

history. I'm going to explain more detail
curriculum of the massage theory.

Look at this paperwork. Look at this paperwork
when I provide it to you.

Maybe when you join the name class
maybe school updated this paperwork.

Okay? A little bit more detail
explanation of the contents of massage theory classes.

Okay? So I focus the percentage
which is shown on your licensing test.

Okay? Look at this paperwork.

Maybe you easily understand the title of the content.

Simply I mentioned two paths. After graduating
your school,

you need to pass licensing test. To study,

you have to focus on these seven

different types of items.

Okay? Number one.

You have to study anatomy and physiology.

Maybe around on your board,

they have 11%. Around 11%, OK? Shown on your tag.

You have to understand system structure,

body, organ system.

I'm going to explain later.

Organ system. System structure.

The location, right? Struct. Location.

Organ location.

I will explain on anatomy classes.

OK? Also system function, that is physiology,

right? System.

Every organ, they have function.

Especially you have to understand skin, muscle, bone,

whatever, right? Skin, muscle, bone,

You have to understand the function of every system.

Also, the next one is tissue,

if tissue are injury,

tissue injury, and repair mechanism.

Okay? That is

the... The

next one is energy. Energetic

anatomy concept.

Okay? That is the thing. Number two item, kinesiology.

What is kinesiology?

Of course,

every textbook has different definition,

but I try to explain easily. Body movement.

Study of mechanics

of body

movement.

Kinesiology shown 12 % also too.

Let me tell a typical example why you have to

study kinesiology.

Most of the massage clinic,

if they try to make treatment of some specific patients,

maybe massage hour might be around one hour. Generally,

one hour. Think about it.

During one hour of treatment exercise,

that is not an easy job.

Your body should have strong stamina and good posture.

Therapist should have good posture.

If therapist

do not have a good posture, if you have a bad position, so after make treatment of the patients, therapist himself or herself, they hurt their own body.

You understand, right?

That's why kinesiology, studying kinesiology is pretty much. Important concept. Okay?

To understand kinesiology, look at.

You have to know every each muscle component and characteristic of the movement.

Okay? Muscle. Characteristic. of component, name, movement, muscle contraction, proprioception.

What is proprioception?

Every muscle or joint has their own integral. integral function.

That is

we said proprioception.

I know you have hard time to understand so I'm talking about later on the different chapter.

So muscle action and attachment action.

Let me tell you

basic principle of muscle action and attachment.

Every muscle attached human body bone, right?

Right, okay.

Muscle attached bone.

with bone.

Okay? Every time human body muscle
make attachment with bone,
you have to concern four different factors
which involve the muscle movement.

O, I, A, and... Okay? O -I -N -G.

A N O Origin

Okay? The main concept of origin

No movement Begin Begin No movement

Okay? That means fixed Fixed side of the muscle
attachment

we said origin.

Insertion and ending point of the bony L.

In all these insertion sides
created movement. That you have to understand.

Because during the anatomy and physiology class
on the muscular system,

most of the students,

you have to memorize

more than 50 different types of muscle

action. To easily memorize and understand muscle

every each different type of muscle action,

you have to understand these principles. So action,
every different muscle.

So muscle movement

theory is so critically important to understand that.

So don't forget OIAN, origin, beginning point,

no movement.

I insertion ending point created movement. Action,
every muscle, they have their own action.

So action creating direction,
always from insertion to origin site.

So every muscle, they have nerve
innovation needed there.

Okay? So the next one, of kinesiology, joint movement,
joint function.

So to understand the joint function,
if you do not study yet,
but you have to understand the joint principle,
what is joint? Joint. Connection, right?

Connection between bone and bone, right?

That is the joint, joint.

So every joint, they have their own joint movement.

I'm talking about later. Also,
every joint has their own range of motion.

I'm talking about later. Number three
item, pathology.

I mentioned earlier pathology,
study of cause of disease,
also 14 % on your board. On the pathology chapter
so you have to understand that uh area of cause
meaning is endangerment site inside of human body
a lot of so endangerment site if you mistakenly touch
press the endangerment site of body

I mean

critical blood vessels or nerves,

etc. etc.

Patients have serious sick or complications.

So you have to avoid the endangerment side when you take therapeutic massage.

Okay? Also,

you have to know the massage indication.

massage indication, what kind of disease entity

categorized in massage indication. Also,

you have to understand contraindication.

If some patients,

even though they are sick condition,

but the condition might be contraindication of

the massage,

you cannot proceed massage treatment. That you have to understand.

Also, special population.

Special population.

Let me tell you

some example of the special populations.

Your child, infant, or child, or old

people, elder. Old people, old person.

When you take massage to the infant

or older person, you have to be careful.

The first of all,

when you take massage on the infant,

the massage time,

I mean duration of the massage

therapy should be a little bit shortening

because infant or child

cannot concentrate it. for one hour.

One hour is pretty much a longer, longer, boring period.

Also, older person,

even the healthy older person,

their body condition is not strong enough.

Such like young,

healthy person,

you have to concern about. Also, pregnant woman.

Pregnant women,

you have to be careful about massage therapy.

Especially pregnant

women should have best comfortable position to take massage.

Also, the other specialized situation,

okay? We'll talk about later.

Number 4 item, benefit or physiologic effect of soft tissue manipulation technique.

That is the main concept.

After taking massage in the patient's body,

you should explain

what is the benefit. What is the benefit of this massage?

Okay? Before proceeding massage procedure,

also after proceeding massage therapy,

you have to explain

what is the benefit. To easily explain

the massage treatment effect,

you have to understand human body physiology, etc.

etc. Okay?

So, physiology. Effect.

Well, just a little bit. direct physiologic effect
created to soft tissue. Soft tissue manipulation.

Previously

I mentioned to understand
the correct definition of massage therapy.

So soft tissue manipulation.

Soft tissue
touch is a direct effect of the massage therapy.

Physiologic effect.

That is the 15 % on your test board.

So we have a lot of different
types of physiologic effects.

So I'm going to explain later, physiology,
if every different organ, they have different physiology
effect.

Also, psychological effect, psychological effect,
you have to consider.

Let me tell you
some typical licensing questions on your board
which is related to psychological effects.

During the massage therapy or after completing massage
therapy, clients or patients fall into the sleep.

What that means, what is correct answer?

Correct answer
was he or she satisfied about your massage treatment,
right?

Why? That during the massage therapy,
it's suitable,

comfortable, good for the patient's body,
so patient's sleep, right? That is kind of physiology.
psychological effect.

Okay? Example of psychological effect.

That you understand. The third one
is we already mentioned about the sub -tissue
manipulation effect. Also mentioned about it.

Sometimes, you know,
water. Sometimes, excuse me.

hydro therapy or stone therapy

also kind of treatment effect

hydro therapy

Cold shower or hot shower also kind of treatment.

Cold or hot application.

Sometimes storm therapy

also too.

But one of the hot application, storm therapy.

Of course

we have a lot of different types of... updated
form of massage treatment.

Okay, that's the one.

Okay, number five. Clinical assessment and treatment
planning and re -assessment. Clinical approach,
number five.

I just simplified the title of it.

Number 4,

15%. Number 5,

17 % on your test.

Clinical approach,

simply that might give you some indication, I mean
treatment effect indication of myofascial pain syndrome.

What is the most popular?

Which person frequently requests or visits your clinic?

Maybe. Bone pain. Right? Bone pain patients.

I'm going to summarize the medical terminology.

Maybe arthritis, right?

arthritis patients.

The meaning of arthritis is inflammation of joint.

Right?

What else? Which patient is typical

indication of massage therapy?

Bone pain,

right? I'm sorry, muscle pain.

Typical example of muscle pain patients,

fibromyalgia.

Fibromyalgia.

Is that all? Majority of licensed muscle therapists,

they misunderstand.

That's enough. to cover all kinds of indications

of clinical approach.

No. You have to think of a more widely concept,

widely concept about massage therapy.

Sometimes psychiatric problems,

depression. Depression

patients also request massage therapist. Depression,

et cetera. Psychiatric problem. Issue.

Also, they request massage therapist. Of course,

we have a lot of different type of massages. possible.

We talk about later on each chapter. Number six. Number six. Boundaries.

Ethics, law, and regulation.

Founder,

ethics,

law,

and

16

% quietly highly enough percentage

shown on your test.

A lot of students had a hard time to make correct answer on this section.

Okay, boundaries,

ethics, and law regulation.

We talk about the main concept of boundary.

What is boundary?

boundary boundary

between therapist and client relationship

relationship between

therapist and

patient.

Patients.

Including physical and psychological relationship.

Maybe on this textbook, chapter two,

they focus to describe the therapeutic relationship.

Okay? Therapeutic relationship. One word.

Therapeutic relationship.

Therapeutic relationships. After completing this item,

so I try to explain chapter two.

OK? Therapeutic relationship.

Think about it.

When you meet with the client or patients
and the first time.

It is not comfortable because client point of view,
he or she feel uncomfortable or strange
feeling with you.

But therapist point of view also too, right?

You also feel uncomfortable.

or a strange feeling with your new patients.

So at this point of view, at this situation,

as soon as possible,

you have to manipulate it,

the shortest method

to make communication with the client easily.

If you fail, the good relationship with the patients,

the patients never come back.

Okay? That is

in some point of view.

So good concept of boundary

is the key item of maintaining good business income.

So you have to understand

two different psychology terminology. Transference.

Transference.

And counter. Transference.

To set up the good relationship with the client.

you have to have the concept

between transference and countertransference.

So what is transference?

Transference occurs in
patient's feeling.

Patients'

feelings against your morphology
or your attitude or your conversation matter.

That is the transference.

Of course,

every patient has different psychological situation,
right?

They might have a good personal impression with you
or bad impression.

And the other side, counter

transference. On the

reaction of

patient's feeling,

the therapist responds. Therapist feeling. Fist

feeling. Emotional feeling against

patient's feeling. If patients show good attitude,

of course,

therapist show good comment or good attitude,

right? If patients show bad feeling or bad attitude,

therapist also too,

right? So that is

you have to understand. okay

so let me tell you

some example of the question about transference

okay example client visit your clinic client

visit your clinic

and he or she Oh, this office is so bad, dirty,
whatever keep on complaining.

That is typical

example of the transference.

Example of counter transference.

Before starting today's first

job, Therapy

is... fight, fought

or argued with his wife

and then he transferred emotional stress

against his wife into the patients.

That is typical example of the counter transference.

So conclusion is To maintain good boundary situation,

you should have maintained

good

relationship between

Transference

and counter

-transference.

OK? That is the main concept to make a good boundary.

OK? Good boundary.

Also, another issue about boundary. boundary,

I'm talking about transference

and counter -transference.

You have to be careful to take care of naked patients.

Majority of patients,

they're naked condition on their body.

when you touch the patient's body

you have to be careful.

Okay? You have to be careful. When you look at
this textbooks,
so under chapter seven,
so every client, the picture
so easily shown
the boundary between the client and patient's body.

You have to be careful.

So... we talked about Lane

Okay, so The next to item

is ethics ethics.

When you think about the meaning of ethics,
you understand, right?

So, the main concept of ethics

avoids personal relationship, right?

Relationship with client. Any kind of situation,
you shouldn't have a relationship with the client.

Let me tell you

a typical example of the board question.

The young, attractive massage therapist,

he or she is familiar with the beautiful young... patients.

You know, someday the patients call him or suggest him,

do you have time tonight

or do you have time tomorrow?

Can we make a date with you?

Can we enjoy some dinner with you? Whatever something.

But you cannot

make any kind of personal relationship with the client.

Any kind of situation,

you shouldn't do that. If you made this kind of ethics

violation,

you got big problem.

Okay? Also, every state, they have their own massage law and regulation.

You have to follow the law

and regulations. On this section of the textbook,

I'm going to explain the ethics

regulation of the law on the main chapter. Number seven.

This is the last one. Professional practice guideline.

Professional practice guideline

also 15% on your test.

So equipment. When you open your massage

clinic. You should purchase, look at the page

48 picture,

a good portable massage chair or massage bed or aroma

or oil or audio system.

A lot of equipment you should prepare it.

But that equipment should be clean

and in clean condition.

the hygiene issue in there.

So you should have good high

quality knowledge of the massage practice

because you are the LMT, licensed massage therapist.

Okay? That is the content of this one.