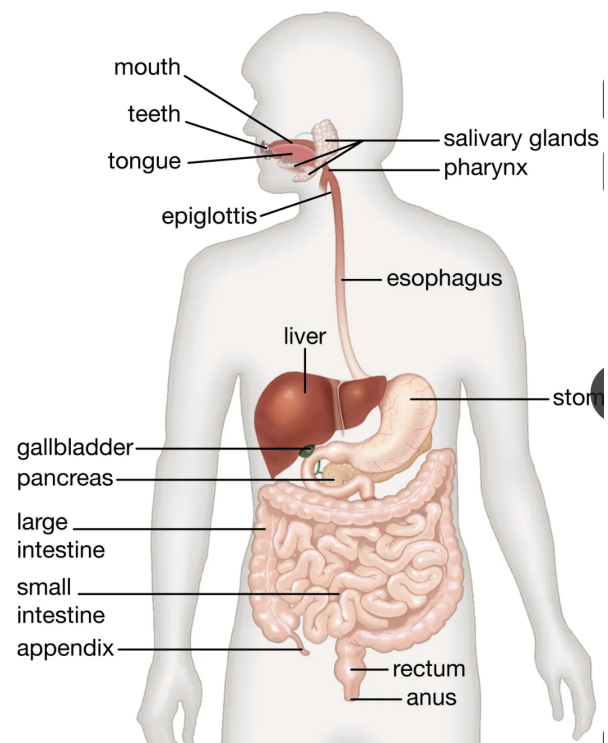
The Breathing Cycle

2) Expiration (exhalation) is the process of expelling air out of the lungs. During expiration, the relaxation of the diaphragm and elastic recoil of tissue decreases the thoracic volume and increases the intra alveolar pressure. Expiration pushes air out of the lungs.

5.8 Digestive System

8

The digestive system is responsible for the digestion and absorption of food and water. It includes the digestive tract and its accessory organs. The digestive tract, also called the alimentary canal or gastrointestinal (GI) tract, consists of a long continuous tube. It extends from the mouth to the anus. It includes the mouth, pharynx, oesophagus, stomach, small intestine, and large intestine. The digestive system process food into molecules that can be absorbed and utilized by the cells of the body. Digestion is the breaking down of complex nutrients into simple substances that can be absorbed by the body.



Organs of the Digestive System

Here's a list of the main organs of the digestive system, along with a brief description of each:

1. **Mouth**- The starting point of digestion, where food is mechanically broken down by chewing and mixed with saliva, which contains enzymes that begin the chemical digestion of carbohydrates.
2. **Pharynx** - A muscular tube that connects the nasal cavity and mouth to the esophagus. Its part of both the digestive and the respiratory system and plays a key role on the swallowing of food.
3. **Esophagus** - A muscular tube that connects the mouth to the stomach. It transports food through a series of wave-like muscle contractions called peristalsis.
4. **Stomach** - A hollow organ that holds food while it is mixed with stomach enzymes and acids. This acidic environment helps break down food and kill harmful bacteria.

⁸ <https://www.britannica.com/science/human-digestive-system>

5. **Small Intestine** - Comprising three parts (duodenum, jejunum, and ileum), the small intestine is where most digestion and nutrient absorption occurs. Enzymes from the pancreas and bile from the liver aid in breaking down food.
6. **Pancreas** - An organ that produces digestive enzymes and bicarbonate, which helps neutralize stomach acid in the small intestine. It also produces insulin, which regulates blood sugar levels.
7. **Liver** - The largest internal organ that produces bile, which helps digest fats. The liver also processes nutrients absorbed from the small intestine and detoxifies harmful substances.
8. **Gallbladder** - A small pouch that stores and concentrates bile before releasing it into the small intestine to aid in the digestion of fats.
9. **Large Intestine (Colon)** - Responsible for absorbing water and electrolytes from indigestible food matter and compacting it into feces. It also houses beneficial bacteria that help with fermentation.
10. **Rectum** - The final section of the large intestine that stores feces before they are expelled from the body.
11. **Anus** - The opening at the end of the digestive tract through which feces are excreted.

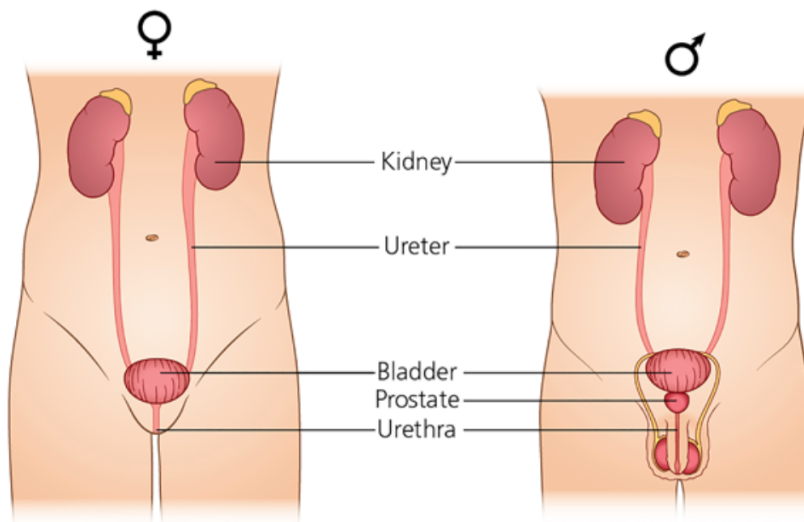
Together, these organs work in concert to break down food, absorb nutrients, and eliminate waste, ensuring that the body receives the energy and materials it needs to function properly.

Table 18 Digestive System, Organ and Function

Division	Organ	Function
1. Alimentary Tract	Mouth	Chewing and breaking down of food.
	Pharynx	Swallowing mechanism of food.
	Esophagus	Serves as passage of food.
	Stomach	Digestion takes place.
	Small Intestine	Absorption takes place.
	Large Intestine-	Food further processed and ends up as feces.
	Anus	Exit of waste products.
2. Accessory Organs	Liver	Detoxifies drugs and alcohol.
	Gall bladder	Serves as reservoir of bile.
	Pancreas	Produces the digestive enzyme.

5.9 Urinary System

⁹ The urinary system, also known as the renal system, is responsible for the production, transportation, and elimination of urine. Its primary functions include maintaining the body's fluid and electrolyte balance, regulating blood pressure, and removing waste products from the bloodstream.



The main components of the urinary system are:

1. **Kidneys** : Two bean-shaped organs that filter blood to produce urine . The kidneys carry out two major functions. First, is excretion of unwanted and potentially poisonous metabolic wastes produced by cells. The second, is regulation or removal of excess water and

salts (such as sodium and potassium salts) in order to maintain constant levels of water and salts in the blood and other body fluids

2. **Ureters**: Thin tubes that transport urine from the kidneys to the bladder. Each urether is a small tube, 25–30 cm long. it carries urine from the renal pelvis (the funnel-shaped expanded upper end of the urether) in the kidney to the urinary bladder.

3. **Urinary Bladder**: This is a muscular sac that serves as storage bag for the urine. The bladder expands as it fills and the muscular wall contracts when the bladder is emptied.

⁹ <https://thewaitingroom.karger.com/embarrassing-problems/basic-anatomy-the-urinary-system/>

4. Urethra: This is transport tube leading from the bladder to discharge urine outside the body. In males, the urethra travels through the penis. It carries semen as well as urine. In females, the urethra is shorter than that in the male. It is found above the vaginal opening.

Overall, the urinary system plays a crucial role in homeostasis by regulating the composition of body fluids.

Table 19 Urinary System, Organ and Function

Organ	Function
Kidney	Site of urine production.
Urether	Connects kidney to urinary bladder
Urinary bladder	Serves as storage for the urine
Urethra	Passage through which urine is discharged outside the body

5.10 Endocrine System

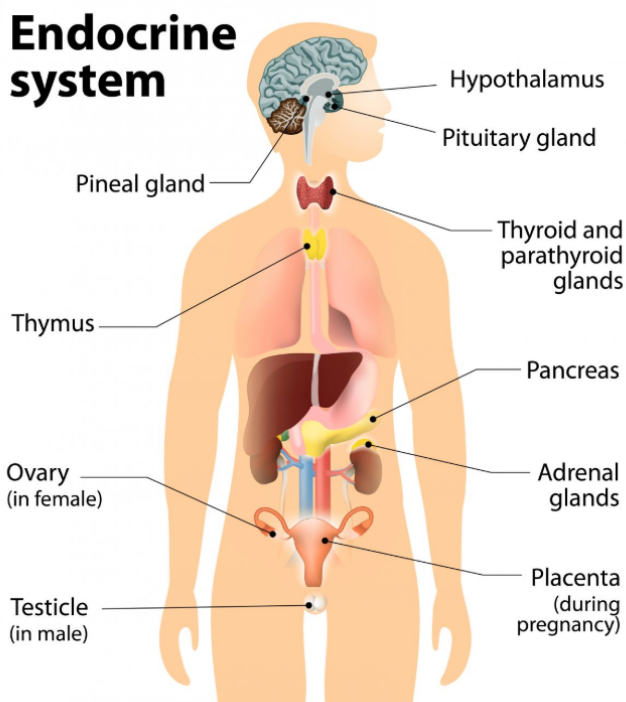
The endocrine system is a network of glands that produce and release hormones into the bloodstream. These hormones regulate various bodily functions, including metabolism, growth, mood, and reproductive processes.

Key components of the endocrine system include:

1. **Pituitary Gland:** As big as a marble, the pituitary gland lies just beneath the base of the brain. It is sometimes called the “master gland” because all other endocrine glands come under its control. Pituitary hormone regulates metabolism, growth, sexual development and immune response.
2. **Thyroid Gland:** The thyroid gland is located in front of the neck above the top of the breastbone. Thyroid hormones are essential for the function of every cell in the body. They help regulate heart rate, blood pressure, body temperature, and the rate of chemical

reactions (metabolism) in the body. They also help regulate the growth and development of children.

3. **Adrenal Glands:** This is a small gland on the top of the kidney. Produce hormones related to stress response, metabolism, and immune function. It has an outer portion called the cortex and an inner medulla. The medulla produces the adrenalin (epinephrine) and noradrenalin (norepinephrine). They activate the sympathetic nervous system. The adrenal cortex produces the hormones aldosterone and estrogen. Aldosterone influences the balance of electrolytes and water in the body. Adrenal Glands in females produce the hormone estrogen.
4. **Pancreas:** This is a fish-shaped spongy grayish-pink organ about 6 inches (15 cm) long. It stretches across the back of the abdomen, behind the stomach. Specialized cells in the pancreas produce two hormones, insulin and glucagons. These are needed to maintain stable blood sugar levels in the body. When the body needs for carbohydrate are met, insulin directs the excess carbohydrate to be converted to fat and stored.



5. **Gonads (Ovaries and Testes):** Produce sex hormones that influence reproduction and secondary sexual characteristics.

Overall, the endocrine system plays a vital role in maintaining homeostasis and coordinating complex biological processes.

¹⁰The endocrine systems consist of hormones and glands. Endocrine glands or ductless glands, release their secretion (hormones) into the bloodstream. The hormones are chemical messengers. They transfer information to various parts of the body. They regulate the metabolic activities of cells and control processes such as growth, metabolism, and reproduction.

¹⁰ <https://www.epa.gov/endocrine-disruption/overview-endocrine-system>

Table 20 Endocrine System, Organ and Function

Organ	Function
1. Pituitary gland	Master gland - regulates metabolism, growth, sexual development and immune response.
2. Thyroid gland	Influences the rate of body metabolism.
3. Parathyroid gland	Important in the control of calcium metabolism.
4. Thymus	Stimulate the immune system.
5. Pancreas	Secretes insulin when carbohydrates are being digested.
6. Adrenal gland	Produces hormones that balance electrolytes and water in the body.
7. Ovary-	Female organ which produce sex female hormones and ova.
8. Testes-	Male organ which produce male sex hormones and spermatozoa. .

Table 21 Glands In The Endocrine System

Exocrine	Endocrine
Have ducts to carry hormones .	Do not have ducts to carry hormones.
Hormones released outside of the body	Hormones released inside of the body.
Have sub-classifications	Do not have sub-classifications.
Response is slower. it travels through the blood then released outside	Response is faster as it travels directly into the bloodstream.
Transmission duration prolonged as hormones pass through the kidney to filter blood	Transmission duration is shorter as hormones no longer pass through the kidney.

6. Unit Test – Module 3 (Anatomy and Physiology)

1. What is the meaning of anatomy?
2. What is the basic structural and functional unit of most living organisms?
3. What is a group of organs that work together to perform a larger, more complex function?
4. What is the study of the mechanical, physical and biochemical functions of living things?
5. What are cells of similar origin are organized into groups (tissues) to carry out specific functions?
6. What gland produces sweat?
7. The elbow is _____ to the wrist.
8. What is the function of melanin?
9. A person lying flat on his back is said to be in the _____ position.
10. What are the three types of muscle cells?

MODULE 4

Microbiology and Pathology

MODULE 4

Microbiology and Pathology

Learning objectives:

1. Know and identify various microorganisms and how it could affect both clients and therapists.
2. Gain more understanding on the characteristics and behavior of common microorganisms
3. Understand how microorganisms are transmitted and know its appropriate preventive measures.

Microorganisms are always present in the environment. Many of them cause diseases that can be easily transmitted from one person to another. This is the reason why there is a need for massage therapists to study Microbiology and Pathology. Massage therapists should know how diseases are transmitted. This will help prevent the transmission of diseases from client to massage therapist, from massage therapist to client, and from client to client during massage sessions; hence secure the safety of the public and the community.



1. Definition of Terms

1. *Carrier* – A person who is infected with a pathogen but shows no symptoms of the disease. He/she can transmit the infection to others.
2. *Communicable Disease* – Any disease that can be transmitted from the victim to a healthy person through people, animals, air, physical contact, etc. Childhood diseases like measles, mumps, and chicken pox are communicable.
3. *Contagious Disease* – A disease that one gets from another person, often times, just by being close to a sick person. One also gets the disease even by touching something the sick person used or touched.

4. *Disease – This refers to any condition that impairs body functions. It is associated with specific signs and symptoms. It may be caused by external factors such as invading disease causing organisms or internal factors such as physiological disorder.*
5. *Endemic – the occurrence of a disease in a community or a certain group of people.*
6. *Infection - is an invasion of the body tissue by pathogenic microorganisms. The results are signs and symptoms as well as immunologic response. The patient's own immune response may compound the tissue damage; such damage may be systemic or localized.*
7. *Microbiology – This refers to the branch of biology that deals with microorganisms, such as bacteria, viruses and protozoa, and their effects on other living organisms.*
8. *Microbe – A very tiny form of life that can only be seen under a microscope. Examples are viruses, bacteria, fungi and protozoa.*
9. *Pandemic - the occurrence of a disease worldwide or over a large area.*
10. *Pathology – The study of cause and effect of diseases.*

5. What is Microbiology?

Microbiology is the study of microorganisms, including bacteria, viruses, fungi, and parasites, and their effects on human health. For massage therapists, understanding microbiology is important for several reasons:

1. **Infection Control** - Knowledge of microorganisms helps therapists implement proper hygiene and sanitation practices to prevent the spread of infections. This includes understanding how germs are transmitted and the importance of handwashing, sanitizing equipment, and maintaining a clean treatment environment.
2. **Recognizing Infections** - Therapists should be able to identify signs of infections in clients, such as rashes, open wounds, or unusual symptoms, and understand when to modify or avoid treatment to prevent further harm or the spread of infection.
3. **Client Health Assessment** - Understanding microbiology can assist therapists in assessing a client's health history, particularly regarding previous infections or immune system issues, which may influence treatment plans.
4. **Viral and Bacterial Infections** - Awareness of common viral and bacterial infections (e.g., cold sores, staph infections) allows therapists to take necessary precautions and inform clients about the implications for massage therapy.
5. **Skin Health** - Since the skin is the primary interface during massage, knowledge of skin


microbiology helps therapists understand conditions like dermatitis, fungal infections, or other skin-related issues, influencing treatment choices.




6. Educating Clients- Therapists can educate clients about the importance of personal hygiene and skin care, which can help reduce the risk of infections or complications during treatment.

In summary, microbiology is essential for massage therapists as it informs safe practice, enhances client care, and promotes a deeper understanding of how microorganisms affect health. This knowledge not only helps in preventing infections but also contributes to a holistic approach to client wellness.

2.1 Common Microorganisms

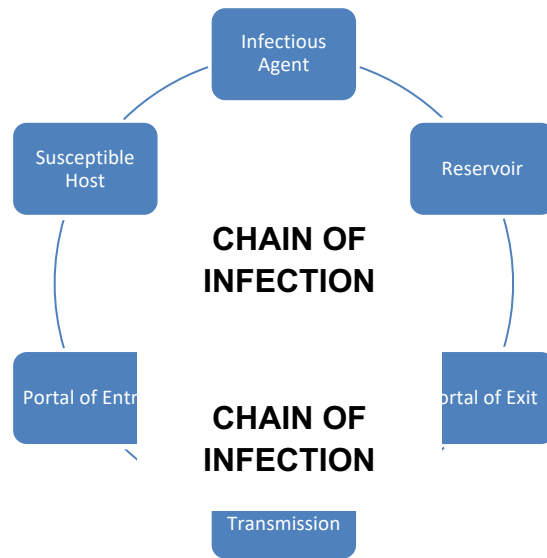
Table 22 Common Microorganisms

Bacteria	Virus	Fungi	Protozoa	Parasite
<ul style="list-style-type: none"> ▪ One-celled microorganisms of the class Schizomyces. ▪ Some are round (cocci), rod-shaped (bacilli), spiral (spirochetes), or comma-shaped (vibrios). 	<ul style="list-style-type: none"> ▪ A microscopic organism that grows only in living cells of any organism. ▪ More than 200 viruses have been found that cause diseases in humans. ▪ They are self-limiting, hence development of resistance is the only treatment. No medications needed. 	<ul style="list-style-type: none"> ▪ A simple parasitic plant that lack chlorophyll ranging from unicellular or multicellular organism. ▪ It does not make its own food, feeds on organic matter, depends on other life forms. ▪ A simple fungus reproduces by budding; many-celled fungi reproduce by making spores. 	<ul style="list-style-type: none"> ▪ Lowest form of animal, single-celled. ▪ More complex than bacteria. ▪ About 30 kinds of protozoa cause diseases in humans. 	<ul style="list-style-type: none"> ▪ An organism living in and obtaining nourishment from another organism. ▪ A facultative parasite may live on another organism but is capable of living independently. ▪ An obligate parasite is one that depends entirely on another organism for its survival.

<p>Diplocoques </p> <p>Streptocoques </p> <p>Staphylocoques </p>	<ul style="list-style-type: none"> The kinds of viruses are adenovirus, arenavirus, enterovirus, herpesvirus, and rhinovirus.. 			
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2.2 Infection Process

Every massage therapist must be constantly aware of the presence of harmful micro-organisms in the workplace. To be able to deal with about it more effectively, he or she has to know how and why a person gets infected and what to do to avoid being contaminated and becoming a victim.



CHAIN OF INFECTION

- Infectious agent** – To have an infection, there must be a causative agent or pathogen. Pathogens in humans include different types of organisms such as viruses, bacteria, protozoa and fungi.

2. **Reservoir** – The source of the causative agent. It is the place where an infectious agent lives and reproduces, or simply exists, while waiting for the opportunity to infect other host. Humans are reservoir for all human pathogens. These pathogens may live for a period of time in air, water, food, dust or in some other animal.
3. **Port of Exit** – This is the route of exit of pathogen from the reservoir. Pathogens leave humans by way of blood, various body secretions (mucus, semen, vaginal secretions, etc), urine, feces, skin lesions and vomit.
4. **Mode of Transmission** – The means taken by infectious agents to move from one host to another include:
 - **Direct skin to skin contact**- When an infected person shakes hands, kisses or makes beso beso with another person.
 - **Respiratory droplets.** Secretions from the respiratory tract of an infected person may be spread up to one meter during a sneeze. Droplets may also land on inanimate objects (door handles, dishes, etc.). This could be spread indirectly when someone touches the contaminated object. Droplets may be inhaled by another person. He may also come in contact with exposed mucous membranes.
 - **Airborne transmission.** This is a common means of transmission. Pathogens remain suspended in the air or on dust particles. Common colds, Flu and other viral infection are transmitted this way.
 - **Blood transmission.** Direct blood to blood transmission is rare, although it can happen during pregnancy or childbirth. In nature, insects like mosquitoes transmit pathogens from the blood of one person to another. Shared needles (drug addicts, HIV), sharp injury in hospitals and even blood transfusion have transmitted blood borne pathogens.
 - **Sexually transmitted diseases.** Pathogens in body secretions or in lesions near the sex organs are transferred during sexual contact; vaginal, oral or anal. Breaks in the skin or mucous membranes enhance transmissions.
 - **Fecal-oral transmission.** Infected feces contaminate food, water and other materials (cigarettes, straws, silverware) that go into the mouth.
5. **Port of Entry** – The route by which a pathogen enters the body of the new host. Mucous membranes, broken skin, and blood of the new host serve as port of entry for pathogens.

- **Mucous membrane contact.** Infectious materials may be inhaled into the lungs. It may also be splashed on unprotected mucous membranes in the respiratory, urinary or reproductive tracts.
- **Ingestion-** Contaminated food, water or even cigarettes can be ingested.
- **Break in the skin.** Insect vectors such as mosquitoes create break in the skin when they feed. Many pathogens are transmitted in this way (dengue, malaria, etc.) Existing cuts or sores are potential point of entry.

6. **Susceptible Host** – Not all hosts are susceptible to a particular pathogen. Strong natural defenses of the possible hosts may prevent pathogens from causing diseases. Factors such as age, genetics, nutritional status, personal hygiene and stress level may significantly contribute to the person’s susceptibility to pathogenic organism. Immunization against a specific pathogen protects possible host.

2.3 Signs and Symptoms of Inflammation

The body reacts to microbial invasion by producing an inflammatory response. The inflammatory response is controlled by chemical, cellular and vascular functions. It has the remarkable ability to adjust that response to the severity of the threat. Other body responses include fever, malaise, nausea, vomiting and purulent discharge (from wounds).

Classic Signs and Symptoms of Inflammation

1. Heat (calor)
2. Loss of Function (function laesa)
3. Pain (dolor)
4. Redness (rubor)
5. Swelling (tumor)

The typical treatment for inflammation is anti-inflammatory drugs. These can be steroidal, like cortisone or non-steroidal like aspirin. Regardless of their chemical impact on the body, anti-inflammatory drugs may have significant impact on massage. They may hide the results of over-treatment. In this case, the risk that massage could cause injury is high. If a client is taking anti-inflammatory drugs for a condition that does not contraindicate massage, it is best that she/he make her/his appointment just as her/his dose is wearing off. This way, it will be possible to get much more accurate information about what massage is actually doing to her/his body.

Inflammation does not always imply the presence of infection. Sprains and dermatitis are two examples of such condition. When inflammation is present without infection the general rule for circulatory

massage is to wait for the sub-acute stage. During this stage bringing more fluid to the area will not make matter worse. Lymph draining techniques may be safe and appropriate in earlier stages of non-infectious inflammation.

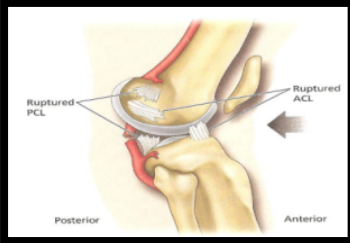
During the post-acute stages of infection and inflammation, bodywork may be helpful in flushing out debris. This will also improve the sluggish and congested circulation in the body.

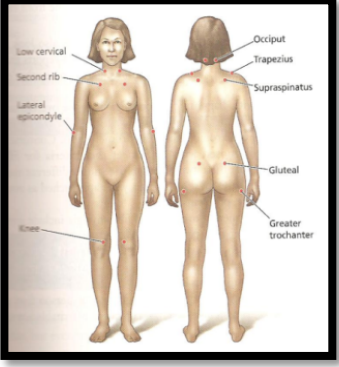
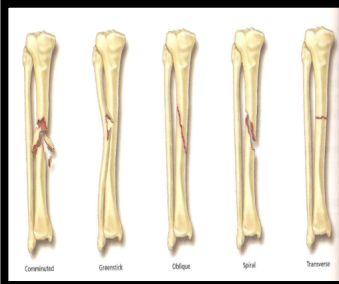
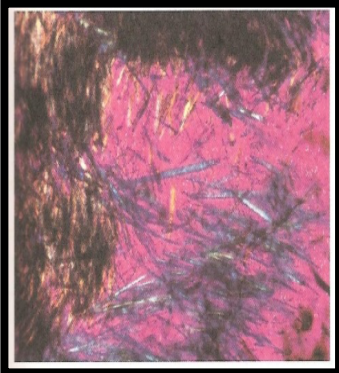
5. What is Pathology?

For massage therapists, pathology refers to the study of diseases and disorders that may affect the body and how these conditions can impact the practice of massage therapy. Understanding pathology is crucial for therapists to ensure safe and effective treatment while recognizing when to modify techniques or refer clients to other healthcare professionals.


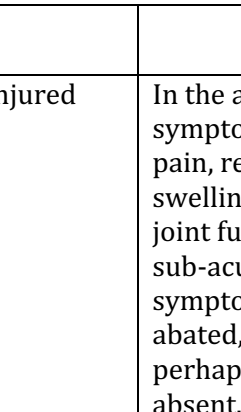
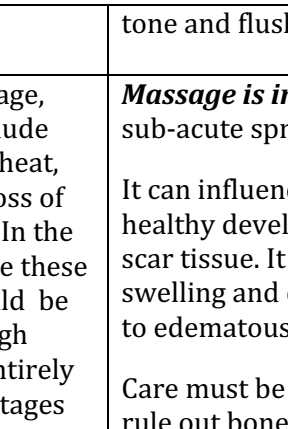
Pathology of Systems Relevant to the Practice of Massage


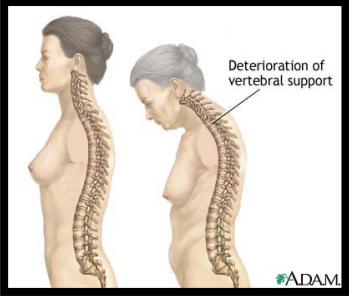
3.8 Musculoskeletal System

Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated?
<p>1. Dislocations</p> 	<p>Dislocations are traumatic injuries to joints. The articulating bones are forcefully separated.</p>	<p>Acute (New) dislocations are extremely painful. The bones may be visibly separated. The joint is totally not functioning.</p>	<p><i>Massage is indicated in the sub-acute stage of dislocation</i>, as long as massage is applied within pain tolerance.</p> <p>As the area heals, massage may be useful for managing scar tissue accumulation and muscle spasm around the affected joint.</p>
<p>2. Fibromyalgia</p>	<p>Fibromyalgia is a condition that involves chronic muscle pain, trigger</p>	<p>Fibromyalgia is diagnosed when other diseases have been ruled out and</p>	<p><i>Massage is indicated for fibromyalgia.</i></p> <p>Care must be taken not to</p>

	<p>points, tender points and non-restorative sleep.</p>	<p>seven to ten active trigger points are identified.</p>	<p>over treat. Patients are extremely sensitive to pain. They may have accumulations of waste products in the tissues that cannot be flushed out adequately.</p>
<p>3. Fractures</p> 	<p>A fracture is a break or crack in a bone.</p>	<p>Most fractures are painful and involve loss of function at the nearest joints. Some fractures may be difficult to diagnose without an x-ray.</p>	<p>Massage is locally contraindicated for acute fractures.</p> <p>But work done on the rest of the body can yield reflexive benefits. Massage is indicated for people in later stages of recovery from fractures.</p>
<p>4. Gout</p> 	<p>Gout is an acute arthritis that cause severe pain and swelling in the joints. It is caused by deposits of urate crystals (uric acid) in and around joints especially in the feet.</p>	<p>Acute gout causes joints to become red hot, swollen, shiny and extremely painful. It usually has a sudden onset.</p>	<p>Massage is systematically contraindicated for gout in the acute stage and locally contraindicated for gouty joints at all times.</p>
<p>5. Herniated disc</p>	<p>A herniated disc is a painful rupture of the fibrocartilage of the disc between spinal vertebrae; occurs most often in the lumbar region. It is a situation in which</p>	<p>The symptoms of nerve root pressure include referred pain along the dermatome, specific muscle weakness, paresthesia and</p>	<p>Massage is indicated for the sub-acute stage of herniated discs.</p>

	<p>the nucleus pulposis or the surrounding annulus fibrosus of an intervertebral disc protrudes on nerve roots or on the spinal cord itself.</p>	<p>numbness.</p>	
<p>6. Osteoarthritis</p>	<p>This joint inflammation is brought about by wear and tear causing cumulative damage to articular cartilage.</p>	<p>Affected joints are stiff, painful and occasionally palpably inflamed. osteoarthritis most often affects knees, hips and distal joints of the fingers.</p>	<p>Massage is locally contraindicated in the acute stage. In the subacute stage, massage is indicated when it can contribute to muscular relaxation and mobility of the affected joint.</p>
<p>7. Spasms, cramps P</p>	<p>Spasms and cramps are involuntary contractions of skeletal muscle. Spasms are considered to be low grade, long lasting contractions. Cramps are short-lived, very acute contractions.</p>	<p>Cramps are extremely painful with visible shortening of muscle fibers. Long term spasms are achy and cause inefficient movement, but may not have acute symptoms.</p>	<p>Massage is locally contraindicated for acutely cramping muscle bellies.</p> <p>Although work on origin/insertion can trick the proprioceptors to respond. Sub-acute cramps respond well to massage, which can reduce residual pain and clean up chemical waste.</p> <p>Underlying cramp causing pathologies must be ruled out before massage is applied.</p> <p>Massage is indicated for long term spasm because it can break through the ischemia, a spasm pain cycle to reintroduce circulation to the area, as well as reduce muscle</p>





			tone and flush out toxins.
<p>8. Sprains</p> 	<p>Sprains are injured ligaments</p>	<p>In the acute stage, symptoms include pain, redness, heat, swelling and loss of joint function. In the sub-acute stage these symptoms could be abated, although perhaps not entirely absent. At all stages pain is present on passive stretching of the affected ligament.</p>	<p>Massage is indicated for sub-acute sprains.</p> <p>It can influence the healthy development of scar tissue. It can reduce swelling and damage due to edematous ischemia.</p> <p>Care must be taken to rule out bone fractures.</p>
<p>9. Strains</p> 	<p>Strains are injured muscles.</p>	<p>Pain, stiffness and occasionally palpable heat and swelling are present. Pain is aggravated by stretching or resisted exercise of the injured muscle</p>	<p>Massage is indicated for muscle strains, to influence the production of useful scar tissue, reduce adhesions and edema and reestablish range of motion.</p>
<p>10. Tendinitis</p> 	<p>Tendinitis is inflammation of a tendon, usually due to injury at the tenoperiosteal or musculotendinous junction.</p>	<p>There are pain and stiffness. , In acute stages, palpable heat and swelling are present. Pain is aggravated by resisted exercise of the injured muscle tendon unit.</p>	<p>Massage is locally contraindicated for acute tendinitis.</p> <p>Massage is indicated for tendinitis in the sub-acute stage. This is to influence the production of useful scar tissue, reduce adhesions and edema and reestablish range of motion.</p>



<p>11. Tenosynovitis</p> 	<p>Tenosynovitis is the inflammation of a tendon and or surrounding synovial sheath. It happens whenever tendon passes through these sheaths. It is especially common in the forearm, particularly in the extensor muscle.</p>	<p>Painful swelling, heat and stiffness during the acute stage. In the sub-acute stage, only stiffness and pain may be present. The tendon may feel or sound creaky (crepitis) as it moves through the sheath. It is difficult to bend fingers with tenosynovitis, but even harder to straighten them.</p>	<p>Massage is locally contraindicated in tenosynovitis during the acute stage and very much indicated during the subacute stage.</p>
<p>12. Osteoporosis</p> 	<p>Osteoporosis is a disease characterized by bones that have become very porous, weak and fragile due to loss of calcium from the bone matrix. They are subject to fracture and heal slowly. Osteoporosis occurs in women following menopause. It often leads to curvature of the spine due to</p>		<p>Massage is locally contraindicated.</p>
<p>13. Myofascial Pain syndrome</p>	<p>Myofascial pain syndrome is a chronic form of muscle pain. The pain of myofascial pain syndrome centers around sensitive points in the muscles called trigger points. The trigger points can be painful when touched. And the pain can spread throughout the affected muscle.</p>	<p>Myofascial pain syndrome has muscle pain that persists or worsens. Myofascial pain caused by trigger points has been linked to many types of pain, including headaches, jaw pain, neck pain, low back pain, pelvic pain, arm and leg pain.</p>	<p>Yes massage is indicated for myofascial pain syndrome.</p>


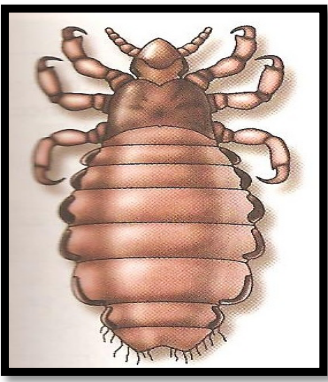

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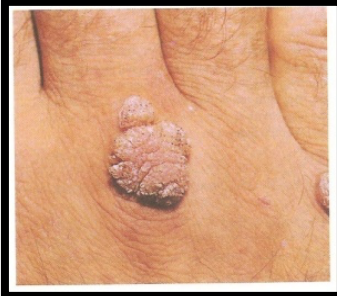

3.9 Integumentary System

Name of Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated?
<p>1. Acne</p>	<p>Acne is a bacterial infection of the sebaceous glands. This is usually found on the face, neck and upper back. It is closely associated with adolescence or liver dysfunction that results in excess testosterone in the system.</p>	<p>It looks like raised inflamed pustules on the skin, sometimes with white or black tips.</p>	<p>Massage is locally contraindicated for acne.</p> <p>The application of an oily lubricant during massage may increase the risk of spreading infection, causing pain and aggravating the symptoms.</p>

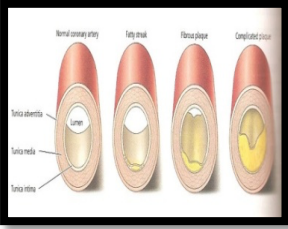
<p>2. Boils</p> 	<p>Boils are bumpy red lumps around a hair follicle. They are tender, warm, and very painful. They vary in size. A yellow or white point at the center of the lump can be seen when the boil is ready to drain discharge pus. Usually, the cause is staphylococcus bacteria that are present on the skin.</p>	<p>Boils look like acne, too, except that the lesions are bigger. They usually occur singly rather than being spread over a large area. They are also more painful than typical acne lesions.</p>	<p>Massage is contraindicated</p>
<p>3. Burns</p>  <p>First Degree</p>  <p>Second Degree</p>  <p>Third Degree</p>	<p>Burns are caused by damage to the skin that causes the cells to die. They can be caused by fire, overexposure to the sun, dry heat, wet heat, electricity, and radiation, extreme cold and toxic chemicals.</p>	<p>First degree burns involve mild inflammation.</p> <p>Second degree burns include blistering and damage at the deeper levels of the epidermis.</p> <p>Third degree burns penetrate the dermis itself and often shows white or black charred edges.</p> <p>In the post acute stage, serious burns often develops shrunken contracted scar tissue over the area of affected skin.</p>	<p>Massage is locally contraindicated in all burns (except perhaps mild sunburns) in the acute stage.</p> <p>In the sub-acute and post-acute stages, massage may be performed around the damaged area within pain tolerance of the client.</p>

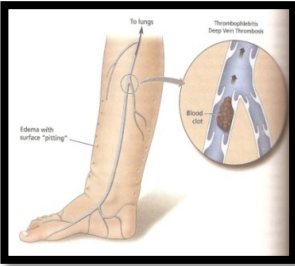
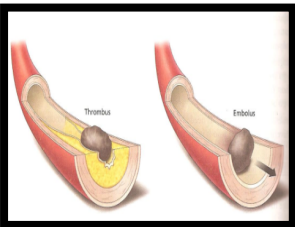
<p>4. Dermatitis/ Eczema</p> 	<p>Dermatitis is the general term for inflammation of the skin. Eczema is a type of atopic dermatitis. It is a noncontagious skin rash usually brought about by an allergic reaction.</p> <p>Contact dermatitis is a related but slightly different type of hypersensitivity reaction.</p>	<p>Dermatitis presents itself in various ways depending on what type of skin reactions are elicited.</p> <p>Metal allergies tend to be less inflamed and more isolated in area.</p> <p>Eczema usually appears as one of two varieties; very dry and flaky skin (seborrheic eczema) or blister weepy skin (dyshidrotic eczema)</p>	<p>Massage can be indicated for dermatitis/eczema but depends on the types and severity of the condition. If the skin is very inflamed, has blisters and other lesions, massage is a least locally contraindicated until the acute stage has passed. If signs indicate a rash could spread (e.g. with poison oak) massage is systemically contraindicated while the irritation is present.</p> <p>Dry, flaky eczema indicates massage. If the skin is not itchy and the affected area is highly isolated as with a metal allergy to a watch band or earrings, massage is only locally contraindicated.</p>
<p>5. Hives</p> 	<p>Hives is a kind of skin rash notable for pale red, raised, itchy bumps. It is frequently caused by allergic reactions; or emotional stress.</p>	<p>They can be small red spots or large wheals that are itchy and warm to the touch. They generally subside within a few hours.</p>	<p>Massage is systemically contraindicated for the acute stage.</p> <p>It is locally contraindicated in the subacute stage of hives.</p> <p>By bringing even more circulation to the skin, massage would only worsen a bad situation.</p>

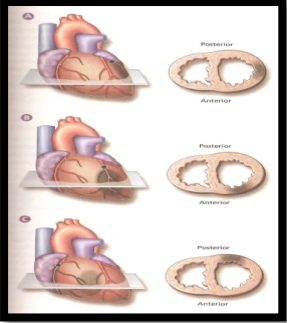

<p>6. Lice and Mites</p>  	<p>Lice and mites are tiny arthropods that drink blood. They are highly contagious and spread through close contact with skin or infested sheets or clothing.</p>	<p>The mites that cause scabies are too small to see, but they leave itchy trails where they burrow under the skin. They prefer warm moist places such as the axillae or between fingers.</p> <p>Head lice are easy to see, but they can hide. A more dependable sign is their eggs. Nits are small, white, rice-shaped flecks that cling strongly to hair shafts.</p> <p>Pubic lice look like itchy white crabs. All three of these parasites create a lot of itching.</p>	<p>Massage is contraindicated for all three infestations, until the infestation has been completely eradicated.</p> <p>If a massage therapists is exposed to any of these parasites, every client he or she subsequently works on will also be exposed even before the therapist shows any symptoms</p> <p>Parasitic infestations are something every massage therapist fears.</p>
<p>7. Open wounds and sore</p> 	<p>These include any injury to the skin that has not healed . This is vulnerable to infection if exposed to bacteria or other microorganism. Skin injuries are vulnerable as long as there is a visible crust or scab.</p>	<p>A crust or scab appears at the site of the injury</p>	<p>Massage is locally contraindicated for any existing skin injury where bleeding has occurred.</p> <p>When the underlying epidermis has been completely replaced, the scab will no longer be at risk of infection. However, massage may be systemically contraindicated if there is an underlying</p>

			condition such as diabetes.
<p>8. Scar tissue</p>  <p>Scar Tissue Release performed on client post surgery – scarring resulted from Scleroderma and plates put in due to fractures.</p>	<p>Scar tissue is the growth of new tissue, skin or fascia after injury.</p>	<p>Scar tissue on the skin often lacks pigmentation and hair follicles.</p>	<p>Yes massage can be indicated for scar tissue. Here are some benefits: Improved mobility, reduced pain, increased circulation and softening of tissue.</p>
<p>9. Warts</p> 	<p>Warts are small, rough tumor, typically on hands and feet. Warts are common, and are caused by a viral infection, that arise from the keratinocytes in the epidermis.</p>	<p>Typical warts (verruca vulgaris) look like hard, cauliflower-shaped growths. They usually occur on the hands. They can affect anyone. But teenagers are especially prone to them.</p>	<p>Massage is locally contraindicated in warts. The virus is contained in the blood and shedding skin cells. This is a possible way to transfer warts from another person.</p>
<p>10. Psoriasis</p> 	<p>Psoriasis is a chronic, non-contagious disease. It is characterized by inflamed lesions covered with silvery-white scabs of dead skin.</p>	<p>Psoriasis is reddish, scaly rash. The commonly affected areas are surfaces of the elbows, knees, scalp, and around or in the ears, navel, genitals or buttocks.</p>	<p>Massage can be indicated but caution is necessary.</p>

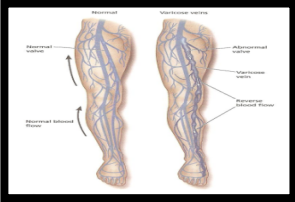
3.10 Circulatory System

Name of Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated?
<p>1. Atherosclerosis</p>  <p>The diagram shows four stages of atherosclerosis in a cross-section of an artery. From left to right: 1. Normal coronary artery: shows a clear lumen, tunica intima, tunica media, and tunica externa. 2. Fatty streak: shows a thin layer of yellow lipid on the tunica intima. 3. Fibrous plaque: shows a larger, yellowish plaque with a fibrous cap. 4. Complicated plaque: shows a large, irregular plaque with a cracked surface and a thrombus (blood clot) on top, significantly narrowing the lumen.</p>	<p>Atherosclerosis is a condition in which the arteries become partially or completely occluded due to atherosclerotic plaques.</p>	<p>Atherosclerosis has no symptoms until it is very advanced. However it is connected to several other types of circulatory problems including hypertension, arrhythmia, coronary artery disease, cerebrovascular disease and peripheral vascular disease.</p>	<p>Massage is generally not indicated for atherosclerosis particularly in severe cases.</p>

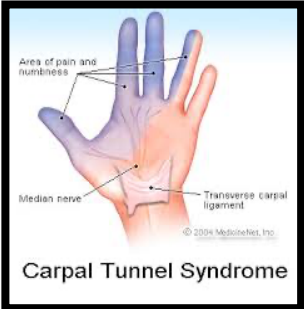
<p>2. Edema</p> 	<p>Edema is an abnormal accumulation of fluid beneath the skin or in one or more cavities of the body. The retention of interstitial fluid may be caused by electrolyte or protein imbalances or mechanical obstruction in the circulatory or lymphatic systems.</p>	<p>Edematous body organ is puffy or boggy. Retention of fluid is associated with local infection or obstruction of lymphatic vessel from local circulation.</p>	<p>Massage can be indicated for certain types of edemes but it should be approached with caution, particularly pitting edema, where the tissue does not immediately spring back from a touch.</p> <p>Indicated edemas include those due to sub acute soft tissue injury or temporary immobilization caused by some factor that does not contraindicate massage.</p>
<p>3. Embolism or Thrombus</p>  <p>A mass, such as an air bubble, detached blood clot, or foreign body that travels in the bloodstream lodges in a blood vessel, and obstructs or occludes it.</p>	<p>Thrombi are stationary clots; emboli are clots that travel through the circulatory system. Emboli are usually composed of blood but may also be fragments of plaque; fat globules air bubbles, tumors or bone chips.</p>	<p>Venous emboli lands in the lungs, causing pulmonary embolism. The symptoms of PE include shortness of breath, chest pain and coughing out sputum that is streaked with blood.</p> <p>In the brain an embolism can cause a stroke. In arteries an embolism causes a heart attack. The symptoms are altered vision, chest pain, fainting, sweating, palpitations, difficulty of breathing</p>	<p>Massage is systematically contraindicated in the presence of diagnosed thrombi or emboli. The same applies to any disorders involving potential blood clots.</p>


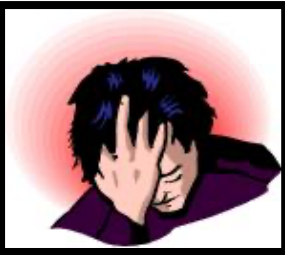

<p>4. Heart Attack</p> 	<p>A heart attack or myocardial infarction (MI) is the interruption of blood supply to a part of the heart, causing heart cells to die. It is caused by a clot or cholesterol plaque fragment getting lodged somewhere in a coronary artery.</p>	<p>Symptoms of heart attacks include sudden chest pain/angina, shortness of breath, nausea, vomiting, palpitations, sweating, a feeling of great pressure on the chest. There is pain around the left shoulder, left arm, jaw and back.</p>	<p>Massage is contraindicated for patients recovering from heart attack.</p> <p>After complete recovery, heart attack patients may be good candidates for massage provided there is clearance from a cardiologist.</p>
<p>5. Hematoma</p> 	<p>A hematoma is a deep bruise (leakage of blood) between muscle sheaths.</p>	<p>Superficial hematomas are simple bruises. Deep bleeds may not be visible, but they will be painful and if extensive bleeding is present, the affected tissue will have a characteristic gel-like feel.</p>	<p>Massage is locally contraindicated in acute hematomas.</p> <p>There may be blood clots and pain. During the subacute stage (at least two days later), the surrounding blood vessels have been sealed shut.</p> <p>The body is in the process of breaking down and reabsorbing the debris. Gentle massage may be applied within pain tolerance around the perimeter of the area. Hydrotherapy may be helpful. Watch for signs of thrombophlebitis or deep vein thrombosis. If there is any doubt, consult a doctor.</p>

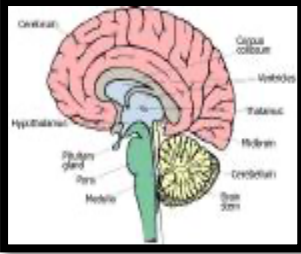
<p>6. Hypertension</p>	<p>Hypertension is the technical term for high blood pressure. It is a chronic medical condition in which the systemic arterial blood pressure is elevated.</p> <p>Persistent hypertension is one of the risk factors for stroke, myocardial infarction, heart failure and arterial aneurysm.</p>	<p>High blood pressure has no dependable symptoms. The only way to identify it is by taking several blood pressure measurements over time.</p> <p>It is associated with headache, drowsiness, confusion, vision disorders, nausea, and vomiting.</p>	<p>For borderline or mild high blood pressure, massage may be useful as a tool to control stress and increase general health, but other pathologies related to kidney or cardiovascular disease must be ruled out.</p> <p>High blood pressure that requires medication usually contraindicates circulatory massage, but under some circumstances, massage may be appropriate with a doctor's approval.</p>
<p>7. Thrombophlebitis or deep vein thrombosis -</p>	<p>Thrombophlebitis and deep vein thrombosis (DVT) are inflammations of veins due to blood clots. Deep venous thrombosis (affects deeper, larger veins). Risk factors include prolonged sitting and disorders related to blood clotting</p>	<p>Symptoms for thrombophlebitis may or may not include pain, heat, redness, swelling, local itchiness and a hard cord-like feeling at the affected vein.</p> <p>Symptoms for DVT are often more extreme. There may be pitting edema distal to the site. Often there is discoloration and intermittent or continuous pain that is aggravated by activity or standing still for a long period of time</p>	<p>Massage is strictly systemically contraindicated in thrombophlebitis or deep vein thrombosis.</p>

<p>8. Varicose veins</p> 	<p>Varicose veins are swollen veins. They have become enlarged and tortuous. They are usually found in the legs. The swelling is caused by valves that do not work. This allows blood to flow backwards and they enlarge even more.</p>	<p>Varicose veins are ropey, slightly bluish, elevated veins. Seen frequently on the medial side of the calf, and on the posterior aspects of the calf and thigh. There is redness, dryness, and itchiness of areas of skin and ankle swelling.</p>	<p>Massage is locally contraindicated for extreme varicose veins and anywhere distal to them.</p> <p>Mild varicose veins contraindicate deep, specific work, but are otherwise safe for massage.</p>
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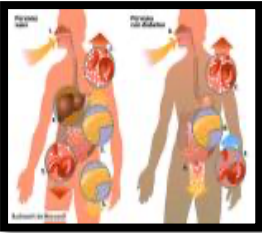
3.11 Nervous System

Name of Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated
<p>1. Carpal Tunnel Syndrome</p> 	<p>Carpal Tunnel Syndrome (CTS) is irritation of the median nerve as it passes under the transverse carpal ligament into the wrist. it has several different causes.</p> <p>It is considered a compression of the median nerve traveling through the carpal tunnel.</p>	<p>CTS will cause pain, tingling, numbness and weakness in the part of the hand supplied by the median nerve.</p> <p>The numbness usually occurs at night. Pain also develops in the arm and shoulder and swelling of the hand, which increases at night.</p>	<p>Massage is indicated but should be done with extreme caution. Work around the wrist must be stopped immediately if any symptoms are elicited.</p> <p>Some types of CTS respond well to massage. It is necessary to get a medical doctor's diagnosis in order to know what type of CTS's is present.</p>

<p>5. Fatigue</p> 	<p>Fatigue is a state of extreme tiredness. The body has had inadequate rest and time to recover strength.</p>	<p>A person suffering from mental or physical fatigue feels tired, move inefficiently and may be more prone to injury.</p>	<p>In the absence of other contraindicated conditions, massage is indicated for fatigue.</p>
<p>2. Headaches</p> 	<p>Headaches are pain caused by a number of sources. Muscular tension is the most common source of pain. Congestive headaches are less common. Headaches due to serious underlying pathology are the rarest of all.</p>	<p>Tension headaches may be bilateral and generally painful. Vascular headaches are often unilateral and have a distinctive “throbbing” pain from blood flow into the head. Headaches brought about by central nervous system disease are extreme, severe and prolonged. they can have a sudden or gradual onset.</p>	<p>Massage is systematically contraindicated for headache due to infection or CNS disturbance.</p> <p>Massage is indicated in vascular headaches during the subacute stage. Massage is indicated for tension headaches</p>
<p>3. Insomnia</p> 	<p>Insomnia is the inability to attain adequate amount of sleep. It is also referred to as difficulty falling asleep at the beginning of the night, difficulty returning to sleep after awakening in the middle of the night. Waking too early in the morning is also called insomnia.</p>	<p>Signs of insomnia include general fatigue, reduced mental capacity and slow healing processes. Insomnia is characterized by persistent difficulty falling asleep and/or staying asleep or sleep of poor quality.</p>	<p>Massage is systematically indicated in insomnia.</p>


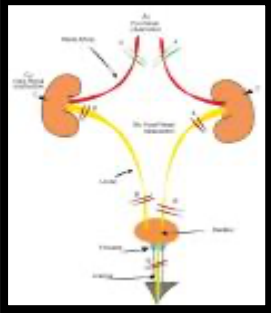
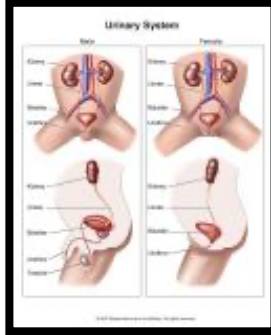
<p>4. Seizure Disorders/ Epilepsy</p> 	<p>Seizure Disorders are usually caused by neurological damage. It may be impossible to delineate exactly what the damage is. Epilepsy is one type of seizures disorder.</p>	<p>Seizure disorders are diagnosed through CT scans and MRI's. Seizure may take very different forms for different people. They range from barely noticeable to life threatening.</p>	<p>Massage is contraindicated during seizures, but is indicated at all times.</p>
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4.5 Endocrine System

Name of Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated?
<p>1. Diabetes Mellitus</p> 	<p>This is a group of metabolic disorders characterized by glucose intolerance or deficiency and disturbances in carbohydrate, fat and protein metabolism.</p>	<p>Early symptoms of diabetes include frequent urination, thirstiness, and increased appetite along with weight loss, nausea and vomiting.</p>	<p>Massage is indicated for people with diabetes as long as their tissue is healthy and they receive medical clearance.</p>

4.6 Excretory System

Name of Condition	What are they?	How is it recognized?	Is Massage Indicated or Contraindicated?
<p>1. Kidney stones</p>	<p>A kidney stone is a deposit of crystalline</p>	<p>Small stones may show no symptoms at all, but larger stones cause extreme pain. This may be</p>	<p>Massage is contraindicated for someone experiencing renal colic (a kidney</p>

	<p>substances inside the kidney or the ureters.</p>	<p>accompanied by nausea and vomiting. Pain may refer from the back into the groin and hips.</p>	<p>stone attack) although it is appropriate for people with a history of stones, but no current symptoms.</p>
<p>2. Renal failure</p> 	<p>Renal failure is a situation in which the kidneys are incapable of functioning at normal levels. it may be an acute or a chronic problem, but it can be life threatening.</p>	<p>Symptoms of acute and chronic renal failure differ in severity and type of onset. But they both have reduced urine output, systemic edema and changes in mental state due to the accumulation of toxins in the blood.</p>	<p>Massage is systematically contraindicated in both acute and chronic renal failure.</p>
<p>3. Urinary tract infection (UTI)–</p> 	<p>A urinary tract infection (UTI) is an infection of the urinary tract, usually caused by bacteria that live normally and harmlessly in the digestive tract.</p>	<p>Symptoms of UTI's include pain and burning sensations during urination, frequency, urgency and cloudy or blood – tinged urine. During the acute stage, fever and general malaise may also be present.</p>	<p>Circulatory massage is systematically contraindicated during acute UTI's as it is for all acute infections. Massage may be appropriate during the sub-acute stage. Although deep work on the abdomen is still locally contraindicated until signs of infection are gone.</p>

5. Massage Therapy Infection Control Program

An effective infection control program for massage therapy includes several key components to ensure the safety of both the therapist and clients. Here are the main elements:

5.1 Education and Training

Massage therapists should be oriented toward the importance of an infection control program. They should be equipped with basic knowledge, skills and attitudes for good infection control practices.

In order to implement a good infection control program, an infection control team should be created with the following tasks:

- a. Assess training needs of the staff and provide the required training through awareness programs, in-service education and on-the-job training;
Example of Trainings: Work Restrictions – employees with certain contagious illnesses are not allowed to report until they are deemed neither contagious nor communicable.
- b. Provide periodic re-training or orientation of staff and review the impact of the training;
- c. Organize regular training program for the staff for essential infection control practices.

5.2 Exposure Prevention

As massage therapy professionals, there are precautions that can be taken to reduce the risks of infection. First, treat every client as if they have an infectious disease. Many persons with infectious diseases do not exhibit symptoms and may appear to be healthy. Precautions should be taken with clients who deny having an infectious disease as they may not realize they have an infectious disease or they may be concealing their disease for fear of discrimination or being denied treatment.

- a. **Hand Hygiene:** Regular and thorough handwashing with soap and water or using hand sanitizer before and after each session.

Guide in choosing an antiseptic agent

- Effectiveness against pathogens
- Persistence of antiseptic activity
- Speed at which the product takes effect
- Acceptance & compliance by all concerned

When does a massage professional wash their hands?

- Upon arrival at the workplace
- When gloves are noted to have a tear or defect
- When hands are in contact with saliva or blood
- Before a client is seen and gloves are put on
- After a client is seen and gloves are taken off

- Anytime gloves are removed
 - When hands are visibly soiled
 - Before leaving the workplace
- b. Use of lotions-** Frequent hand washing and use of antiseptic products may cause dry, chapped hands. This provides easy entry for pathogens. Hand moisturizing lotion prevents dryness associated with frequent hand washing. However avoid petroleum or oil-based lotion. It can break down latex gloves and increase permeability.
- c. Jewelry -** It is not known if wearing rings while applying massage therapy increases the risk of acquiring an infection. But it may make hand washing more difficult. It may also increase the chances of glove tears.
- d. Fingernails -** Fingernails should be kept clean, short and without nail polish. Long fingernails or cracked nail polish provide hiding places for microorganisms thus, violating sanitary standards. Long fingernails can also injure the client or break the protective barrier of gloves. Any practitioner with artificial nails presents high risk for fungal infections, which can be transmitted to the client.
- e. Vaccination & Immunization -** Massage therapists are considered high risk for acquiring vaccine-preventable diseases. Thus, it is essential that a vaccination and immunization program be put in place to protect them. Some of the vaccine-preventable diseases that therapists may be exposed during their work are:
1. Hepatitis B
 2. Influenza
 3. Measles
 4. Mumps
 5. Rubella

5.3 Personal Protective Equipment (PPE)

Use of appropriate personal protection equipment or gears, such as gloves or masks, provides a physical barrier between microorganisms and the massage therapist. It offers protection by helping to prevent microorganisms from contaminating hands, eyes, clothing, hair and shoes and for being transmitted to other clients and staff. Personal protective gears are used when handling blood, body substances, excretions and secretions.

As for any unidentified substance, treat it as unsafe at all times. Proper method of handling unsafe substances should be imposed to avoid contamination and any protective gear is advisable.

5.4 Handling of Client's Massage Equipment and Soiled Linen

In the event of the body fluid discharge, linens must be removed with gloved hands. Contaminated linens or equipment must be washed separately from the rest in hot water and put disinfectants.

5.5 Sanitization of Equipment and Surfaces

Regular cleaning and disinfecting of massage tables, tools, linens, and other surfaces between clients to minimize the risk of cross-contamination.

5.6 Post-exposure Prophylaxis

Even with the most advanced infection plan, certain accidents and exposure may still occur. When this happens, a written policy for management of exposures will help. Procedures should be in place to promptly report, medically evaluate, and record all cases of accidental occupational exposures.

A qualified health care professional should be assigned to perform a medical evaluation and provide first aid and counseling if necessary. The medical evaluator should include in the chart the following:

- a. Date and time of the exposure
- b. Details of where and how the exposure occurred
- c. Type, brand, and size of the massage device involved in the exposure
- d. Amount of contaminant involved and what type of injury
- e. Details regarding the depth of the wound and whether any potentially infectious fluid was injected into the body.
- f. Estimate of the amount of potentially infectious fluid involved
- g. How long the potentially-infectious material remained on the skin or mucous membranes before washing or flushing of the area
- h. Infectious medical history of the patient from which the exposure occurred
- i. Vaccination history of the exposed massage therapist
- j. Details of any counseling, treatment, or prophylaxis performed

5.7 Waste Disposal

Safe disposal of any waste materials, such as used gloves or linens, to prevent contamination. Disposable single-use client care items should not be cleaned, disinfected, or sterilized for reuse at a later time. Such items should be used only once. Discard them immediately. Some examples are:

- a. Disposable wear implements
- b. Face rest cover
- c. Gloves
- d. Masks
- e. Table paper

5.8 Emergency Procedures

Having protocols in place for handling potential exposure to infectious materials, including reporting and managing incidents.

5.9 Records Management

The health status of every massage therapist should be recorded in a medical chart and properly

maintained according to what is required by laws regarding confidentiality and duration of maintenance.

This medical chart should contain information relating to:

- a. Initial screening tests
- b. Work-related medical examinations
- c. Immunizations
- d. Work restrictions
- e. Exposure incident reports
- f. Post exposure management

Implementing these components helps create a safe environment and reduces the risk of infection transmission in massage therapy settings.



Courtesy of Genesis Healthcare System

6 Unit Test – Module 4 (Microbiology and Pathology)

1. *What is this very tiny form of life that can only be seen under a microscope?*
2. *What branch of biology deals with microorganisms, such as bacteria, viruses and protozoa, and their effects on other living organisms.*
3. *What is the study of diseases?*
4. *Aside from water, what is needed for traditional hand washing?*
5. *What is the description of a person who is infected with a pathogen but shows no symptoms of the disease?*
6. *What is type of disease is that one gets from another person, often times, just by being close to a sick person?*
7. *What is the term for the condition that impairs body functions?*
8. *What is the description for an occurrence of a disease in a community or a certain group of people?*
9. *What is this form of infection that involves the whole body?*
10. *What is a spiral-shaped bacteria?*

MODULE 5

Practice of Massage Therapy

MODULE 5

Practice of Massage Therapy

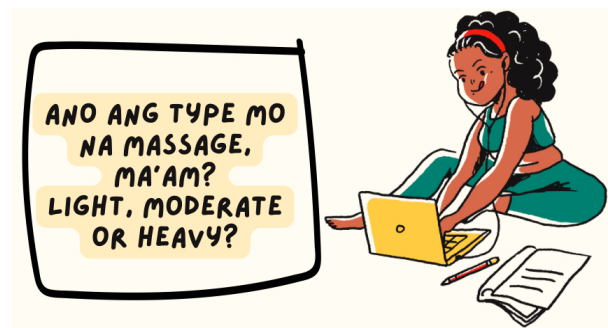
Learning Objectives:

1. *Identify and explain the massage therapy processes.*
2. *Know and apply various massage strokes, variation and sub-variations.*
3. *Know how to conduct massage therapy using the tools prescribed under the Licensure Performance Protocol (LPP).*

Massage therapists must know the general principles of massage application before applying or practicing massage. In understanding and abiding by these principles lies the safety of the client, the public, the profession, the co-therapists and the therapists themselves. They will be protected, guided and be safe against any untoward or unethical circumstances.

1. DEFINITION OF TERMS

1. *Application – is a process of applying something such as healing agent or lotion into the body especially the skin for soothing action.*
2. *Assessment- is an evaluation of the health status of an individual by performing a physical appraisal after obtaining a health history.*
3. *Documentation- refers to a chronological written account of a client’s assessment and management that includes the client’s medical history and complaints, the therapist’s physical findings, the results of assessment and procedures, and therapeutic procedures.*



4. *Massage Therapy - This refers to a system of assessment, evaluation and manual application techniques used in a scientific manner. Muscle locations, stress points and other parts of the human body are accounted for. Included in the technique is the external application of water, heat and cold, stretching, passive and active joint movement within the normal physiologic range of motion. These are means of promoting pain relief, injury rehabilitation or health improvement in a safe, non-sexual environment. The client's self-determined outcome for the session is respected.*
5. *Palpation- is an assessment of the body by touching or pressing with the fingers or the palm of the hand.*
6. *Range of Motion- is the extent of movement of a joint from full extension to full flexion (bending) measured in degrees like a circle.*
7. *Sensory Assessment- is the process of appraisal using the senses in a scientific and documented manner example is the simple pain assessment tool consisting of a 10 cm line with 0 on one end, representing no pain, and 10 on the other, representing the worst pain ever experienced, which a patient indicates so the clinician knows the severity of his or her pain.*
8. *Stroke – This refers to a single uninterrupted and complete movement or process. This is repeated in a back-and-forth motion on the surface or deeper structures of the body. A hand or a tool is used.*
9. *Visual Assessment- is an appraisal tool using image impressions on tissues, skin color, tone and texture in relation to a person's health condition.*
10. *Vital Signs- refers to the basic indicators of body function, usually meaning heartbeats per minutes, breaths per minutes, blood pressure, body temperature, and weight.*

2. Therapeutic Massage Management

Definition: – it is a remedial, rehabilitative and medical type of massage in which use for recovery after physical injury, adjunct to medical treatment for illness and for relieve of muscle soreness and minor injury pain water, heat & cold, stretching, passive and active joint movement within the normal range of motion.

Purpose: To promote pain relief, injury rehabilitation or health improvement in a safe, non-sexual environment that respects the client's self-determined outcome for the sessions.

Below are the eight (8) common complaints and the recommended massage strokes and guide on how to achieve the optimum benefit of the treatment procedure:

Table 23 Therapeutic Massage Management

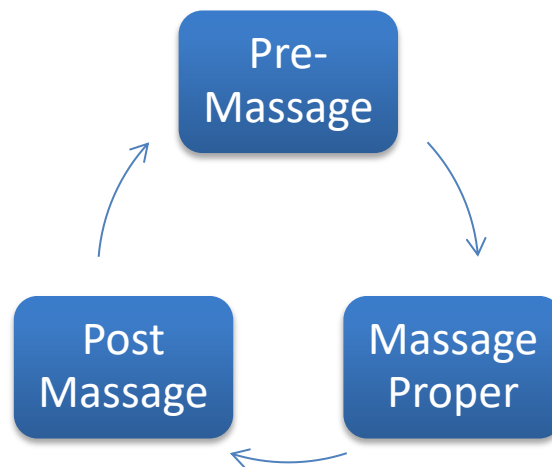
Chief Complaint	Strokes	Rationale	Precaution
1. Adhesion	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction (cross-fiber) 	<ul style="list-style-type: none"> • Helps get rid excess adhesions • Breaks up adhesions • Increase circulation • Increases glandular activity 	<ul style="list-style-type: none"> • Pain tolerance of the client
2. Bell's palsy	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction • Raindrops 	<ul style="list-style-type: none"> • Tone atrophied muscles • Improves nutritional status of tissue • Increases arterial and capillary circulation bringing nutrients 	<ul style="list-style-type: none"> • No deep, lengthening or dragging techniques • Concern with eye infection
3. Constipation	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction • Tapotement • Fine Vibration 	<ul style="list-style-type: none"> • Encourages bowel movements • Increases peristalsis 	<ul style="list-style-type: none"> • Don't apply massage if the client in full stomach • Don't massage over the areas that are tender
4. Insomnia	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction 	<p>Slow relaxes nervous system.</p> <ul style="list-style-type: none"> • Slow movement relaxes nervous system • Stimulates serotonin level and produce melatonin. 	<ul style="list-style-type: none"> • Don't apply massage strokes which creates stimulating effect.
5. Numbness/Paresthesia (short term pain)	<ul style="list-style-type: none"> • Effleurage • Nerve strokes • Tapotement 	<ul style="list-style-type: none"> • Restoring normal nerve functions • Stimulates the nervous system, muscles, vessels • Enhances muscle tone 	<ul style="list-style-type: none"> • Know the severity of numbness
6. Pain/Tenderness	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction 	<ul style="list-style-type: none"> • Assess the area • Prepare for deeper strokes • Flush/eliminate Milk waste products • Stimulate endorphin • Increases vasodilation 	<ul style="list-style-type: none"> • Know the pain tolerance of the client
7. Scar	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction 	<ul style="list-style-type: none"> • Reduces the thickness of the scar • Helps get rid of excess scar tissue 	<ul style="list-style-type: none"> • Pain tolerance of the client

	(cross-fiber)	<ul style="list-style-type: none"> • Stretches muscle fibers - Desquamation of dead skin - 	
8. Swelling	<ul style="list-style-type: none"> • Effleurage • Petrissage • Friction 	<ul style="list-style-type: none"> • Remove fluid re-creating the normal functions of the lymphatic system • Increase circulation and waste elimination 	<ul style="list-style-type: none"> • Improperly applying massage therapy to the affected region can increase swelling - • Use very gentle touch.

3. Massage Therapy (MT) Process

Important reminder: The context of the foregoing discussion is the DOH oral and practical examinations.. In real spa setting, there would be some slight difference depending on the spa business concept there is.

The massage therapy process typically involves several key stages, each designed to ensure that clients receive safe, effective, and personalized treatment. Here’s an overview of the massage therapy process: Pre-massage, Massage proper and Post-massage.



Three (3) Stages of Massage

3.1 Pre-Massage - This section encompasses two primary activities that take place before a massage application.

3.1.1 Preparation - During this phase, the therapist arranges the massage environment and tools, while the client prepares themselves for the session.

a) **Massage Paraphernalia** -The following tools are essential for the massage procedure:

1. White linens
2. Two white towels (regular size)
3. 75% Isopropyl alcohol
4. Virgin Coconut Oil (VCO), preferred for its benefits
5. Blood pressure apparatus (mercury-free)
6. Stethoscope
7. Thermometer (consider a talking model for visually impaired clients)
8. Clipboard, forms, and pen
9. Thick paper bag for storage

b) **Draping**

In Filipino and broader Asian cultures, which tend to be more conservative than Western norms, maintaining privacy during a massage is crucial. Therefore, understanding draping techniques is essential. Draping refers to the use of linens to keep the client covered throughout the massage.

c) **Requirements for Draping:**

1. Sheets: Should be large enough to adequately cover the client, preferably made of cotton.
2. Towels: Should be the same size as a standard bath towel.

Table 24 Three (3) Types of Draping

1) Diaper draping	<p>a) A towel is positioned between the legs, similar to how one would dress a baby</p> <p>b) This technique requires a regular bath-sized towel (two towels if the client is female) along with a covering for the table, which could be a small flat sheet, a cot-</p>
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	<p>sized fitted sheet, or a disposable paper sheet. The towel can also serve as a wrap for the client to use while transitioning from the dressing area to the table.</p> <p>c) Diaper draping is particularly effective in warmer environments (80°F or above), ensuring the client remains comfortable and that the genital area is discreetly covered.</p>
<p>2) Top Cover draping -</p>	<p>a) Sometimes called "plain draping", here the towel is carefully placed on top of the client exposing only parts of the body to work on.</p> <p>b) This method uses a table covering as in Method 1 along with a top covering that is large enough to cover the entire body. A large bath sheet towel or one half of a sheet will serve this purpose ell. The minimum size for the top cover is seventy – two inches along and thirty – two inches wide.</p> <div data-bbox="474 674 1073 1087" data-label="Image"> </div> <p>c) The cover sheet may also serve as the wrap the client uses to get from the dressing area the table.</p> <p>d) The use of this type of draping ensures warmth and modesty while allowing easy access to each body part.</p> <p style="text-align: center;">Figure 5 Top Cover Draping</p>
<p>3) Full sheet draping-</p>	<p>a) This involves the use of a large blanket and covers the client like a cocoon exposing parts of the body when necessary.</p> <p>b) This method employs the use of a full – size double flat sheet (minimum width eighty inches) to cover the table and wrap the client. When working with a large client 9200 pounds plus), it is necessary to use a queen – size sheet. When using this method it is necessary to supply an additional wrap for the client to get from the dressing area to the table. After the client is on the table the wrap is used to secure the sheet and to cover the client when he or she turns over and gets up after the massage.</p>

3.1.2 Client Assessment

The therapist will conduct an interview with the client to assess their therapeutic needs and preferences. This process includes identifying any contraindications, measuring the client’s vital signs,

and formulating a tailored massage plan. All findings will be documented using the S.O.A.P. (Subjective, Objective, Assessment, Plan) format.

3.2 Massage Proper

This is the core component of the oral practical examination, where a significant portion of the score is derived. The evaluation can utilize one of two tools: the Wellness-based approach or the Therapeutic-based approach, depending on the assessor's preference.

- a) **Wellness-Based Approach:** If the assessor opts for this method, the examinee will focus on executing five basic stroke manipulations: Effleurage, Petrissage, Friction, Tapotement, and Vibration. Each technique should be accompanied by explanations of its rationale, benefits, variations, and sub-variations. The assessor will expect a solid degree of mastery from the examinee in this area.
- b) **Therapeutic-Based Approach:** In this method, the examinee will either choose or randomly select from eight known conditions for massage (e.g., back pain, Bell's palsy). The examinee must then perform the appropriate massage procedure tailored to the selected condition.




3.3 Post-Massage

This phase consists of two primary activities conducted after the massage application.

- 3.3.1 Documentation - During this stage, the examinee will complete the necessary post-massage documentation using the prescribed Post-Evaluation Form.
- 3.3.2 Aftercare - After completing the written documentation, the therapist should provide aftercare suggestions to the client, which may include:
 - a. Offering the client a drink upon request.
 - b. Recommending the following:
 - c. Staying well-hydrated by drinking plenty of water.
 - d. Eating healthy foods, particularly fruits and vegetables.
 - e. Engaging in regular exercise.
 - f. In general, maintain a healthy lifestyle



3.4 Three (3) Stages of Massage (Illustrated)

<p>1. Therapist prepares the massage table</p>	
	<p>2. Client fills up intake form</p>
<p>3. Therapist interviews the client</p>	



4. Therapist proceeds in performing massage (*Either Wellness or Therapeutic Massage*)

(More images below)

<p>5. Effleurage (1)</p>	
	<p>6. Petrissage (2)</p>
<p>7. Friction (3)</p>	
	<p>8. Tapotement (4)</p>

9. Vibration (5)






3. POST- MASSAGE




10. After a cue, advise client to rest for a while











11. Assist client in rising up








<p>12. Performs final documentation</p>		
		<p>13. Provides a brief after care</p>
<p>14. Assist client to leave room. Thanking him/her</p>		





3.4 Five (5) Massage Strokes Illustrated




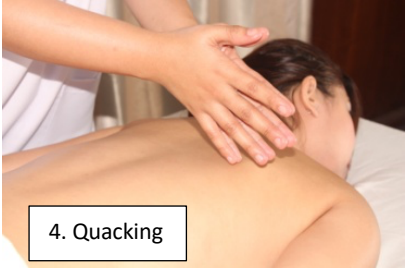

Stroke	Variation	Sub-Variation	Description-
<p>1. EFFLEURAGE From the French word “effleur” which means to stroke. Other term is unbroken gliding movement repeated following the contour of the body using:</p> <p>a. Palm b. Knuckle c. Fingertips d. forearms</p>	<p>1. One-handed</p>	<p>1. Raking</p> 	<p>Two (2) fingertips or five (5) fingertips, together or apart with pressure</p>
		<p>2. Ironing</p> 	<p>Deep, using palm, forearm, or fist</p>
		<p>3. Circular</p> 	<p>Palm gliding on skin in circular motion.</p>






	<p>2. Two-handed- <i>both hands gliding on skin simultaneously-</i></p>	<p>1. Heart Shaped</p> 	<p><i>Long deep strokes done by moving both hands in a heart-shaped motion.</i></p>
		<p>2. Circular</p> 	<p><i>One hand over or beside the other in circular motion</i></p>
	<p>3. Alternate Hand</p>	<p>1. Raking</p> 	<p><i>Same as one-handed raking, but using 2 hands alternately.</i></p>
		<p>2. Circular</p>	<p><i>Alternate hand movement</i></p>



			
	<p>4. Nerve Stroke</p>		<p><i>Feather-light finger tracing</i></p>
<p>2. PETRISSAGE – From the French word “petrir” which means “to knead”.</p> <p>-Other term is kneading.</p> <p>-A cycle of rhythmic lifting, squeezing and releasing of tissue.</p> <p>-</p>	<p>1. One-handed</p>		<p><i>Simple clamp squeeze</i></p>
	<p>2. Two-Handed</p>	<p>1. Praying Hands</p> 	<p><i>Fingers interlaced, palm squeezing upward</i></p>
		<p>2. Ocean Waves</p> 	<p><i>Gliding hands in opposite directions, with compression</i></p>

	3. Alternate Hand		<i>Grasp and release alternately</i>
	4. Fulling		<i>Palm or thumb pressure separating while moving forward</i>
	5. Skin Rolling		<i>Lifting skin and superficial fascia, no downward force involved</i>
<p>3. FRICTION - From the Latin word “fricare or frictio” meaning to rub. -Other term is rubbing. - Compressing of tissues in several directions. Sliding hands, palm, finger, knuckle back and forth over skin or deeper tissue layers. Usually dry or without oil.</p>	1. Superficial Warming (Sawing)		<i>“Heat Rub” Palms moving briskly in opposite directions</i>
	2. Rolling		<i>Hold limb with open hands back-and-forth From distal to proximal</i>
	3. Wringing		<i>Grasp firmly while twisting in opposite directions</i>
	4. Cross Fiber		<i>“Deep Transverse Friction” Fingers movement perpendicular to muscle fibers,</i>

			<i>with moderate to heavy pressure</i>
	5. Chucking		<i>Same direction as muscle, tendon or ligamentous fibers. Thumb or fingers move back and forth</i>
	6. Circular		<i>Small circular movements that glide superficial tissues over underlying tissues. Fingers or palm</i>
<p>4. TAPOTEMENT – From the French word “tapoter” which means to tap or drum on. -Other term is percussion -repetitive staccato striking movements of hands, simultaneously or alternately.</p> <p>Using :</p> <ul style="list-style-type: none"> • ulnar surface of hand, • fingertips, • open palm • cupped palm • loosely closed fist 	<p>1. Tapping using fingertips of one or both hands at various speeds</p>	<p>1. Punctuation</p> 	<i>Hard tapping</i>
		<p>2. Pulsing</p> 	<i>Alternate deep-light</i>

		<p>3. Raindrops</p> 	<p><i>Very light, fingertips tap skin at different times</i></p>
	<p>2.Pincement (Note: <i>Plucking-larger amount</i>)</p>		<p><i>Skin is lifted by grasping quickly at the point of striking</i></p>
	<p>3.Hacking (Alternate)</p> <p>4. Quacking (Both hands)</p>	<p>1. Chop using ulnar edge of one or both hands, with fingers relaxed OR strike with last 3 fingertips</p>  <p>3. Hacking</p>	<p><i>Along muscle > relaxation</i></p> <p><i>Across muscle > micro-contractions</i></p>  <p>4. Quacking</p>
	<p>5.Cupping</p>		<p><i>Cupped hands</i></p> <p><i>Loosens phlegm in chest cavity, may induce coughing</i></p>

	<p>6. Pounding</p>		<p><i>Loose fist beating, moderate strength</i></p> <p><i>When applied palm down, "Rapping"</i></p>
	<p>7. Clapping (Slapping)</p>		<p><i>Palm striking skin with alternate strokes: not recommended for victims of abuse</i></p>
	<p>8. Diffused <i>(For demo purposes, the therapists may do it on his/her belly)</i></p>		<p><i>Lay palmar surface on skin while striking back of hand to diffuse force; move across surface</i></p>
<p>5.VIBRATION- from the Latin word "vibrationem" meaning "shaking" -Other term is shaking</p> <p>-Rapid shaking, quivering, trembling, or rocking movements applied with fingertips or full hand.</p>	<p>1. Fine</p>		<p><i>Fingertips trembling the skin, Fingers and wrist rigid, Gliding along</i></p>
	<p>2. Jostling</p>		<p><i>Rhythmic and vigorous shaking back and forth</i></p>

	<p>3. Coarse</p>		<p><i>Grasp at most proximal point and slide down distally.</i></p>
	<p>4. Rocking</p>		<p><i>Push and catch motion</i></p>

5. Assessment and Documentation

In the world of medicine, there is a saying that states “treatment should never be administered without a diagnosis”. Similarly, clinical or therapeutic massage should never be done unless an accurate assessment has first been made. An assessment informs the therapist about the physical integrity of the tissues of the client’s body that are to be treated, and points the therapist toward the appropriate treatment tools to facilitate the healing of the condition.

5.1 Vital Signs

Purpose:

1. To observe the general condition of the client.
2. To serve as a guide in meeting the needs of the client.
3. To aid the massage therapist in planning the client’s therapy program.
4. To prevent possible injury and complication to the client.

Types:

1. Blood Pressure
2. Pulse Rate
3. Respiratory Rate
4. Temperature

General Considerations:

- a. Before vital signs are taken, be sure that the client has rested and is placed on a comfortable position.
- b. Explain the procedure to the client so that he/she will feel at ease.
- c. The frequency of taking the vital signs depends upon the condition of the client and the massage management policy.
- d. Stop the activity/program promptly for any significant change in the vital signs.

4.1.1 Important Points on Vital-sign Taking

Dimension	Blood Pressure	Pulse Rate	Respiratory Rate	Temperature
1. Normal Value	120/80 mmhg	60 – 100 bpm	15 – 20 cpm	37.5 °C
2. Definition	Pressure of blood against the walls of any blood vessel.	Number of pulsations noted in a peripheral artery per unit of time.	Number of movements of the chest wall per unit of time, indicative of inhalation and exhalation	Level of heat natural to a living human being.
3. Purpose	<ol style="list-style-type: none"> 1. Measure systolic, diastolic and pulse pressure. 2. Evaluate general condition of the patient. 	<ol style="list-style-type: none"> 1. Count the number of times that the heart beats per minute. 2. Obtain information regarding the hearts' action and client's general condition. 	<ol style="list-style-type: none"> 1. To obtain respiratory rate per minute. 	To obtain body temperature and determine the general condition.
4. Special concerns	<ol style="list-style-type: none"> 1. Keep the client physically and emotionally rested before taking the blood pressure. 	<ol style="list-style-type: none"> 1. Remember that one complete rise and fall of the arterial palpation is considered as 	<ol style="list-style-type: none"> 1. Note the rate, depth and character of respiration. 2. While counting, observe the 	When using the axillary method, see to it that the axilla is dry and the bulb of the thermometer is

	<ol style="list-style-type: none"> 2. See to it that the client is comfortably positioned, sitting or recumbent, with the arm abducted a little and supported in such a way that the artery is at heart level. 3. For required repeated readings, take the blood pressure in the same position and at the same time of the day. 4. Take the blood pressure reading as quickly as possible to prevent congestion and discomfort. 5. See to it that the size of the cuff is appropriate to the diameter of the limb on which it is used. 6. Allow 20 – 30 seconds for circulation to stabilize if repeated reading is necessary.. 	<ol style="list-style-type: none"> one beat or count. 2. Be sure that both client and therapist are in a comfortable position. 3. When taking the pulse, note the rate, rhythm, volume and quality. 4. Do not take pulse when the client is restless. 5. If peripheral pulse is difficult to obtain, take the apical or cardiac area. 	<ol style="list-style-type: none"> client closely for any sign of abnormality (like color, chest movement, etc.). 3. Ensure that the client is not aware that his/her respiration is being counted. 	<p>within the hollow of the axilla.</p>
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4.2 Visual Assessment

Purpose:

1. To provide information regarding the condition of the soft tissues for any variations of skin coloration.
2. To observe the differences in bilateral symmetry of tissues.
3. To check for any kind of marks or wounds on the skin.

4.3 Palpation

Purpose:

1. To locate the target muscle that is being palpated.
2. To assess its health by feeling for its tone and texture.
 - e.g.
 - Is it tight or loose?
 - Is it inflamed or tender to touch?
 - Are there trigger points located within it?
 - Are fascial adhesions present?

4.4 Sensory Assessment

Purpose:

1. To provide information regarding the conditions of client on pain tolerance.
2. To assess the client’s pain through a pain scale.
 - e.g.
 - When does the pain occur?
 - What type of pain is experienced (local referring)?
 - What is the level of intensity?
 - What aggravates/relieves the pain?

ACUTE vs CHRONIC PAIN

Description	Acute	Chronic
1. Cause	Normal response to injury or medical condition Signal of tissue damage or underlying medical condition	often unknown or unrelated to medical findings pain is often not a signal of harm
2. Duration	Short term	Last longer than three months
3. Pain	Reduces as body heals	Often continues even after healing
4. Treatment	Often responds to traditional medical treatment	Minimal or no response to traditional medical treatment
5. Quality of life	Does not affect long term quality of life	Often interferes with quality of life including sleep, work, recreational activities

	May or may not affect mood	Often accompanied by depression, anger and depression
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4.5 Range of Motion/Mobility* Assessment

Purpose:

1. To help maintain clients' awareness of movement
2. To decrease or inhibit pain.
3. To determine the joints affected.

Type:

1. Active Range of Motion (AROM) – Limb is actively moved; WITH MUSCLE CONTRACTION
2. Passive Range of Motion (PROM) – Limb is passively moved; NO MUSCLE CONTRACTION

**Range of motion refers to the physical limit of how far a joint can move. Range of mobility describes the ability to move a joint smoothly and functionally through its full range of motion.*

4.6 Guide in Taking Vital Signs

1. BLOOD PRESSURE	<ol style="list-style-type: none">1. Place the client in a comfortable position with the arm relaxed, slightly abducted and supported, so that the artery is at heart level, and the palm is upward.2. (Procedure for aneroid) Position the sphygmomanometer so that the measuring scan is turned away from the patient's line of vision and the mercury column vertical.3. Roll the client's sleeve well above the elbow, place the compressor cuff so that the inflatable bag is centered over the inner aspect of the arm and the tubes away from the brachial artery, not crossing or coming in contact with each other. The lower edge of the cuff should be 2 cm. above the antecubital fossa.4. Wrap the cuff snugly and evenly around the arm and tuck the end of the cuff securely under the preceding turn.5. Place yourself so that the upper column of the mercury can be read at eye level.6. Using 2 fingers feel the strong pulsations of the brachial artery at the antecubital space and place the bell of the stethoscope over this point without causing too much pressure.7. With the stethoscope in position, inflate the cuff until the mercury rises to approximately 20-30 mm. above the anticipated systolic pressure.8. Deflate the cuff slowly at 2-3 mm. per heart beat, noting closely on the manometer the point at which the first sound is heart, record this figure as the systolic pressure.9. Continue deflating the cuff closely and gradually, noting closely changes in the Korotkoff sounds. The point at which the sharp thumping sound just before it becomes inaudible is recorded as the diastolic pressure.10. After having noted both reading, release the air entirely from the cuff; remove the cuff from the patient's arm and place it nearby in its compartment.
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Vital Sign	Steps
2. PULSE RATE	<ol style="list-style-type: none"> 1. Have the patient rest his arm alongside his body with the wrist extended and the palm of the hand downwards. 2. Place the middle 3 fingers along the radial artery and press it gently against the radius; rest the thumb on the back of the client's wrist. 3. Apply only enough pressure so that you can feel the client's pulsating artery distinctly. 4. Using a watch with a second hand, count the number of pulsations felt on the client's artery for one full minute. <p>If the pulse rate is abnormal, repeat the counting in order to determine accurately its rate, quality and rhythm.</p>
3. RESPIRATORY RATE	<ol style="list-style-type: none"> 1. While the finger tips are still in place after counting the pulse rate, observe the patient's respiration. 2. Note the rise and fall of the patient's chest with each inspiration and expiration. Observation can be made without disturbing the client's bed clothes. 3. Using a watch with a second hand, count the number of respiration for one full minute. If respiration is abnormal, repeat the count in order to determine accurately its rate and characteristics.
4. TEMPERATURE	<p>Procedure for Digital</p> <ol style="list-style-type: none"> 1. Place the digital thermometer in the armpit. Fold the arm down to cover the digital thermometer. 2. Wait for the beep and read the recorded temperature.

Vital Signs Management Framework

Vital Sign	Rationale	Benefits	Symptom	Management
1. Blood Pressure	1. Monitor the conditions Minimize the risk of possible problem	1. Identify any contraindications 2. Prevent injury or complications	Hypertension	Rest for 5 minutes and monitor BP; if not stabilized, refer to other health profession
1. Blood Pressure 2. Pulse Rate	2. Monitor the conditions 3. Minimize the risk of possible problem 1. Monitor the conditions 4. Minimize the risk of possible problem	3. Identify any contraindications 4. Prevent injury or complications 6. Identify any contraindications Prevent injury or complications	Hypotension	Rest for 5 minutes and monitor BP; if not stabilized, refer to other health professional Drink more water
2. Pulse Rate 3. Respiratory Rate	2. Monitor the conditions 3. Minimize the risk of possible problem 1. Monitor the conditions 4. Minimize the risk of possible problem.	6. Identify any contraindications 6. Prevent injury or complications 1. Identify any contraindications 6. Prevent injury or complications	Bradycardia (heart beats slowly than normal) Tachypnea (fast breathing)	<ul style="list-style-type: none"> • Rest • Emergency case Refer to other health professional • Rest • Emergency case Refer to other health professional
3. Respiratory Rate 4. Temperature	2. Monitor the conditions 3. Minimize the risk of possible problem. 1. Monitor the conditions 4. Minimize the risk of possible problem.	2. Identify any contraindications 3. Prevent injury or complications 1. Identify any contraindications 4. Prevent injury or complications	Bradypnea (slow breathing) Hyperthermia (body is overheating)	<ul style="list-style-type: none"> • Rest • Emergency case Refer to other health professional

4. Temperature	2. Monitor the conditions 3. Minimize the risk of possible problem.	2. Identify any contraindications 3. Prevent injury or complications	Hypothermia (body temperature is below normal)	
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2. Documentation

In healthcare, documentation is essential for creating and maintaining patient records, developing treatment plans, and facilitating communication among professionals. It serves as a guideline for safe and effective treatment and tracks a client's progress.

In the massage field, documentation is becoming increasingly important. As massage therapy grows as a healthcare profession and licensure becomes more common, therapists are legally required to document client progress. However, some therapists may not keep accurate records because they think it's unnecessary, time-consuming, or they don't want to burden clients with paperwork. Many clients prefer to skip forms and interviews, wanting only to receive their treatment and go home.

Purpose:

- Preserves basic patient information
- Records changes in patient condition
- Justifies treatment
- Allows continuity of care
- Satisfies regulatory requirements
- Provides date for quality control

Characteristics of Good Medical Record

- a. Accurate
- b. Complete
- c. Legible

4.7 Evaluation Tools (Forms)

- a. **Client Intake Form** – used in initial massage session which includes clients' name, gender, date of birth, session date to name a few.




- b. **SOAP Form** –an acronym for Subjective, Objective, Assessment and Plan. It is a method of documentation used by massage therapists to write out notes in a clients' chart.

- c. **Post-Massage Evaluation Form** – is used to determine and document the effect/result of the massage therapy process.

Notes: a) See forms on next pages; b) During practical examination, it is recommended that you photocopy all these forms as reference during said exam.

1. Client Intake Form¹¹

¹¹ Licensure Performance Protocol

	Republic of the Philippines DEPARTMENT OF HEALTH COMMITTEE OF EXAMINERS FOR MASSAGE THERAPY	EXAMINEE SEAT NUMBER
	MESSAGE CLIENT INFORMATION FORM	

CLIENT NAME	DATE OF BIRTH	AGE	SEX
ADDRESS			
PHONE/S	EMAIL		
OCCUPATION	OTHER ACTIVITIES		
NAME OF PERSON TO NOTIFY IN CASE OF EMERGENCY		PHONE/S	


Please answer the following questions truthfully.

1. What is your general state of health?
2. Do you have problems with blood pressure?
3. Have you had serious or chronic illness, operations, chronic virus infections, or traumatic accidents?
4. Are you in recovery for addictions or abuse?
5. Are you under the care of a doctor or other health practitioner? If so, for what condition(s)?
6. Are you on any medication? If so, what?
7. Why did you come for massage services (relaxation, pain, therapy, etc.)?
8. What results do you expect from our massage session?
9. Have you had any massage therapy before? If so, by whom?

DISCLAIMER : I have completed this information form to the best of my knowledge. I understand that massage is designed to aid health and in no way replaces the care of a medical doctor when it is indicated. Any information exchanged during any massage session is educational in nature and is intended to help me become more familiar and conscious of my own health status and is to be used at my own discretion. The time for therapeutic massage is precious and if circumstances require cancellation, I agree to cancel 24 hours in advance. Unless there is an emergency, if I miss an appointment I agree to pay the full appointment fee.

 CLIENT NAME & SIGNATURE

 DATE



Republic of the Philippines
DEPARTMENT OF HEALTH
COMMITTEE OF EXAMINERS FOR MASSAGE THERAPY

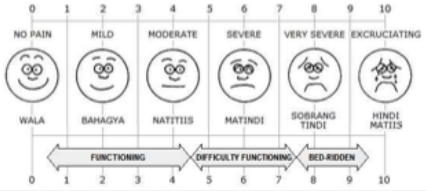
EXAMINEE SEAT NUMBER

MASSAGE THERAPY SOAP FORM

CLIENT NAME	DATE
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SUBJECTIVE CLIENT'S COMPLAINTS, PAIN LOCATION, SYMPTOMS, FREQUENCY, DURATION, INTENSITY, ORIGIN, AGGRAVATING ACTIVITIES, CLIENT GOALS.

NOTES



GOALS

OBJECTIVE VITAL SIGNS, VISUAL, TACTILE, JOINT ASSESSMENTS, TREATMENT GOALS.

BP		VISUAL ASSESSMENT: <input type="checkbox"/> Redness <input type="checkbox"/> Fullness <input type="checkbox"/> Hypertrophy <input type="checkbox"/> Skin Defects <input type="checkbox"/> Others									
PULSE											
RR											
TEMP											
SESSION GOALS		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; border: 1px solid black; padding: 2px;">ROM JOINT</th> <th style="width: 30%; border: 1px solid black; padding: 2px;">MOVEMENT</th> <th style="width: 40%; border: 1px solid black; padding: 2px;">OBSERVATION</th> </tr> </thead> <tbody> <tr> <td style="border: 1px solid black; padding: 2px;"></td> <td style="border: 1px solid black; padding: 2px;">Reduced Immovable Pain</td> <td style="border: 1px solid black; padding: 2px;"></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;"></td> <td style="border: 1px solid black; padding: 2px;">Reduced Immovable Pain</td> <td style="border: 1px solid black; padding: 2px;"></td> </tr> </tbody> </table>	ROM JOINT	MOVEMENT	OBSERVATION		Reduced Immovable Pain			Reduced Immovable Pain	
ROM JOINT	MOVEMENT		OBSERVATION								
	Reduced Immovable Pain										
	Reduced Immovable Pain										

ASSESSMENT PROBLEM IDENTIFICATION, TREATMENT GIVEN, CHANGES DUE TO MASSAGE.

PROBLEM IDENTIFIED :

MESSAGE TREATMENT GIVEN :

CHANGES DUE TO MASSAGE :

PLAN ADVICE TO CLIENT, FUTURE TREATMENT & FREQUENCY.

CLIENT HOMEWORK :

FUTURE TREATMENT :

2. S.O.A.P. FORM



Republic of the Philippines
DEPARTMENT OF HEALTH
COMMITTEE OF EXAMINERS FOR MASSAGE THERAPY

EXAMINEE SEAT NUMBER

POST-MASSAGE EVALUATION*

CLIENT NAME	DATE OF MASSAGE	TIME OF MASSAGE
THERAPIST NAME	DOH LICENSE NUMBER	

Encircle the number that indicates your levels of pain and comfort during and after massage.

	DURING MASSAGE	AFTER MASSAGE
PAIN RATING	0 NO PAIN (WALA) 1 MILD (BAHAGYA) 2 MODERATE (NATITIS) 3 SEVERE (MATIKI) 4 VERY SEVERE (SOGRANG TIKI) 5 EXCRUCIATING (HINEX MATIS)	0 NO PAIN (WALA) 1 MILD (BAHAGYA) 2 MODERATE (NATITIS) 3 SEVERE (MATIKI) 4 VERY SEVERE (SOGRANG TIKI) 5 EXCRUCIATING (HINEX MATIS)
PHYSICAL COMFORT	1 VERY COMFORTABLE 2 COMFORTABLE 3 4 5 UNCOMFORTABLE	1 VERY COMFORTABLE 2 COMFORTABLE 3 4 5 UNCOMFORTABLE
EMOTIONAL COMFORT	1 VERY HIGH 2 3 NORMAL 4 5 VERY LOW	1 VERY HIGH 2 3 NORMAL 4 5 VERY LOW
FATIGUE	1 REFRESHED 2 3 NORMAL 4 5 VERY TIRED	1 REFRESHED 2 3 NORMAL 4 5 VERY TIRED

Client's response:

Massage technique/s used:

* The purpose of this form is to give feedback to the Massage Therapist, in order to improve the quality of future massage treatments.

3. Post-massage Evaluation Form

5. Conclusion

We are thrilled to announce that you have successfully completed your journey toward becoming a more knowledgeable and skilled massage professional.

We encourage you to diligently apply everything you've learned with us and to continuously enhance your knowledge and skills. This commitment not only benefits the massage industry but also enriches your clients' experience.

On behalf of the management and staff at Handspring Wellness and Spa Academy OPC (HAWSa), I want to extend our heartfelt congratulations. I'm Benjie Eugenio, LMT. God bless!

"Life is a journey that must be travelled with a deep awareness of God." 1 Peter 1:18-21

6. Unit Test – Module 5 (Massage Therapy Application)

1. *What is it that refers to a system of assessment, evaluation and manual application of techniques used in a scientific manner?*
2. *What is this type of assessment that provides information regarding the conditions of the client on pain tolerance.*
3. *What is this kind of assessment that is used to help determine affected joints?*
4. *What is it that is defined as pressure of blood against the walls of any blood vessel?*
5. *What is it that refers to the number of movements of the chest wall or its rise and fall?*
6. *What is this referred to as level of heat of the body?*
7. *What is the normal respiratory rate of an adult?*
8. *What is the normal range of pulse rate of an adult?*
9. *What is it that refers to a chronological written account of clients assessment and management?*
10. *It is a process of putting something such as a healing agent or lotion into the body especially the skin, for soothing action.*

Appendices

Appendices

1. Bonus Topic: Guidelines for Developing Analytical/Situational Skills in Relation to the Written Exam

During the recent DOH massage licensure examinations, it was noted that a significant percentage of questions focused on analytical and situational scenarios. These questions required candidates to apply their theoretical knowledge in practical contexts, highlighting the importance of critical thinking and problem-solving skills in the field. Our goal with this topic is to equip all students with these essential skills, ensuring they are well-prepared to navigate real-world challenges as competent and confident massage therapists.



Benjie Eugenio LMT

The following are valuable tips on how to achieve this:

1. Develop Critical Thinking Skills:

- Promote questioning and curiosity. Encourage therapists to ask "why" and "how" about different techniques and client responses.

2. Exercise Reflective Practice:

- Encourage therapists to keep a journal of their sessions. Reflect on what worked, what didn't, and possible reasons behind those outcomes.

3. Do Case Studies:

- Use real-life scenarios or past client cases to analyze decisions made during treatments. Discuss what could have been done differently and why.

4. Participate in Peer Discussions:

- Facilitate group discussions where therapists can share experiences and insights. This collaborative approach helps to broaden perspectives.

5. Stay Informed:

- Encourage ongoing education through workshops, seminars, and reading relevant literature to stay updated on trends and practices.

Exercises to Enhance Analytical Skills

1. Scenario Analysis:

- Present therapists with hypothetical client cases that include various symptoms and backgrounds. Ask them to analyze the situation and suggest appropriate treatment plans, justifying their choices.

2. Technique Evaluation:

- Assign therapists to observe and critique different massage techniques. They should analyze effectiveness, client comfort, and outcomes, discussing the pros and cons of each method.

3. Role-Playing:

- Create role-playing exercises where therapists must navigate challenging client interactions or ethical dilemmas. This helps develop problem-solving skills and adaptability.

4. Mind Mapping:

- Introduce mind mapping as a tool for organizing thoughts around a specific topic, like a client's condition or the effects of a particular technique. This visual representation aids in understanding complex relationships.

5. Feedback Loops:

- Implement a system where therapists can give and receive feedback on their techniques and approaches. Analyzing feedback helps identify strengths and areas for improvement.

Conclusion

By integrating these tips and exercises into training sessions, massage therapists you can enhance your analytical skills, leading to better decision-making and improved client outcomes. Practice these skills regularly for continuous growth.

2. Test/Answer Key

Module 1

1. Ayurveda
2. Masso
3. Healing
4. Per Henrik Ling
5. Indication
6. Contraindication
7. Therapeutic massage
8. Shiatsu
9. Johann Mezger
10. Code of Sanitation of the Philippines. December 23, 1975.

Module 2

1. Set of principles for decisions and professional conduct
2. Ethics and professionalism
3. Professionalism.
4. Ethics
5. Yes.
6. Client-centered care
7. Allied professionals
8. The Public
9. Chapter 13
10. Creation of the CEMT

Module 3

1. Study of structure and design of living things.
2. Cell
3. Organ system
4. Physiology
5. Tissues.
6. Sudoriferous glands.
7. Proximal.
8. Protect skin from ultraviolet ray.
9. Prone.

10. Skeletal, cardiac & smooth muscles

Module 4

1. Microbe
2. Microbiology
3. Pathology
4. Soap
5. Carrier
6. Contagious disease
7. Disease
8. Endemic
9. Systemic
10. Spirochetes

Module 5

1. Massage therapy
2. Sensory assessment
3. Range of motion
4. Blood Pressure
5. Respiratory rate
6. Temperature
7. 15-20 cycles per minute (cpm)
8. 60-100 beats per minute (bpm)
9. Documentation
10. Application

3. Department of Health Accredited Training Institutions

The Department of Health (DOH) acknowledges the following who contributed to the development of the third (3rd) edition of the DOH Massage Reference Manual for Massage Therapists. Special thanks are extended to the following accredited training institutions and accredited training providers who have shared their technical expertise which is instrumental to the publication of the same:

Accredited Training Institutions	Accredited Training Providers
IV A SPA Career Development Training Center	Ms. Lorinda J. De Guzman
Central Luzon Alternative Health & Development, Inc.	Mr. Jevren Sibug Ms. Joanne Castro Ms. Mary Jane Nunag
Early Divine Scholl Forever Alternative Medicine Rehabilitation and Training Center	Ms. Alma Bernadette Agor
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Hand-Med Integrative Healthcare Center	Mr. Faith Maybelle Yecla Ms. Marie Joy Christi Escalona
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International NKYR Academy (Cebu City & Quezon City)	Mr. Pedro Vasquez II Mr. Debie Vasquez
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SPA@WORK	Ms. Resurreccion Deogracias
Ventura College of Natural Therapeutic Health and Science	Ms. Rosalie Ventura

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