



BCMB MASSAGE MANUAL: WEEKEND FIVE

A weekend in which we move to a more "systemic" approach to the body and to massage.

Working with skin, bone and the subtle energy system, especially the aura and chakras.

Exploring boundaries in more depth and discovering how we often achieve much more by doing less!

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MASSAGE PRINCIPLES

BOUNDARIES: CELLS & SKIN

CELLS

Think about cells – the processes that take place within them. Recall the structures that are responsible for the different functions and consider how they match up with our physical and psychological processes:

- Membrane or Boundary – and its semi-permeable i.e. stuff can go in and out!
- Nucleus – the control centre, genetic programming – or is it our personal centre, is that head or heart?
- Mitochondria – the powerhouses, conducting cellular respiration – where do you find your energy? How do you create it?
- Ribosomes – organelles that synthesise proteins – how do you process stuff?
- Endoplasmic reticulum – manufactures fats and proteins but also transports them – how do you move things around within yourself?
- Golgi bodies – packages stuff from the ER for storage or export – how do you parcel things up? Can you compartmentalise things?
- Lysosomes – waste disposal system, digest foreign material, including bacteria or viruses – but can also destroy the cell itself – how do you sabotage yourself? How do you deal with invaders?

SELF AWARENESS 3

Revisit the meditation you did on Saturday morning. Spend 5 minutes considering each of these cellular activities and how they might link to YOUR personal behaviour. Make a journal entry of your findings.

SKIN

Consider our relationship with skin. It is our boundary. In a very real sense it defines who we are. It is how we interact with the world and is the first point of connection when we touch another human being. The following extracts illustrate this perfectly:

Extracts from Job's Body by Dean Juhan 1987, Station Hill Press, ISBN 0-88268-134-6

The Open Barrier

Skin as Boundary (pp. 21-24)

The French have an apt expression used to describe the fortunate person who is comfortable with his own being and with his surroundings; they say that he feels good in his own skin. The phrase captures with a single stroke the two major functions of our surface layer: on one hand, the skin is a barrier, effectively containing within its envelope everything that is ourselves and sealing out everything that is not. On the other hand, it is an open window, through which our primary impressions of the world around us enter into our consciousness and structure our experience.....

Every unit of living protoplasm.....requires an effective barrier between its internal affairs and the welter of elements and forces which surround it. The behaviour of primitive proteins and other organic molecules, gelling in physical and chemical association, cannot really be called "life" until it has established some means of self-containment.

This is vital. The enclosing surface is the interface between the life processes ... [within a cell] ... and lifeless materials which surround it, the absolute line between the "me" and the "not me" for every living unit.

This outer surface is all that is normally visible to us; it ... defines our size, shape, colour, texture, odour – nearly everything about us that is readily observable. It is what the mirror shows us, and it is to a very large degree who we are.

Also the barrier .. [is] .. exquisitely selective. It ... freely accepts nourishments from without in the proper varieties and amounts; it also retains everything necessary to the internal environment ... [whilst] ... sealing out toxins; and ... rejecting metabolic wastes. Nor does life ... hide behind the barrier. Every cell and every organism is forced to explore its surroundings and establish ... patterns of acceptance and avoidance. Contacting other things with its outer surface is the only means life has of reaching beyond itself, of tasting the world and differentiating between bitter threats, yeasty necessities, and sweet pleasure.

Skin as Surface of the Brain

The Skin in Bodywork (pp 35-43)

..... associations between the skin and the brain are extremely intimate. This fact is the basis of the "lie detector test"; specific mental states directly influence the electrical properties of the skin, ... in regular ways that can readily be measured and correlated.

The Ectoderm

[The]... association between the skin and the central nervous system could not have more concrete anatomical and physiological connections. All tissues and organs of the body develop from three primitive layers of cells ..[in].... the early embryo: the endoderm produces .. internal organs, the mesoderm produces .. connective tissues .. bones and .. skeletal muscles, while the ectoderm produces both .. skin and the nervous system.

Skin and brain develop from exactly the same primitive cells. Depending upon how you look at it, the skin is the outer surface of the brain, or the brain is the deepest layer of the skin. Surface and innermost core spring from the same mother tissue, and throughout the life of the organism they function as a single unit, Every touch initiates a variety of mental responses ... My tactile experience is just as central to my thought processes as are language skills or categories of logic.

The Skin is no more separated from the brain than the surface of a lake is separate from its depths; the two are different locations in a continuous medium the brain is a single functional unit, from cortex to fingertips to toes.

To touch the surface is to stir the depths.

* * * * *

It is the burden of the bodyworker to to develop within himself or herself that quality of touch which will provide the emotional comforting, tactile information, and integrating experience so acutely needed by the distressed individual. This is not an easy task, but the developing therapist may take comfort in the fact that the surface he most directly stimulates, the human skin, has a marvellous intelligence of its own, and ... [will carry] ... his efforts to the very core of the person being touched.

Sensorimotor Education and Self-Awareness

Bodywork and self-awareness (pp xxix)

Bodywork, then, is a kind of sensorimotor education, rather than a treatment or a procedure in the sense common to modern medicine.....

...in this educational experience it is not the bodyworker who is "fixing" the client. The bodyworker is carefully generating a flow of sensory information to the mind of the client – new information that the mind can use to fill in the gaps and missing links in its physiological processes. It is then the mind of the client that does the "fixing"

The bodyworker is not an interventionist; he is a facilitator, a diplomatic intermediary between physiological processes that have lost track of one another between a mind that has forgotten to exert harmonious control and a body politic which ... utilizes disruptive demonstrations, terrorist tactics ... even ... all-out civil war to regain its governor's attentions. Touching hands are not like pharmaceuticals or scalpels. They are like flashlights in a darkened room. The medicine they administer is self-awareness. And for many of our painful conditions, this is the aid that is most urgently needed.

RAPPORT & COMMUNICATION 2

Consider again the questions of safety around touch and sensuality and make a journal entry:

- What is the difference between touch of a therapist and a lover - how do you know?
- What are your boundaries around touch and massage - is it body areas, or the quality of touch?
- What communication is appropriate / needed?
- How do you create or alter the atmosphere in sensitive, aware manner...

SUBTLE ENERGY

WHY DO WE INCLUDE THIS INFORMATION ON A MASSAGE COURSE?

There are many maps for describing how the human body works. Most of us, in the Western scientific paradigm, are comfortable with anatomical, physiological or postural maps and most of the BCMB course concentrates on these.

However, there are also maps based on concepts of subtle energy, some derived from Eastern spiritual traditions which can provide a different perception or insight. For many people, including our clients, these systems can be very useful. At BCMB, we do **not** insist that you take on subtle energies as a belief system. However, we do ask you to become familiar with the concepts, as many of your clients may find them helpful and you need to be able to relate to what they are saying. Of course, you may also find this approach very much to your liking and decide to pursue further training on a healing course.

NB. This information is NOT part of the written exams, although you can use the hands on techniques during your practical exam if you wish.

This section gives a brief description of the subtle energy body, including a description of the aura and the chakras. It also includes exercises to help us tune in to these phenomena. The Massage Techniques section includes how to use polarity sweeps and chakra awareness with our clients. At the very least, you can think of these as gentle relaxation techniques.

SUBTLE BODY

The basic concept here is that we do not stop with our physical body. There is a subtle or psychic anatomy, comprising different flows of energy, within, around and beyond our physical body. Normally this is unseen, although clairvoyants have the gift of being able to see these phenomena. Perhaps massage workers, who are attuned to feeling with their hands, are well suited to sense them with touch.

With the view that matter itself is simply a form of energy, one could see the physical body is the densest or slowest vibration of subtle energy. The subtle body is then seen as an extension of the physical body. The subtle body is constantly in motion, reacting to changes in one's environment, shifts in thought and changes in feeling. It represents, in some sense, the true essence of who we are and links closely to the open, meditative state that it is possible to reach both when receiving and giving massage.

There are different structures within the subtle body. We will look briefly at the aura, extending beyond the physical body, and the chakra system, centres of vital energy located along the spine. There are also psychic channels or pathways within the subtle body – a kind of subtle nervous or circulatory system. According to Tibetan sources there are some 84,000 channels, but we will not look at all of them! The most important of these is the Central Channel, which is located along the centre of the physical spine.

AURA

The word "aura" means "breeze". Clairvoyants see the aura as shimmering layers of energy extending beyond the physical body, which move as if gently blown by the wind. There are some slight differences in description between different sources. Most agree however, that there are four layers to the aura, namely the etheric, emotional, mental and spiritual or causal. Briefly their properties are as follows:

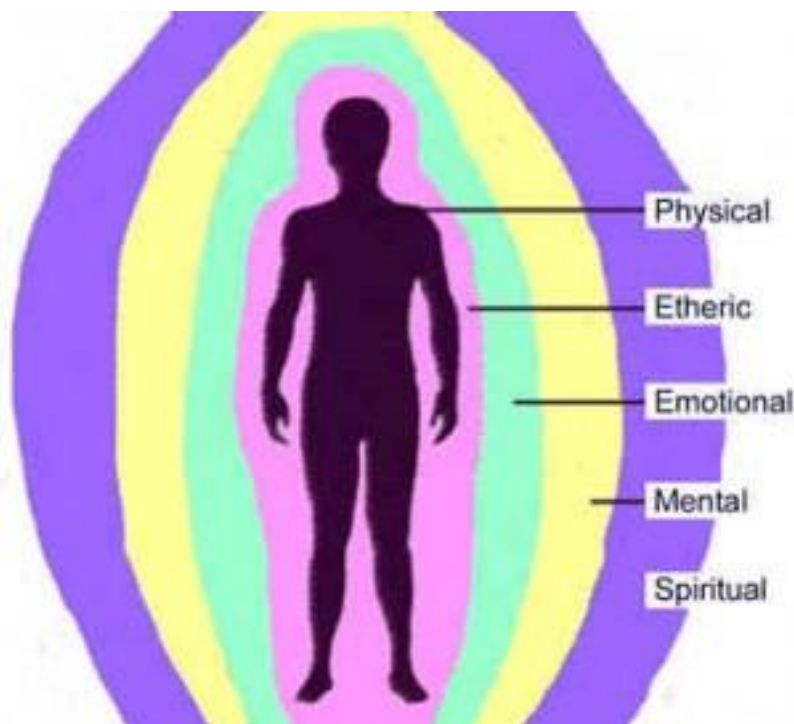
- **Etheric:** This extends for about an inch beyond and around the physical body. Its role is to receive and transmit life force, also known as 'Chi' or 'Prana' depending on whether one follows the Chinese or Indian energetic system. The etheric concerns very much how we are

in the here and now, our immediate reality and experience. It is relevant particularly when working with polarity, which identifies different streams within the etheric, which one can support using polarity techniques.

- **Emotional and Mental:**

Between them these layers extend for about twelve inches beyond the physical body. As one would expect they relate to our emotional state and thought patterns respectively. It is with this layer of the aura that we sense the moods or vibrations of other people standing close to us. Depressive thinking or unresolved emotions can initially affect our energy system at this layer of the aura but then filter down through the etheric into the physical and manifest as symptoms of disease.

Conversely, rather like the homeopathic principle of cure, the resolution of physical symptoms often needs to be supplemented by healing at subtle levels as well. Otherwise, the potential for the disease to repeat will always be there.



- **Spiritual:** This layer of the aura is the finest and most subtle part. Sometimes known as the causal, its extent depends on the individual's spiritual evolution. It is said that Shakyamuni Buddha's spiritual layer extended for 200 miles – whatever that means! Here we are thinking more of one's long term destiny or purpose. Once there is clarity around this throughout life choices, that clarity can filter down through other layers of the aura and into the physical and manifest as integrated and wholesome health.

Energy Sensing of the Aura (with a partner)

Work in pairs. Receiver stands, eyes closed, knees flexed grounding themselves by focusing the awareness into the soles of the feet.

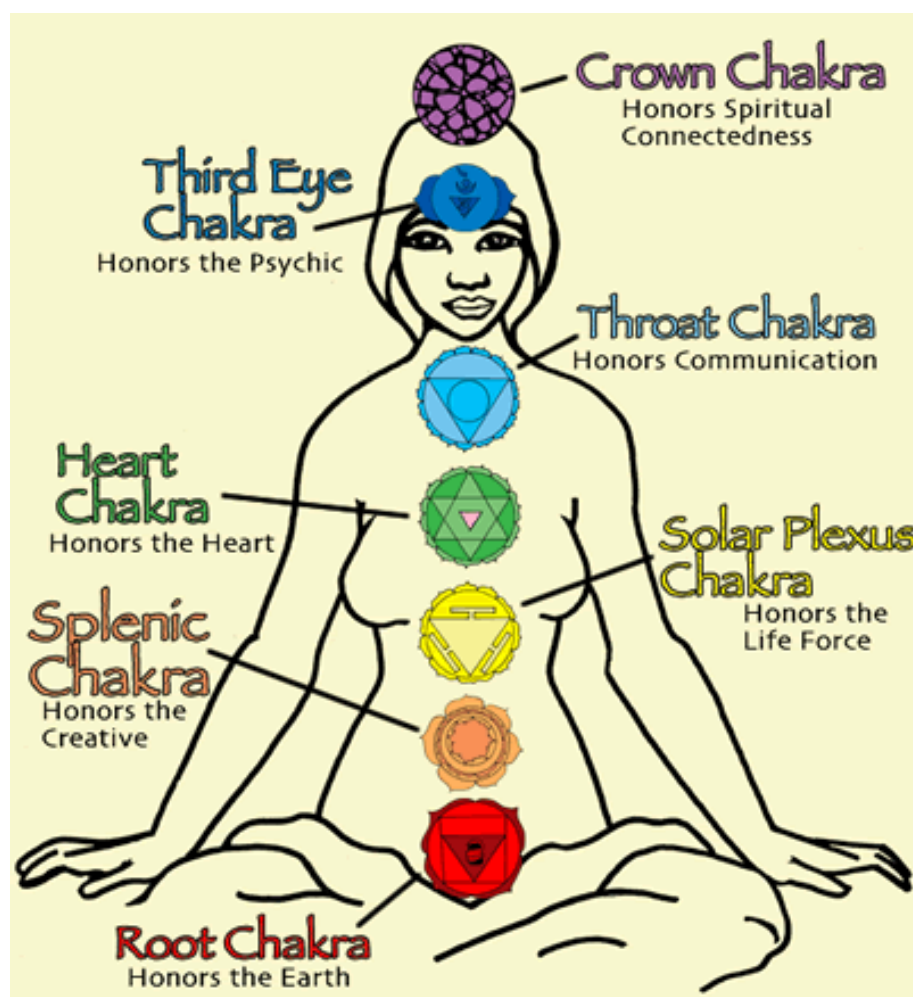
- Giver has one hand behind (preferably right) and the other in front. There is no physical contact.
- Giver starts sensing the receiver's aura by working in from some distance away. Start at the hara (about one inch below navel).
- Explore the aura with both hands moving up and down, nearer and further away from the physical body, observing the sensations that you notice in your hands as you work.
- If you feel drawn to any particular area then stay there for a while until you feel things happened, if they need to.
- Make sure one hand stays behind and the other in front.
- Take note of sensations e.g. a "density" of energy; different temperatures, particularly around the transition between different layers of the aura; prickliness or tingling again particularly strong as you pass through layers of the aura.

To complete, brush down the aura from head to feet and ground the receiver by gently holding both feet for a minute or two.

CHAKRAS

The word chakra is Sanskrit for "wheel", they are psychic nerve centres and represent the main receivers and distributors of vital energy between the aura and the physical body. Clairvoyants see them as rotating vortices of energy, in the shape of a wheel. Each chakra corresponds to different areas of psychological, emotional and spiritual development for the individual.

Damage to one of the chakras or subtle bodies through physical or emotional trauma can manifest as dysfunction in the relevant part of the body. Massage can support energy between the chakras, hence returning body and mind to harmony. This is not the same as opening the chakras, which is a more advanced healing practice and should only be undertaken under the close supervision of a suitably qualified teacher.



The Chakras act as connections between the emotional and physical. In massage terms, they can give more information about what is going for someone and perhaps guide us to areas of the body that need attention. For example, the solar plexus chakra can be closely affected with anxiety and fear. Someone experiencing these emotions may well manifest tightness around the solar plexus and hence the stomach and liver. Also, there may be a band of tightness around the diaphragm and lower ribs, including the back of the body as well as the front.

There are different systems of chakras in different healing and mediation traditions. For example the Tibetan Buddhist tradition makes use of five chakras with a very different set of properties and colours associated with them than the yogic or Western model. In other models there will be seven, eight, nine or even fifteen chakras. Sometimes secondary chakras are included e.g. in the shoulders, elbows, wrists, palms, soles of feet, knees and ankles. There is no problem with this for just as no single physical system provides a total description of the whole body. Variations between different subtle energetic systems can be useful provided we are consistent when dealing with each of them. For the purposes of this course, we work with a system of seven chakras located on or in the physical body. This derives primarily from the yogic and western healing traditions. You may also come across two further chakras located above the head in the aura.

Also note that there are also differences in interpretation between different chakra systems. What is important is to trust your own experience and what feels right for you. If a particular system doesn't feel right, leave it and see if you can find another that is more appropriate for you.

Location

Places to access the chakras on the body areas follows (see diagram above):

| Chakra | Front | Back |
|---------------------|---|---|
| Root or Base | Pubic bone | Sacrum/Coccyx junction |
| Hara | One inch below navel | Sacrum/Lumbar junction |
| Solar Plexus | Just below xiphoid process | 12 th thoracic vertebra |
| Heart | Centre of chest | 7 th Thoracic vertebra |
| Throat | Pit of throat/top of sternum | Thoracic/cervical junction |
| Third eye or pineal | Centre of forehead, one inch above bridge of nose | Occiput ie where cervical spine joins cranium |
| Crown | Top of head | |

SELF AWARENESS 4

A Meditation

This meditation helps to ground one's experience of the chakras in the physical body. Or it can be a nice relaxation exercise! Do not to judge any particular experience as being right or wrong. Allow whatever comes up to come up, and observe it. Scan through each chakra in turn. For each chakra allow 2-3 minutes to be with it.

- From a comfortable sitting or lying position, focus on your breathing and then with your attention make a firm contact with the chakra concerned.
- Observe any physical sensations.
- Take note of any colours - and shape or picture.
- Are there any words, sounds or music?
- What emotions come up for you - are there any memories?
- What else is this centre saying to you?

Once you have covered all 7, journal your experience.

Chakra properties

What does all this mean? Here are some ideas on chakra properties, which may be useful. However, trust your experience first and foremost – see notes at the end.

1. **Root Chakra** (In element terms, earth) The root chakra represents a basic primordial, grounding energy. It connects with our will to exist and relates closely to what we came into this life with. It holds us in our body and is basic and instinctual in nature. It connects strongly with our birth experience and the creation of life. It is a very important energy centre, helping to keep our development balanced and grounded.
2. **Hara or Sacral Plexus Chakra** (In element terms, Water) The hara is a dynamic yet very grounded centre. It links closely to the action that we take in the world. It also links closely to our sexuality and its expression. It is strong and vital. The hara represents the basic "oomph" with which we act out and realise in the world our ideals. It has a close link with the Third eye or Brow Chakra (see later).
3. **Solar Plexus Chakra** (In element terms, Fire). This chakra has a quality of raw emotional energy attached to it. It links closely to the way in which we attract and relate to people. Emotions often associated with the solar plexus include anxiety and fear, particularly fear of

rejection. Sometimes, we find that anticipated threats or fears are not so dangerous when we encounter them face-to-face.

4. **Heart Chakra** (In element terms, Air). The heart chakra links to the process of our self-development. It is the centre of the chakras, where we can find physical expression of our spiritual qualities, via passion and love. The heart chakra links to the thymus gland and hence governs our immune systems. When functioning well, the heart chakra is often associated with the colour green or at a higher level of development the colour pink.
5. **Throat Chakra** (In element terms, Ether). The throat chakra relates to our verbal expression of feelings and images. This can be an area of difficulty for many people. Often a blockage around something that we need to say e.g. a problem in an intimate relationship may manifest at a physical level around the throat chakra with a stiff neck or hunched shoulders, if so, we may need to work with the lower chakras, such as the hara and especially solar plexus in order to free the blockage firstly at a raw emotional level.
6. **Third Eye, Brow or Pineal Chakra** this chakra relates to clarity of vision, intellect and intuition. It relates closely to one's individuality and is the means by which inner wisdom can be transformed into physical reality. In this context the third eye produces the sense of direction or set of ideals that one wishes to work towards in one's life. It then links closely with the hara, which provides the basic energy or "oomph" with which to act out and realise those details in one's life.
7. **Crown Chakra:** this governs the development of all the other chakras and links to our higher self. Here we are moving beyond the polarities to oneness, reaching upwards and outwards for spiritual inspiration. If the Crown Chakra is too open it can result in physical imbalances e.g. handicapped children where the fontanel (plates of the skull) do not close fully after birth. Often this can lead to apparent mental disorder when it may be that at a subtle level there is simply an overload of energetic input. The Crown Chakra has a strong link with the Root: openness and spiritual inspiration coupled with grounding and earthiness.

Take note of the symmetry of this particular chakra system about the Heart Chakra i.e.:

- Heart Chakra: Openness of love and compassion.
- Throat/Solar Plexus: Raw emotions and their verbal expressions.
- Third Eye/Hara: Developing ideals and acting them out.
- Crown/Root: Spiritual inspiration coupled with grounding and the earth.

The Chakras can be a map to guide you through human experience. Just as a map in one's hand is not the same as the terrain under one's feet - and can be modified in the light of experience - so too these descriptions are intended to assist you. Once they cease to be useful, discard them and develop a new map that is more meaningful for you.

See **Reading List** on pages 36 of your Course Handbook.

MASSAGE TECHNIQUES

SKIN

Intention: The intention of skin massage is to acknowledge boundaries, create trust and free superficial layers of tissue. Remember that our skin fulfils many wonderful functions. It is:

- The largest sense organ of the body.
- It defines our boundary, the immediate visual impression we get when looking in the mirror or when others look at us.
- If our skin is free and mobile, our muscles can work much more easily, since the next layer of tissue – the fascia – will be softer and more pliable.
- Pleasurable sensation from the skin sends messages to the brain, which enable us to relax.

Gradual Process:

Work without oil. This enables you & the client to feel much more in the skin.

Go slowly, allow time for your hands to engage with the skin and for it to soften to your touch.

Maintain an awareness of skin, ignore the temptation to dive into any areas of deeper tension you may feel – you WILL come to them later, by which time it will be much easier to help them release! Continue to pay attention to your body use, keeping grounded in your feet and subtly adjusting your weight between your feet. This means you will respond to subtle releases of your partner's skin and fascia.

Experiment with working prone and supine. These ideas are particularly useful on the torso – especially the back, but also the chest area – essentially where there are flat sheet muscles between the skin and skeletal structure.

Pay attention to:

Stretching Skin: keep your hands flat and maintain an even pressure in them. Let them drop just a little into the skin with a clear positive pressure, so that you feel you've really engaged with it. Experiment with moving your hands apart horizontally, so that you stretch the skin in between. Play with different directions of stretch – unlike muscle fibres, the skin does not have a sense of directionality. Feel the sense of communication between your hands through the skin and the underlying fascia. Particular areas that can be useful:

- Ribcage, back and front;
- Lower back, especially over sacrum – feel here for the softening of the fascia under your hands (the thoracolumbar fascia);
- Ankles and wrists – areas where there are many tendons;
- Face, especially forehead – here you'll need to use fingers and thumbs not your whole hands.

Rolling Skin: pick up the skin between fingers and thumbs, letting it separate from underlying tissues. Rolling means walking the fingers along and pushing from behind with the thumbs. Try to make it smooth! Go slowly, it can be quite a powerful sensation and may feel slightly “ouch-y” in places, where superficial adhesions are freed up. This may lead to the skin “pinking up” – an influx of fresh blood to the surface. This is a good sign and means the tissues are receiving more oxygen. Useful areas include:

- The whole back – you can work up and down the back, either side of the spine. You can also work transversely, e.g. following lines of ribcage out from or into the spine;
- Shoulders, especially upper trapezius, over the scapula;
- Upper chest and sides of ribcage;
- Rolling skin is more tricky on fleshy areas like the gluteals or hamstrings; it is most helpful for areas where the bony structures are fairly near the surface.

* * * * *

CHAKRA AWARENESS

Intention:

The intention is to deepen your partner's awareness of and experience of energy in their body. This work can be good for grounding, headaches, relieving tension and anxiety. Try using this approach to calm and balance a client at the beginning or end of an oil-based massage session or as a gentle technique on it's own. It can be particularly useful when there is limited time available.

NB. This is NOT about "opening" chakras. That is more advanced energy work, which is beyond the scope of this course. Once again, we have set out a particular sequence but do feel free to depart from it, to follow your intuitive sense of what is required.

Gradual Process:

- Hands float down gently - scan the aura to feel contact before you reach the physical body. Where do you feel drawn?
- Follow your intuition....
- Maintain at least one hand in contact throughout – ground the experience in the physical.
- If ideas of subtle energy don't work for you, just regard this as a nice way to hold and comfort someone in a safe, non-intrusive way
- Options available - heart/hara; root /feet; crown / hara ; joints (secondary chakras)
- Hold where you feel drawn
- Can add 2 hands to bring energy to a depleted area or add a slight rocking
- Be mindful of your posture & grounding at all times

Detailed Ideas:

Receiver **prone**. Remove tight articles of clothing like belts, or work through a drape if the receiver is undressed. Giver on receiver's left.

1. LH softly on back of neck, where remains stationary – reassuring and comforting. RH palm up root chakra (coccyx), fingers pointing towards top of spine; hold for 1-2 minutes. Turn RH over to rest palm down, horizontally across root; apply gentle, pulsing rock back and forth for 2-3 minutes – find natural rhythm; then hold.
2. Leave LH where it is. Move RH up to hara (lumber/sacrum); palm down, hand across spine; repeat gentle rocking as above; then hold.
3. Move RH to solar plexus (thoracic/lumbar) and repeat.
4. Move RH to heart (between scapulae) and repeat.
5. Move RH up to slip gently underneath LH; rest with both hands at back of neck, contacting throat chakra. NO ROCKING.
6. RH stays at back of neck. Move LH to forehead, make thumb connection softly on 3rd eye; hold. NO ROCKING.
7. RH stays still. LH softly to top of head, make gentle whole hand contact with crown. No pressure. NO ROCKING.
8. LH stays at crown. RH brushes lightly back down to root. Hold for 1-2 minutes. Release both hands at the same moment.

In practice, it is not always necessary to go through whole procedure, but you can focus attention on particular pairs that seem most in need of attention.

Another approach is to work **off the body**. Generally lower chakras are lacking in energy at the expense of the higher chakras; most of us need gently to be brought back to earth. You can cross hands over if need be – if you feel energy needs to move upwards. This sequence enables you to check all the chakras; in practice, you may have a sense of which pairs you want to focus on already so will go straight to them.

Receiver **supine**. Giver on receiver's right (LH receives, RH transmits).

1. RH over root, LH over hara – tune in – adjust height of hand to enhance connection; sensations may include - density, temperature, prickliness. What needs to happen here? Is the energy blocked or flowing? Is there an excess or lack of vitality? Scan briefly then move on.
2. RH stays over root, LH to solar plexus – repeat scanning, for just long enough to decide if you need to spend more time here later. If so, remember this pairing for later on.
3. Continue with RH over root, LH through each other chakra in turn to crown.
4. RH up to hara, LH starts on solar plexus; check through other pairings to hara in some way.
5. RH up to solar plexus, LH starts on heart; check through other pairings to solar plexus.
6. Continue with same procedure until have reached RH on 3rd eye and LH on crown.
7. Return to any particular pairs that you felt needed extra attention; stay with them until you feel a change e.g. blockage freeing up, change in temperature, smoothing out of energy, softening, movement.
8. Can finish by taking both hands to heart chakra, then making symmetrical connections either side of heart i.e. throat/solar plexus; 3rd eye/hara; crown/root. Stay with crown /root connection until feels complete, then release both hands at same moment.



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BONES

Intention:

Remember that bone can be viewed as our core structure, the deepest energy of our being. It defines our shape and size whilst permitting movement – i.e. structure and locomotion.

Yet it also is flexible and plastic. Bones are ever changing. Through constant activity of osteoblasts and osteoclasts, bones are ever changing, responding to how they are used, the stress lines of tension and compression through them. For instance athletes develop heavier bones – and bones that are seldom used will waste away, like muscles.

The purpose of focusing on bone tissue in massage is 2-fold:

- To reassure and ground someone in their most solid physical tissue – this can release deep emotions as well, since unresolved emotional shocks can disturb the energy flow in bone.
- To stimulate and encourage the vitality of bone.

Bone Holds:

1. As with skin and energy work, keep your awareness clear. Focusing on your client's bone means that you too become more grounded and solid. Go slowly in the initial phase of holding. Sink your weight into your feet. Sense in. Notice the shape and solidity of bones. Maybe even name them (in your head!). Focus on areas where bones are easily touched e.g. the occiput, the spine, the ankles, the pelvis.
2. As you move into bone tapping, pick up a light, clear yet firm motion. See the detailed notes below from the Meir Schneider Handbook of Self-Healing.

Bone-tapping:

(From: The Handbook of Self-Healing, Meir Schneider and Maureen Larkin)

Bone-tapping should be done on any bone which is close enough to the surface to be felt: the vertebrae, the ribs, the fingers, knuckles, wrists, forearms, elbows, shoulders, skull – but not the temples, which are too sensitive for tapping – jaw, feet, ankles, shins, knees and pelvic crest. In short, wherever you can feel your bones.

Do familiarise yourself with the shape of your skeleton and the location of the bones, though – your throat may feel hard, and some very tight muscles may feel like bones, but they are not what you want to tap on. For example, you do not have bones running down the sides of your neck, even though it may feel like you do.

This type of massage is a light, constant, quick (about three per second, just to give you an idea) tapping with the fingertips, with a very loose wrist and a sense of fluidity. Tap for long periods of time – a steady, rapid, drumming tap – alternating your hands. The tapping on the bones increases blood circulation and aids in bone construction. If you do not have any special weakness in your thigh muscles, you can tap with an open fist on your thighs, and the vibration of this tapping will reach the femur bone, while relaxing the thigh muscles. You can do the same with your arm. If you can feel parts of your humerus (the upper-arm bone), tap on it with your fingertips; otherwise, tap with an open fist on the strong arm muscles.

Do not tap too hard, because that would be traumatic for the fragile bones; but do not tap much too lightly, as this will have no effect: the tapping should be pleasant to your fingers as well as to the person who is receiving the treatment. You may find it amazing how relaxed a person can become when his or her bones are tapped. Before you tap on your bones or on someone else's, do spend some time working on loosening your wrists.

When bones lose a large percentage of their calcium content, they become porous and fragile. This is usually a problem of the elderly, of women past the menopause and of people whose diet is rich in fats. It is more common among women than men.

Your program to counteract osteoporosis may, however, include one bone-tapping massage – a technique we have found very effective.

Meir's mother was diagnosed, at the age of sixty, as having 60 percent calcium loss in the bones of her lower spine, and therefore being at high risk for fractures in her spine. She was asked by her physician to come in for an observation every three weeks. It took Meir quite a bit of labour to convince her to visit him twice a week for a massage. (Parents are not always the first ones to accept your unconventional methods of treatment.)

Her treatment started with deep-tissue massage, to release the hardening connective tissue, which surrounded the muscles of her lower back. Then Meir added extensive tapping on the bones.

We owe you the end of the story. During Meir's six week visit in Israel, he worked on his mother ten times. She wouldn't do the exercises he showed her (we do recommend that you do yours). Mom's physician checked her again, reported that bone brittleness was no longer a problem, and suggested that she come in for a regular check-up a year later.

NB. This is unorthodox treatment and should be used with care – conventional massage wisdom suggests that percussion is not a good idea for osteoporosis (and this is the answer you should give in the theory exam!). But Meir's account shows how, with subtlety and skill, this techniques can be used very effectively.

* * * * *

CELLS AND TISSUES SUMMARY

STRUCTURE OF CELLS

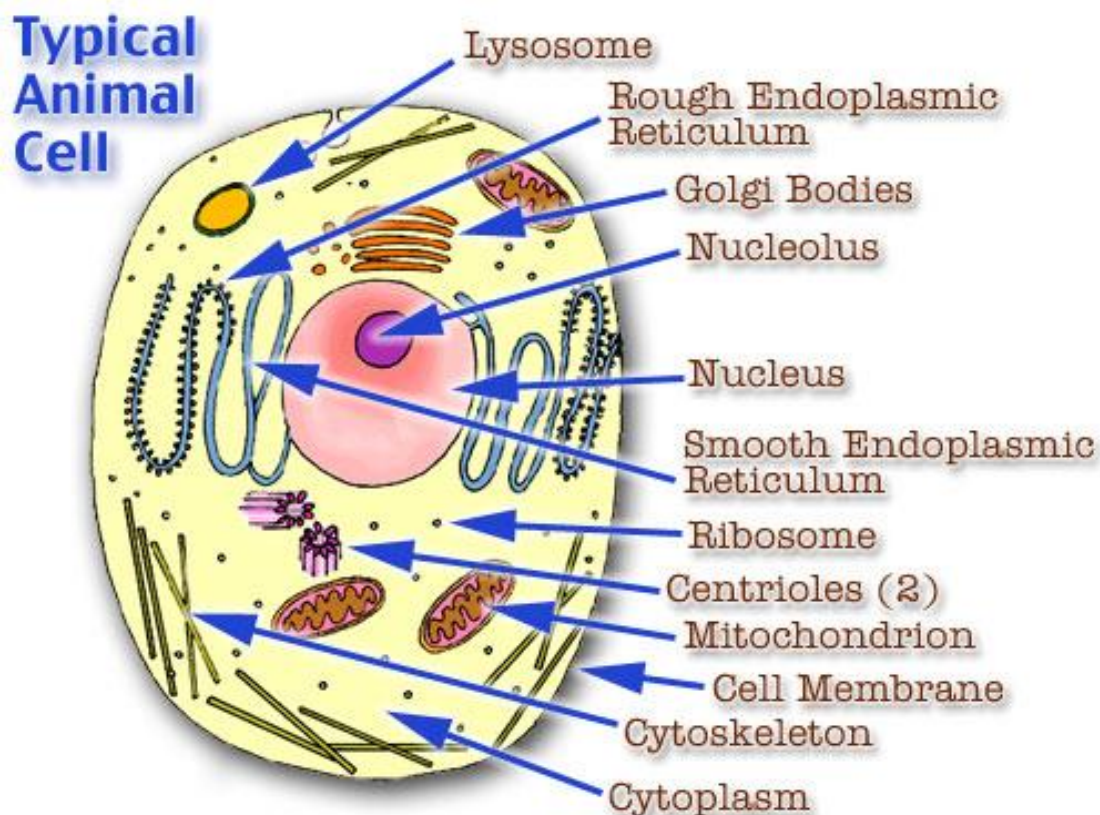
- Cell membrane – semi-permeable surrounds cell
- Cytoplasm & cytoskeleton
- Organelles ('little organs' within the cells)

TYPES OF ORGANELLES

- Nucleus – controls the activity of the cell, contains the DNA
- Mitochondria – produces the energy the cell needs
- Endoplasmic Reticulum (ER) – manufacturing & transport system like a metro system in the cell (Smooth E.R – Fats/steroids. Rough E.R – coated with Ribosomes that produce proteins)
- Ribosomes – where proteins are synthesised
- Golgi Apparatus/Complex – packages substances from the E.R for storage or export from the cell
- Lysosomes – waste disposal system, bags of digestive enzymes, eats up old organelles, sometimes called "suicide bags"
- Vacuoles and vesicles – storage bubbles

MITOSIS

The process where one cell divides resulting in two identical cells, each containing the same number of chromosomes and genetic content – facilitated by Centrioles



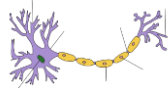
FOUR TYPES OF TISSUES

MUSCLE TISSUE

- Has the special ability to contract – ie shorten
- Cells are long and thin and arranged in parallel lines

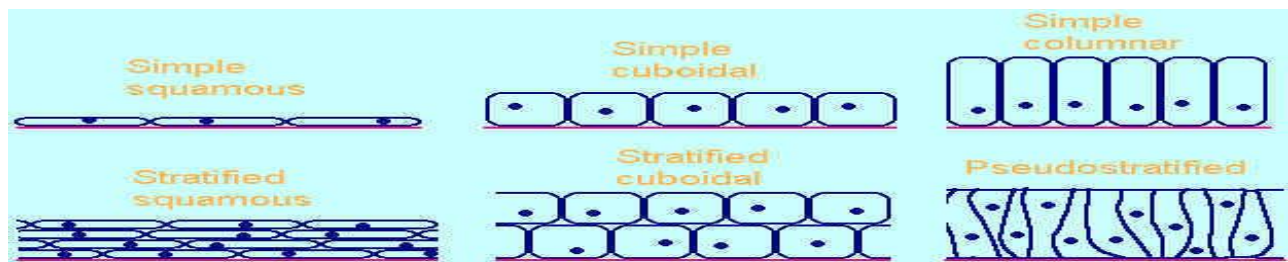
NERVOUS TISSUE

- Has the special ability to transmit electrical messages
- Cells are star shaped with a long “tentacle” or tail down which the electrical message travels from the cell body



EPITHELIAL TISSUE

- Lining tissue - inner and outer linings of the body
- Thin layer or layers, cells look like bricks in a wall, constantly shedding
- Found in blood & lymph vessels, alveoli, ovaries, kidneys, many glands, gastrointestinal tract, respiratory tract (simple, single layer), epidermis, mouth & tongue, urinary system (stratified, many layered)

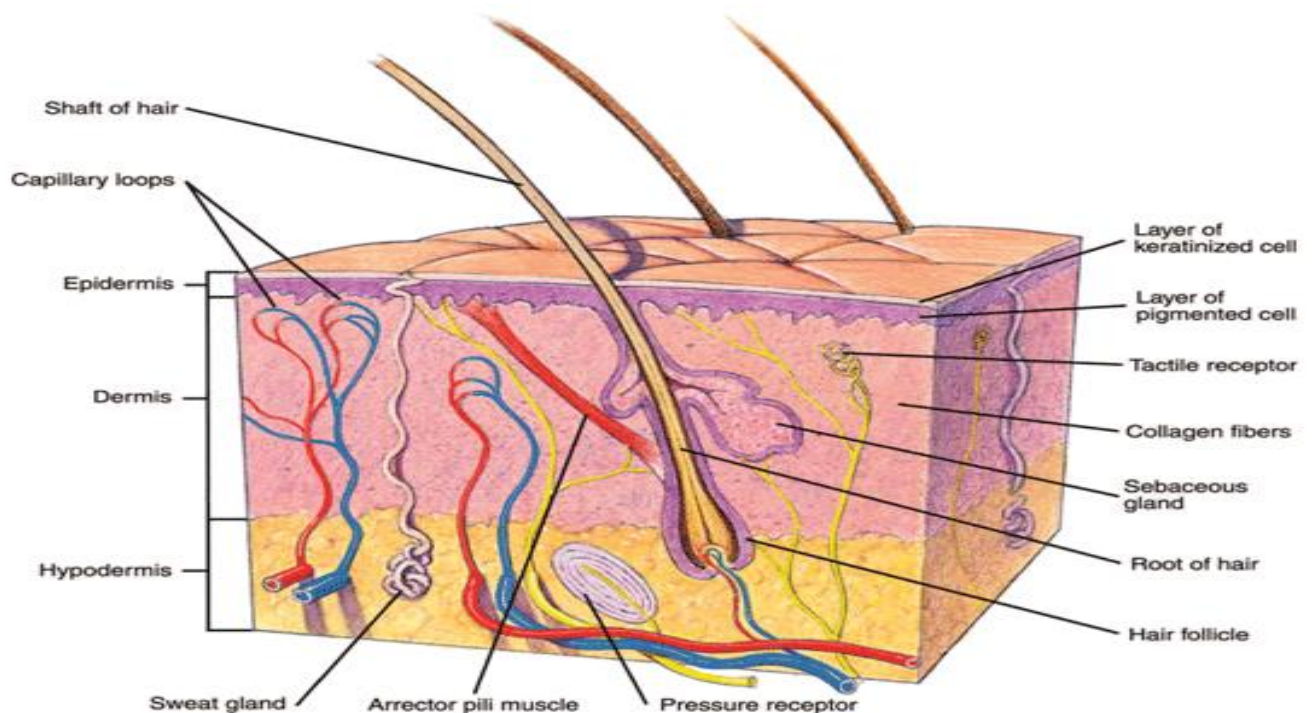


CONNECTIVE TISSUE

- Joins things together – wrappings, fascia, ligaments, tendons, bone, blood, cartilage
 - Cells suspended in a background substance or matrix with protein fibres, collagen and elastin, giving structure
- Loose Connective Tissue – areolar (surrounds body organs, subcutaneous layer of skin); adipose (subcutaneous layer of skin, & surrounding kidneys, heart; found in mammary glands); lymphoid (reticular) (lymph nodes, spleen, red bone marrow)
- Dense Connective Tissue – *regular*: tendons, ligaments, aponeuroses; *irregular*: fascia, periosteum, joint capsules
- elastic CT* – lung tissue, artery walls, trachea & bronchial tubes
- Cartilage – Hyaline, fibrocartilage, elastic cartilage
- Bone
- Blood & Lymph – fluid connective tissue

SKIN SUMMARY

STRUCTURE – THREE LAYERS



EPIDERMIS – 5 layers

- Germinative/basal (melanin & keratin production) – new cells produced
- Prickly – tightly packed transitional layer
- Granular – cells beginning to die, hardening - keratinising
- Clear – dead cells, waterproof (most apparent on palms/soles)
- Cornified – thickest layer, dead cells, hardened (filled with keratin), constantly shedding and replaced from below

DERMIS

- Sweat Gland – produces sweat to cool
- Sweat Duct – transports sweat to the surface
- Hair Follicle – surrounds hair
- Hair – traps air when erect to hold warmth
- Sebaceous Gland – produces sebum, oils skin, mixed with sweat forms an anti-bacterial layer on the skin
- Arrector or 'Erector' Pili Muscle – attaches to hair to pull it erect
- Blood Vessels – arteries and veins, joined by capillaries – bring nutrients, take away wastes
- Lymph Vessels – take away excess fluid from between tissues
- Sensory Nerve Endings – can sense Touch, Pressure, Pain, Temperature, Vibration

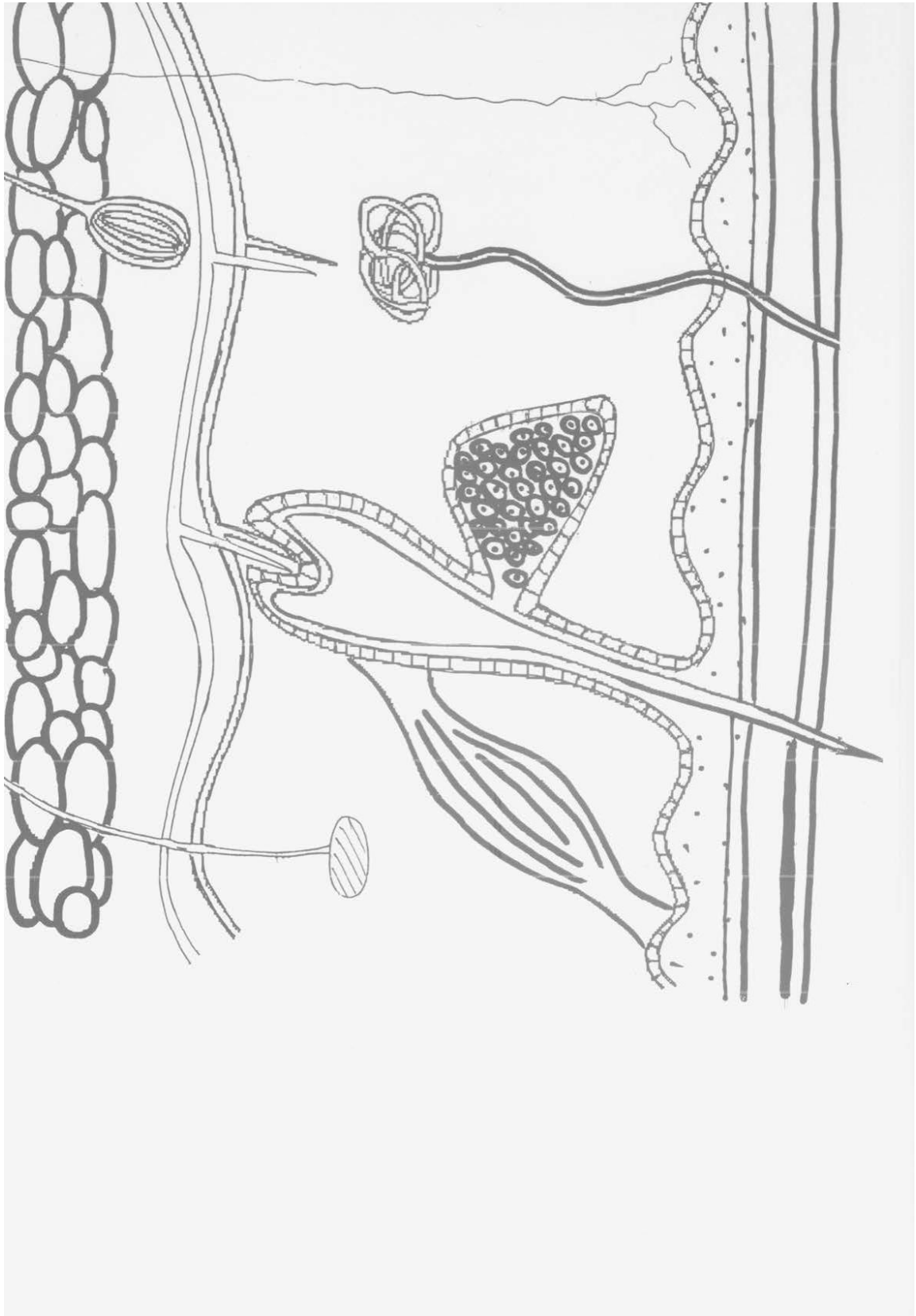
HYPODERMIS(below the dermis)

- Adipose Tissue (layer of loose connective tissue) insulating layer

FUNCTIONS

- Sense Organ – information to Central Nervous System
 - Different sensory nerve endings send different messages
- Homeostasis –
 - temperature control – sweat glands, hairs
- Barrier to Infection
 - Protects as a barrier over the whole body
 - Anti-bacterial acid mantle (sweat & sebum)
- Protective Wrapping for Body – Stops stuff falling out!
- Protection & Manufacturing –
 - Melanin – pigment which protects against UV radiation
 - Keratin – hardens, eventually kills epidermal cells, waterproofs
 - Vitamin D – helps body take up calcium
 - Sebum
 - Sweat

SKIN DIAGRAM



SKIN PATHOLOGY

Local Contraindications

- Ringworm is a fungal infection causing red rings to appear on the skin. If a small area is affected this is a local contraindication
- Athletes Foot is a fungal infection of the feet. Always change couch linen afterwards
- Warts are contagious growths caused by a virus. Verrucas are warts on the feet
- Acne is a bacterial infection causing inflamed, pus- filled spots
- Blister
- Skin cancer - melanoma
- Any area of skin that is weeping, broken or bleeding

Total Contraindications

- Ringworm - if a large area is affected it is a total contraindication
- Scabies is a highly contagious condition caused by a parasite burrowing beneath the skin
- Impetigo is a highly contagious bacterial infection causing crusty sores on the face

Not Contraindicated

- Eczema is a condition causing inflammation and itching. It is not contraindicated unless it is weeping or bleeding
- Psoriasis is a condition involving rapid turnover of skin cells. Scaly patches form, commonly on elbows and knees. Not contraindicated unless weeping or bleeding
- Vitiligo is an uneven distribution of melanin leading to white patches on the skin

Not Contraindicated But Care Required

- Thin Skin is commonly found on elderly people, over areas of chronic oedema and over healing scars. Gentle massage is recommended with no friction or stretching

BONES and JOINTS SUMMARY

STRUCTURE Of Bones

- Compact Bone – surrounds the bone giving it form and structure, has nerves and blood vessels passing through it
- Hyaline Cartilage, smooth and glassy, strong with no blood supply, found at the articular surface of bones to protect bones and ease movement
- Spongy Bone – found in the heads of long bones and inside the compact bone – light and strong, honeycomb-like structure
- Red Bone Marrow – found in spongy bone – where blood cells (red, white & platelets) are produced. Also found in the marrow cavity of long bones in children, who need to produce more blood cells.
- Periosteum – cling-film like wrapping around the bone, covering the whole bone, but not the hyaline cartilage, dense irregular connective tissue, where the tendons and ligaments 'knit-in'. Holds in nerves and blood vessels
- Marrow cavity – in long bones in adults this is filled with Yellow Bone Marrow – a fat store

Bone cells:

- Osteoblasts – builder cells – lay down bone – stored in the periosteum
- Osteoclasts – eater/sculptor cells – shape the bone

TYPES OF BONES

- Long Bones – leverage and movement, limbs, phalanges
- Short Bones – strength, carpals, tarsals
- Flat Bones – protection, large surface for muscle attachment, & blood cell production, skull, ribs, pelvis
- Irregular Bones - sticky out bits (processes) for muscle attachment, vertebrae
- Sesamoid bones – grow in the tendons across knee (patella)&knuckles

FUNCTIONS

- Support – scaffolding
- Protection – brain, heart & lungs, squidgy bits
- Movement – system of moveable levers
- Manufacture of Blood Cells – in red bone marrow, found in spongy bone
- Storage – of calcium and essential fats

TYPES OF JOINTS

- Fibrous Joints – periosteum knits together – fibrous connective tissue – known as 'immoveable', eg: sutures of the skull, between teeth and jaw
- Cartilaginous Joints – slightly moveable, compressive as movement needed; inter-vertebral (discs), symphysis pubis
- Synovial Joints – freely moveable, six types (see below)

SYNOVIAL JOINTS

STRUCTURE

- two bones coming together
- hyaline cartilage – or articular cartilage – protecting the moving surface of the bones
- ligaments – attach bone to bone
- periosteum – where the ligament attach
- joint capsule – connective tissue that surround the whole joint
- synovial membrane – inside the capsule, releases synovial fluid
- synovial fluid – provides nutrients for the hyaline cartilage

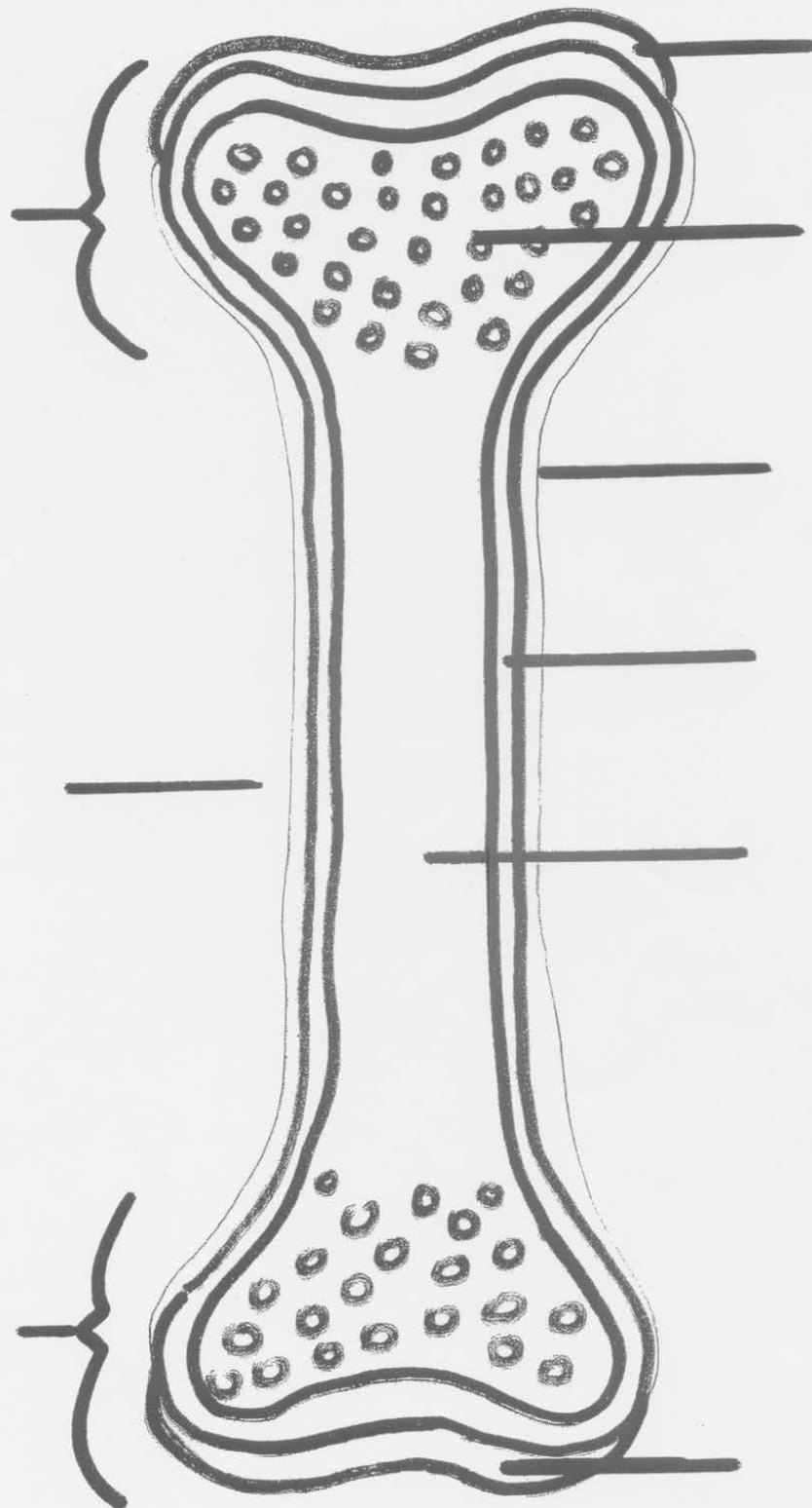
TYPES OF SYNOVIAL JOINT

- Ball & Socket – shoulder, hip
- Hinge – elbow, knee
(N.B. Knee is classed as hinge joint due to its functionality but is technically a double condyloid joint)
- Ellipsoid – wrist, base of fingers
- Pivot – atlas & axis, radius & ulna
- Gliding – carpals, tarsals
- Saddle – base of thumb

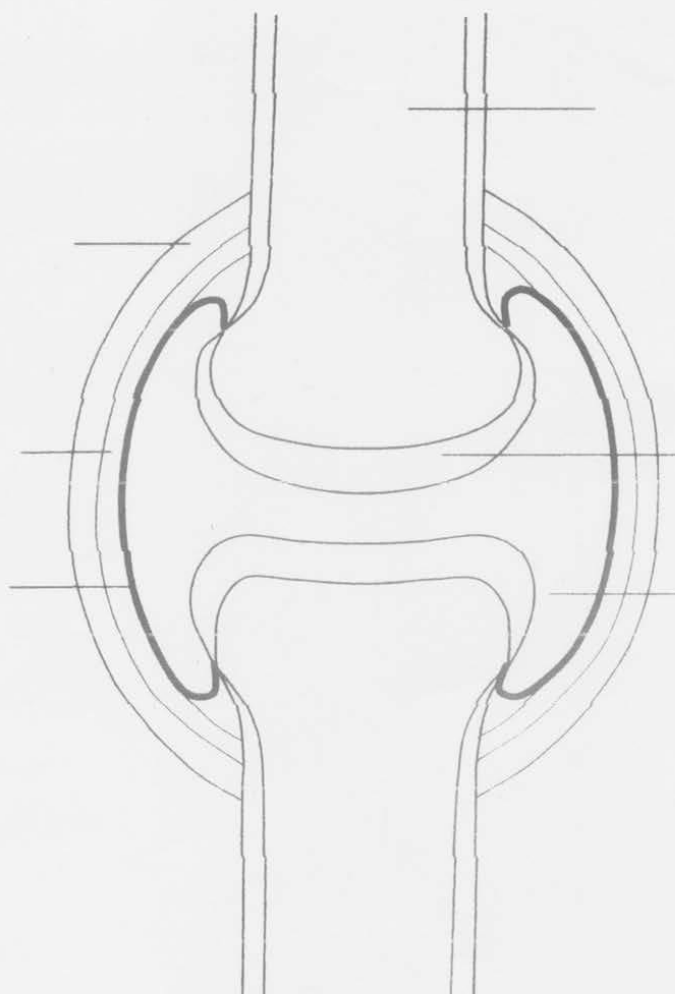
BURSA

- A bursa is a fluid filled sac (containing synovial fluid) which cushions movement of tendons and ligaments over bones at joints (there are 16 in and around the knee!)

Typical Long Bone



Typical Synovial Joint



SKELETAL SYSTEM PATHOLOGY

Osteoarthritis

- Wear and tear of the joints, usually the weight bearing joints. Joints become stiff and painful due to the damaged cartilage. Massage and passive joint movements are helpful and can relieve pain.

Rheumatoid Arthritis

- Is an autoimmune disease in which the immune system attacks the body's own tissues. Pain, inflammation and swelling are features, leading to severe joint damage. It often comes and goes, during an acute flare-up, massage is totally contraindicated. In a passive phase, massage can reduce pain and help restore function, passive joint movements should be avoided.

Osteoporosis (brittle bones)

- Common in the elderly, particularly women after the menopause. The bones become porous, weak and brittle and may break without warning. Massage over osteoporotic areas is contraindicated. Avoid deep massage, percussion and stretches. Be prepared to use supports or allow the client to remain seated for the massage.

Sprain

- Is damage to a ligament, in the acute stage there is pain, swelling and loss of function. Massage is locally contraindicated in the acute phase but the rest of the body can be massaged as usual.

Fracture

- Is a break or crack in a bone. Massage is locally contraindicated until the limb is out of plaster or fixation and is being used normally. Fracture can take months to heal; other compensating areas can be massaged. Be aware of client comfort, supports and helping on/off couch.

Bursitis

- Inflammation of a bursa
- Locally contraindicated when acute, though surrounding muscles may benefit from massage
- Massage compensating muscles

Effects of Massage on the Skeletal system

- Joint mobility improved
- Joint proprioception improved
- Release thickening in joint capsules
- Reduced physical stress on joints – muscle tone and balance improved

Main Types of Fracture

Partial Fracture

Bone is not completely broken
E.G Greenstick fracture, often occurs in children, there is bending & partial fracture of the bone.



Simple or Closed Fracture

There is a clean break and minor damage to surrounding tissue



Compound or Open Fracture

The skin may be pierced by the bone or by a blow that breaks the skin at the time of the fracture. The bone may or may not be visible in the wound.



Comminuted Fracture

The bone splinters at the break resulting in 3 or more fragments of bone



There are many more classifications of fracture that can easily be researched on the internet.

BUSINESS HELP & HINDRANCES

Looking 'Inside' and 'Outside' at what might help and what might hold you back

This exercise helps you to articulate what you are good at, what needs improvement, what might hinder your work and what might help it. Once you have these items listed (by answering the questions below) you will then be able to work out what you can do about each of them.

| | |
|---|---|
| <p>What am I good at? What do I already have?</p> <p>This is Internal – it's about you, your business, your products.</p> <ul style="list-style-type: none"> • <i>What Qualifications, knowledge, skills, reputation, support, attributes do you already have?</i> • <i>What physical assets do you already have? E.g. massage table etc.</i> | <p>What do I need to improve? What do I need to learn or get to do what I want to do?</p> <p>This is internal – it's about you, your business, your products.</p> <ul style="list-style-type: none"> • <i>What personally will hold you back (health, family etc.)? What time can you realistically give?</i> • <i>Do you have any Lack of knowledge / skills (e.g. finance, marketing) that might hold you back?</i> • <i>What 'stuff' do you need (a room, a couch etc.)?</i> • <i>What else might need improvement / development?</i> |
| <p>What opportunities are available which I could make use of to get more of the work I want? This is external – It's about the market, environment, customers, competitors.</p> <ul style="list-style-type: none"> • <i>Where is the market growing? What could you tap into that might help (wellness / events / NHS / something local or national etc.)?</i> • <i>Where could you work (offices, NHS, therapy centres, home, osteopath, with colleagues, grad clinic, Lido)</i> • <i>What connections do you already have who you could 'tap' into?</i> • <i>Could technology help you?</i> | <p>What risks are there which could affect my business? This is external – market, environment, customers, competitors.</p> <ul style="list-style-type: none"> • <i>Economy (Covid/Brexit)? Is this good or bad?</i> • <i>Do you need to think about safety, privacy, security?</i> • <i>Might there be any changes to regulation which could impact?</i> • <i>What is the reputation of massage at the moment?</i> • <i>Who are you competing with (not just massage therapists but what else the clients spend money on?)</i> |

HOMEWORK

1. JOURNAL

Reflective Practice. Personal feedback from the fifth weekend. Reflect on how the 3 days were for you including the work on cells / skin / subtle energy / chakras / rapport and atmosphere / bones / sensuality. DO THIS AS SOON AS YOU CAN AFTER THE WORKSHOP!

Exercises:

Self Awareness 3: See page 5.2 (self as a cell)

Rapport & Communication 2: See page 5.4 (touch & boundaries)

Rapport & Communication 3: Angel Card! Appreciate your course colleague's loveliness!

Self Awareness 4: See page 5.8.

2. MESSAGE PRACTICE DIARY (see pages 5.10 – 5.16 and New Book of Massage p22-25; 188-189)

Complete and write up a further 2 hours per week of massage practice by the next workshop. Include in your sessions:

healing / holding work focused on chakras
exploring your partner's skin
bone holds and tapping

Consider (and note) how to integrate these with your general massage.

Also include in you write ups reflections on things you have now mastered which you were previously struggling with, e.g. my draping was often poor but I am pleased that I am now managed to be clear and definite with it.

3. BUSINESS PLANNING & PRACTICE MANAGEMENT

Business Help & Hindrances

This month we would like you to repeat the SWOT analysis exercise we did on Sunday in college.

This time please do it just for yourself, even if you have a friend to help your thinking process!

- Use the table on p.5.27 of the Manual to guide you and as a place to capture the information. (You are welcome to use a different piece of paper or do it on computer instead if that improves your thinking process!)

You will need this next month so please make sure it is done!! :-)

3. ANATOMY, PHYSIOLOGY AND PATHOLOGY

Revise your muscle naming homework from weekend 3 and your test from weekend 4. We will have another naming and muscle action test at weekend 6.

Answer the set APP questions on page 5.31 – 5.32. **Look for the deadline, which we will email to you. Upload your work by then, please.** This will give the staff team enough time to mark your work before our next weekend.

AP&P Reading:

Human Body Book (2nd Ed): p 50 – 51, 56 – 57, 62, 66 – 68 on bones, joints & skeletal disorders

| | | |
|-----------------------|-----------|-----------------------------|
| Anatomy & Physiology: | p.412-426 | Skin (Structure & Function) |
| | p. 98-159 | The Skeletal System |

Massage Manual: p 5.17 – 5.28 – it's all there!

4. THE EFFECTS OF MASSAGE - add this work to your Journal

The effects of massage: Skin & Bone: Just how does massage work? In this important piece, we'll consider our experience of exploring different tissues and techniques.

First up, **skin**:

Consider your personal experience of giving and receiving skin massage, the verbal and non-verbal feedback you've had, etc. During your practice this month you might ask for more specific comments from your clients. Use that **skin** thinking to answer these questions:

- What types of massage stroke are effective on **skin**?
- How might these techniques affect clients physically, emotionally, psychologically?
- When might you use such an approach?

You can support this work by reading **pages 88-97 in Anatomy, Physiology and Pathology for Massage by Darien Pritchard**, and the **extracts from Job's Body on pages 5.2 – 5.4 of the Massage Manual**. (Skin as Boundary; The Skin in Bodywork; Bodywork and Self-Awareness.) Good stuff in its own right but particularly illuminating over the linkage between felt experience and physiological processes. Please bear in mind that these pages give lots of extra detail so be careful to mostly focus on what is outlined in class and in your course Manual.

Repeat the process for **bone** tissue; thinking about your own experience, reading from the APP book, and the section on Bone Holds and Bone Tapping: page 5.15-5.16; and then answering the same questions but for **bone**.

Anatomy, Physiology & Pathology for Massage – Weekend 5 Homework

Bones, Joints, Cells and Skin

Long Answer section:

1. Describe the structure of a typical long bone and the function of each part, diagram to be included. Describe how the bone is affected for the following conditions: 1) a fracture and 2) severe osteoporosis? For each case, how would you massage someone with this condition? Give reasons for your answers.
2. Describe the structure of a typical synovial joint and the function of each of the parts. Explain fully the following pathologies i) osteoarthritis and ii) rheumatoid arthritis. What are your massage recommendations in each case and why?
3. The skin has protective, homeostatic and manufacturing functions and is a major sense organ. Explain all the parts of this statement by referring to the structure of the skin. Describe the following conditions 1) psoriasis, 2) stretch marks, 3) impetigo. Give your massage recommendations for each, with reasons.

Short Answer Section:

1. Where in a cell would you find the genes/DNA?
2. In which part of the cell does cellular respiration take place?
3. Give an example of epithelial tissue
4. Which of the following are types of connective tissue?
aponeurosis, adipose, epidermis, blood, muscle, hyaline cartilage, fascia
5. Which glands are responsible for oiling the hair and skin?
6. What are the functions of i) melanin and ii) keratin?
7. Which of the following are skin disorders? And which two are highly infectious?
Impetigo, vertigo, tuberculosis, scabies, dermatitis, bronchitis, carbuncle
8. Which vitamin does the skin manufacture?
9. What are the five categories of bone? Give an example of each.
10. Name and describe 3 types of fracture.
11. What is the function of osteoblasts and where are they found?
12. Name a major difference between the function of a flat bone and a long bone.
13. What are the 3 categories of joints? Give 2 examples of each.
14. What is lordosis?

15. What type of cartilage covers the surface of bones in joints?

16. What is a bursa?

17. Which of these conditions affects joints? *Rheumatoid arthritis, strain, cystitis, slipped disc, pneumonia*

* * * * *