

# Manual Therapies: Massage Therapy and Osteopathy

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# Agenda

- Massage Therapy
- Osteopathy
- Comparison with Other Manual Therapies
- Interpretation
- Terminology



# Introduction

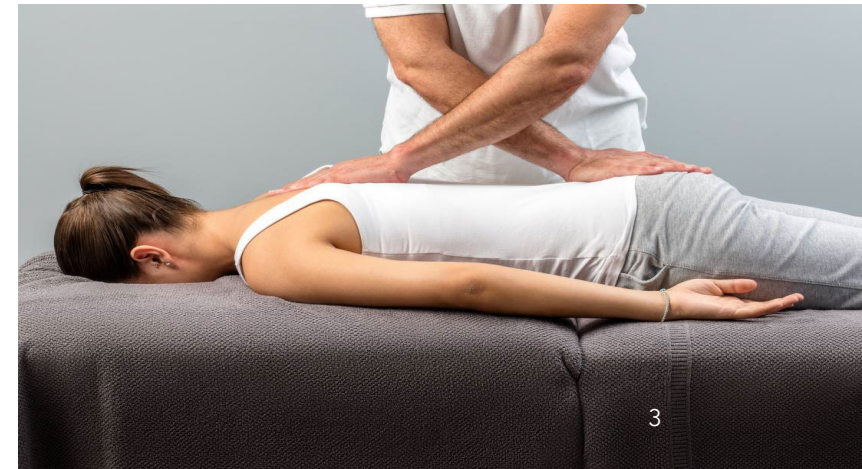
Massage Therapy, Osteopathy, Chiropractic and Physiotherapy are all manual therapies.

Practitioners of these disciplines are “Drugless Practitioners”.

Today’s talk is focused on Massage Therapy and Osteopathy.

Massage Therapy is better known today, and a more common therapy people go for.

Though Osteopathy has been around for over 100 years, it is less known here in Canada.



# Massage Therapy

Definition of Massage Therapy

Registered massage therapist and training

Benefits of Massage Therapy

Conditions Massage Therapy Treats

What to expect in a treatment session

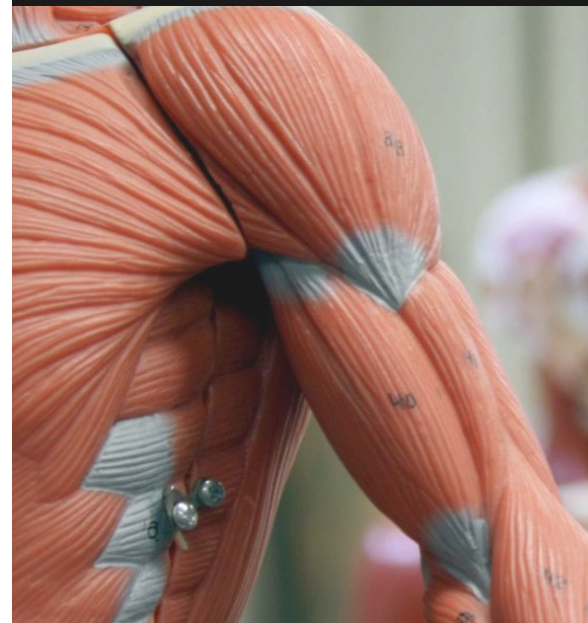
Techniques used in a treatment



# What is Massage Therapy

Massage Therapy is the manipulation of soft tissues of the body including:

- Muscles
- Connective tissues
- Tendons
- Ligaments
- Joints



### Muscles of Thigh: Anterior Views

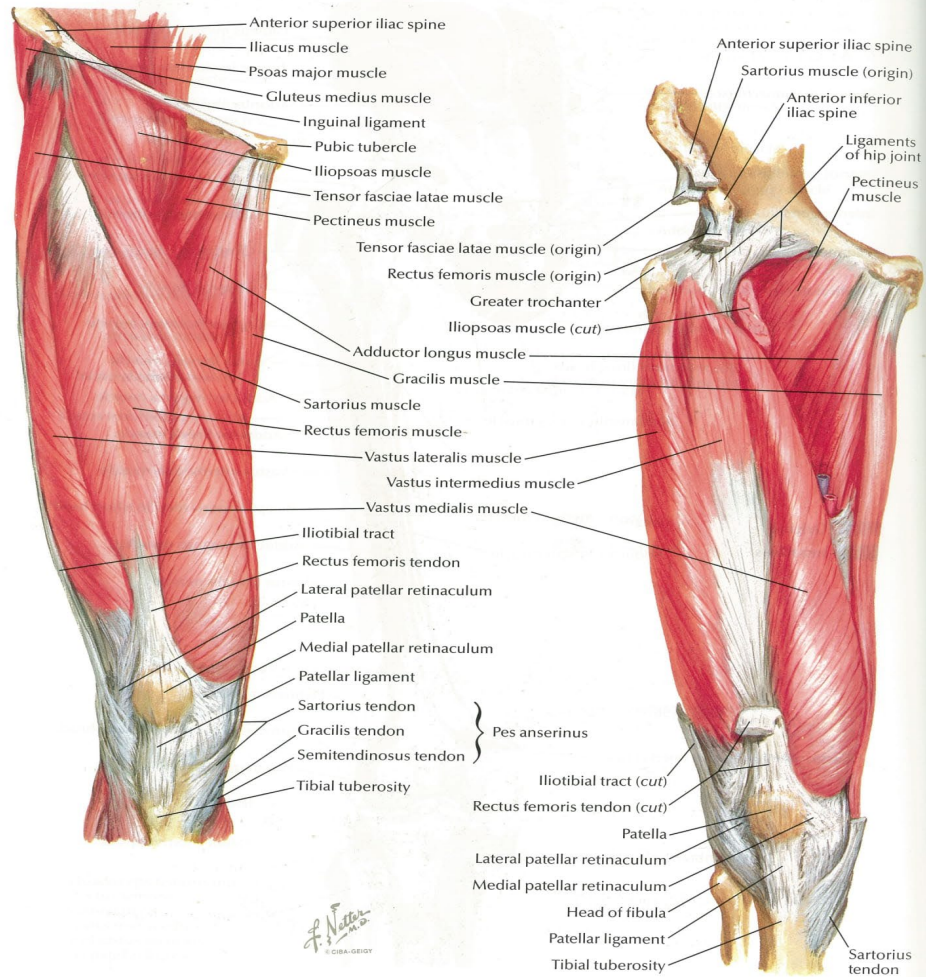
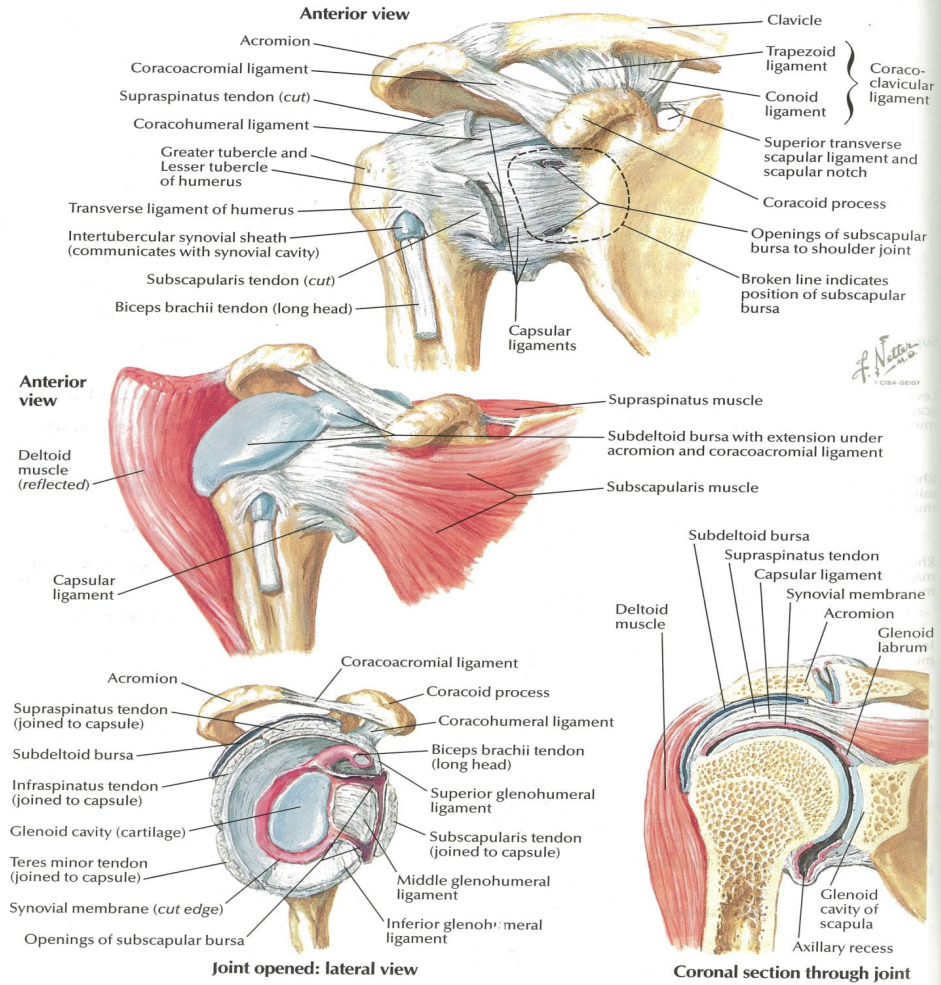


PLATE 462

LOWER LIMB

# Glenohumeral Joint



# Registered Massage Therapist (RMT)

A Registered Massage Therapist (RMT) is an individual who has:

- Successfully completed a competency-based education at a recognized school of massage therapy
- Successfully completed College of Massage Therapists of Ontario's (CMTO) certification exam

The College of Massage Therapists of Ontario (CMTO) is a regulatory body for Registered Massage Therapists (RMTs) in Ontario.





# Massage Therapy Training Program

## Theory classes

- Anatomy
- Anatomy lab
- Functional anatomy
- Physiology
- Systems
- Pathophysiology

## Practical classes

- Massage techniques
- Clinical skills
- Clinical assessment
- Therapeutic exercise
- Hydrotherapy
- Student clinics,  
Specialty clinics,  
Outreach clinics

## Complementary courses

- Nutrition
- Therapeutic relations
- Business
- Massage profession matters

# Conditions Massage Therapy Treats

Massage therapy can prove beneficial to many conditions, including but not limited to the following:

- Anxiety and Depression
- Arthritis
- Asthma and Emphysema
- Cancer
- Carpal tunnel Syndrome
- Chronic Fatigue Syndrome
- Dislocation
- Edema
- Fibromyalgia
- Headaches
- Inflammatory conditions
- Insomnia
- Joint pain
- Lymphoedema
- Multiple sclerosis
- Muscle tension and spasm
- Parkinson's Disease
- Plantar Fasciitis
- Post-surgical rehabilitation
- Post-traumatic Stress Disorder (PTSD)
- Pregnancy & Labour Support
- Sciatica
- Scoliosis
- Sports injuries
- Strains and Sprains
- Stress and stress-related conditions
- Stroke
- Tendinitis
- Whiplash
- Motor vehicle accident cases

# Benefits of Massage Therapy

Massage Therapy offers significant benefits for a variety of conditions and for diverse patient population

- alleviate the musculoskeletal discomfort associated with everyday occupation stresses
- muscular overuse
- physical manifestation of mental distress
- many persistent pain conditions



# Benefits of Massage Therapy

Massage therapy can enhance one's overall well-being and is an important part of a health maintenance plan by:

- Providing relaxation
- Reduce muscle tension
- Relief or reduce pain
- Improve joint mobility
- Improve lymphatic drainage



# Massage Therapy as an Injury Preventative Therapy

Massage Therapy can be used as a part of a preventative care program.

This includes:

- Athletes in training and in competition
- Performers, dancers and musicians
- Ongoing stress management
- Ongoing wellness maintenance for all ages
- Infant massage
- Children and young adult growing pain.



# What to Expect in a Session

In a massage therapy session, patient will:

- complete a confidential health history (if first treatment)
- a short interview.
- orthopedic testing and muscle testing
- complete a sensitive area consent form if necessary
- discuss treatment goals and treatment plan with the RMT
- give informed consent to treatment plan

# Health History Form

## HISTORY FORM

An accurate health history is important to ensure that it is safe for you to receive a massage treatment. All information gathered for this treatment is confidential except as required or allowed by law. Written authorization will be required for release of any information.

A 24-hour cancellation notice is required otherwise a missed appointment fee will be charged. This form must be updated annually.

Given Name: \_\_\_\_\_ Family Name: \_\_\_\_\_  
(To appear on receipt)

Address: \_\_\_\_\_ D.O.B.: MM / DD / YYYY Gender: \_\_\_\_\_

City: \_\_\_\_\_ Prov. \_\_\_\_\_ Post. Code: \_\_\_\_\_ Occupation: \_\_\_\_\_

Tel. Home: \_\_\_\_\_ Do you have a Family Doctor?  Yes  No

Tel. Bus.: \_\_\_\_\_ Doctor/Clinic Name: \_\_\_\_\_

Tel. Cell: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Preferred contact:  Tel. Home  Tel. Bus.  Tel. Cell  Email

Emergency Contact: \_\_\_\_\_

Tel: \_\_\_\_\_ Relation: \_\_\_\_\_

Preferred Name: \_\_\_\_\_

How did you hear about our Sutherland-Chan Clinic?

Friend  Co-worker: \_\_\_\_\_  Health Care Provider: \_\_\_\_\_

Other Sutherland-Chan locations: \_\_\_\_\_  Other: \_\_\_\_\_

Have you received Massage Therapy before?  Yes  No

Are you receiving treatment from other Health Care Providers?

Chiropractic  Physiotherapy  Acupuncture  Naturopathic  Osteopathy  Other: \_\_\_\_\_

Address: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Why are you seeking Massage Therapy today? \_\_\_\_\_

Current Medications/Drugs	Reasons/Indications for medication/drug

**Soft Tissue/Joints** (Please check and specify)  
Side: Left (L), Right (R); Symptoms: Pain (P), Stiffness (St), Numbness (N), Tingling (Ti), Twitching (Tw), Swollen (Sw), Other (O)

	Present	Past
<input type="checkbox"/> neck	_____	_____
<input type="checkbox"/> shoulder	_____	_____
<input type="checkbox"/> upper back	_____	_____
<input type="checkbox"/> mid back	_____	_____
<input type="checkbox"/> low back	_____	_____
<input type="checkbox"/> chest	_____	_____
<input type="checkbox"/> arm/hand	_____	_____
<input type="checkbox"/> hips	_____	_____
<input type="checkbox"/> knees	_____	_____
<input type="checkbox"/> legs/feet	_____	_____

Other current symptoms: \_\_\_\_\_

**Accident/Injury**  
Car Accident  Work Related  Other \_\_\_\_\_  
Date: MM / DD / YY  
Physical Limitations: \_\_\_\_\_

**Surgery**  
Type: \_\_\_\_\_  
Date: MM / DD / YY  
Type: \_\_\_\_\_  
Date: MM / DD / YY  
Type: \_\_\_\_\_  
Date: MM / DD / YY

Do you have any pins / wires / prosthetics?  Yes  No  
Specify: \_\_\_\_\_

**HEALTH HISTORY** Please indicate  conditions you are currently experiencing or have in the past.

Cardiovascular

- high blood pressure
- low blood pressure
- heart attack  
date: MM / DD / YY
- phlebitis / DVT  
date: MM / DD / YY
- stroke / CVA  
date: MM / DD / YY
- pulmonary emboli
- pacemaker / defibrillator
- heart disease
- angina
- chronic cong. heart failure
- swelling of ankles

Respiratory

- chronic cough
- shortness of breath
- bronchitis
- asthma
- emphysema
- pneumonia
- sinus problems

Gastrointestinal

- irritable bowel syndrome
- colitis
- gastroenteritis
- Crohn's disease
- constipation

Reproductive Health

- pregnant  
due date: MM / DD / YY
- gynecological conditions:  
\_\_\_\_\_
- breast pain
- cysts
- breast lift/augment./reduc'n  
date: MM / DD / YY
- menopause
- hysterectomy  
date: MM / DD / YY

Mental Health

- (if comfortable sharing)
- depression
  - anxiety/PTSD
  - other: \_\_\_\_\_

Face, Head & Neck

- tooth/jaw/ear pain or TMJ
- headaches  
type: \_\_\_\_\_
- head trauma  
date: MM / DD / YY
- vision loss
- hearing loss

Infectious Disease

- hepatitis
- infectious skin conditions
- herpes
- tuberculosis
- HIV
- other infection:  
\_\_\_\_\_

Skin

- skin condition  
type: \_\_\_\_\_
- bruise easily
- varicose veins
- athlete's foot
- loss of sensation
- skin irritations

Other Conditions

- positional vertigo
- neurological conditions:  
\_\_\_\_\_
- epilepsy
- diabetes  
type: \_\_\_\_\_  
ins. pump: \_\_\_\_\_
- allergies: \_\_\_\_\_
- anaphylaxis: \_\_\_\_\_
- medical alert bracelet  
condition/allergy: \_\_\_\_\_
- cancer: \_\_\_\_\_
- arthritis  
type: \_\_\_\_\_  
location: \_\_\_\_\_
- haemophilia
- kidney/bladder problems  
type: \_\_\_\_\_
- osteoporosis/osteopenia
- smoker

Overall, how is your general health: \_\_\_\_\_

Is there family history of any of the above conditions, health concerns, allergies or sensitivities (if yes, which?):

\_\_\_\_\_  
\_\_\_\_\_

Any other conditions, health concerns, surgeries (old), accidents (old), or injuries (old) not otherwise listed (if yes, which?):

\_\_\_\_\_  
\_\_\_\_\_

I have read the above information and have stated all my previous and current medical conditions. I take it upon myself to update the massage therapist regarding any changes in my condition. I understand that all massage treatments will be discussed and planned with the massage therapist and will require my informed consent. I understand the 24-hour cancellation policy and agree to pay the missed appointment fee if I cancel within 24 hours preceding my appointment time.

I understand Sutherland-Chan's lateness policy that I am responsible to pay for the time I reserved with the therapist, regardless of the time I arrive and I am ready for my appointment.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

UPDATED (To be revised yearly)

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Health History Form





# Massage Therapy Treatment Techniques

- Effleurage
- Petrissage
- Friction
- Tapotement
- Lymph drainage
- Pressure points
- Stretching



# Summary

## Massage therapists

- Work on muscles, joints and connective tissues
- Treat a wide variety of Musculo-skeletal conditions
- Play an important part of health maintenance
- Provide Preventative care

# Osteopathy

- Definition of Osteopathy
- Objectives of Osteopathy
- History of Osteopathy
- Conditions Osteopathic Manual Practitioners Treat
- Basic Concepts of Osteopathy
- What to Expect in a Treatment Session
- Osteopathic Manual Techniques



# Definition of Osteopathy

## Osteopathy

“Osteome” means structures of all living matters. This includes bones, soft tissue, viscera, veins, arteries etc.

“Pathos” is a Greek word, translated as a profound experience, suffering and emotion which needs to be expressed.

Therefore, Osteopathy is concerned with the whole person, and how that person reacts with both their internal and external environments

# Fascia

Fascia is a thin layer of tissue that covers all our muscles, organs, viscera.

There is a thin film of fluid between fascia to allow mobility.

Nerves, veins and arteries pass through it.

When there is trauma, injury in the area:

- the fascia can be stressed and circulation, nerves cannot effectively supply to the area.
- Adjacent fascia stick together, prevents mobility between tissues

## Superficial Veins and Cutaneous Nerves of Neck

FOR DEEP VEINS OF NECK SEE PLATE 64

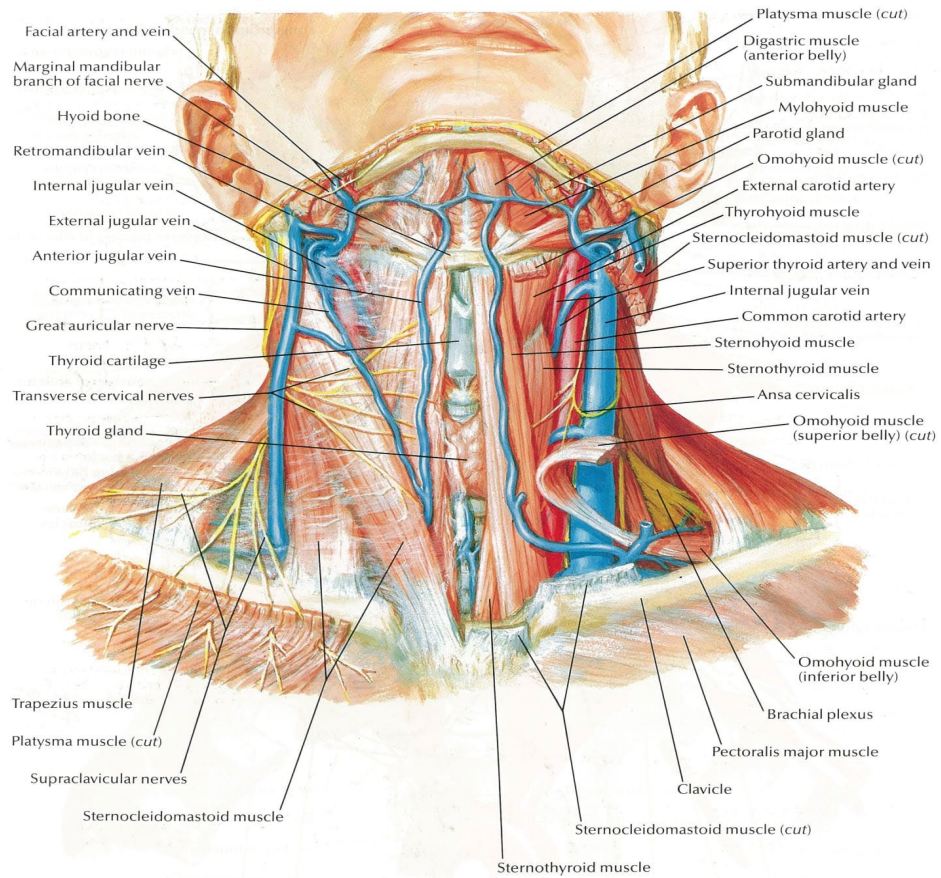
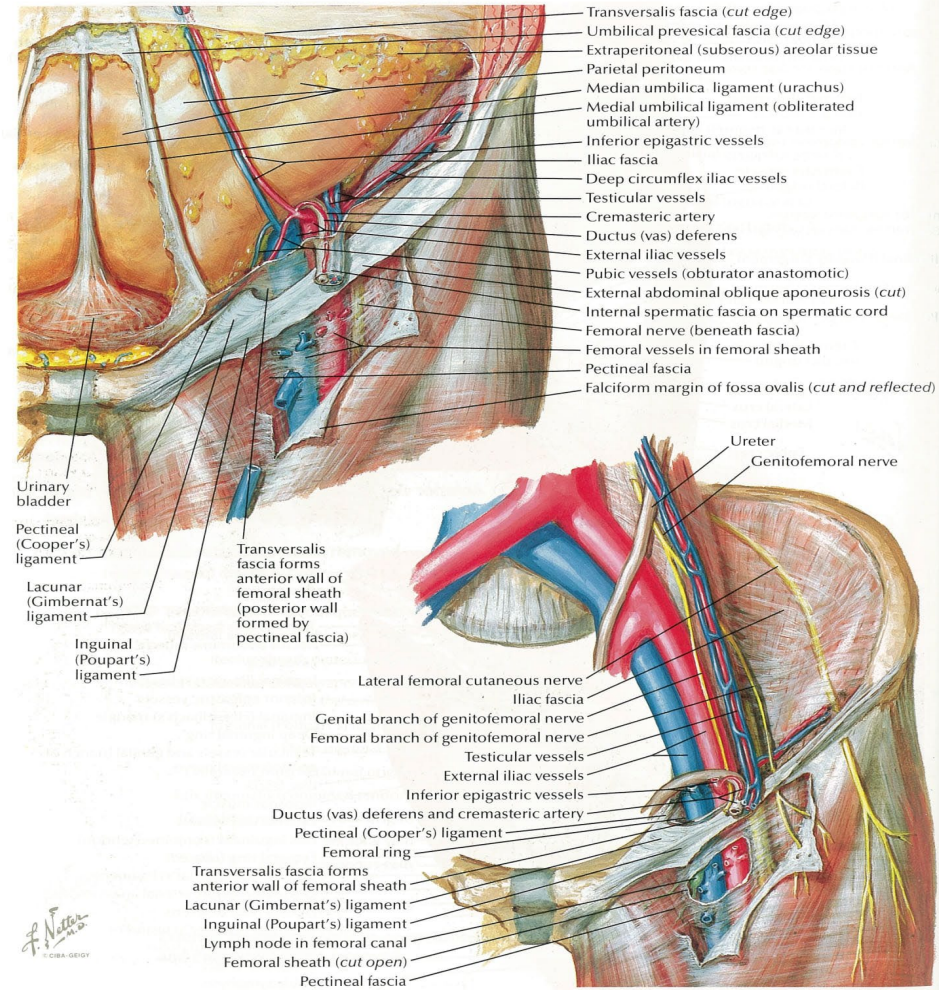


PLATE 26

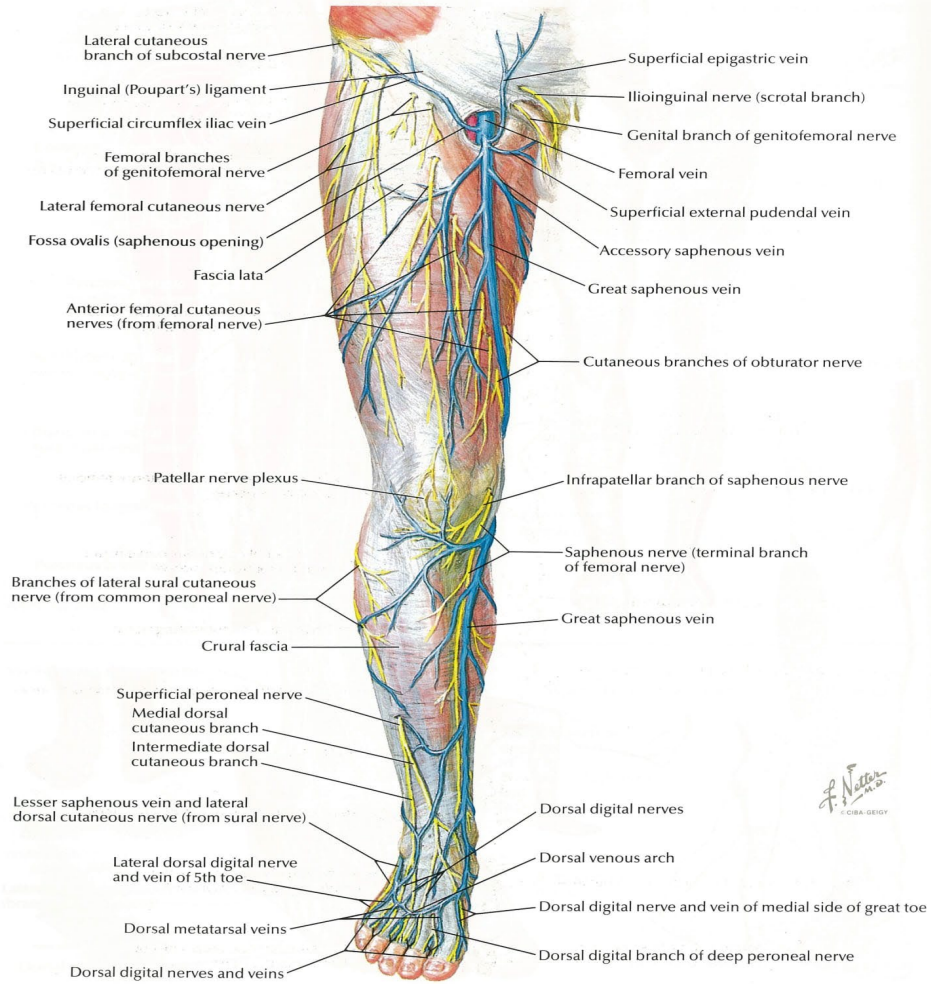
HEAD AND NECK

## Femoral Sheath and Inguinal Canal





## Superficial Nerves and Veins of Lower Limb: Anterior View



# Objective of Osteopathy

The objective of osteopathy is to:

- Restore mobility to each system that is in dysfunction/restriction in the human organism.
- Allow normal inter-relationships between systems.
- Systems achieve health is when normal anatomical and physiological relationship exists.

To achieve this objective:

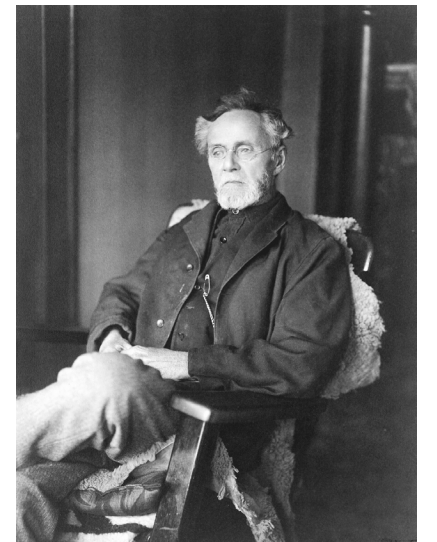
The manual practitioner of osteopathy treats the **cause** of the dysfunction and not the **symptoms**.

# History of Osteopathy

Osteopathy was discovered by Dr. Andrew Taylor Still in 1874. He was a physician and surgeon in Missouri, USA.

Dissatisfied with traditional medicine at that time in North America, he began looking for a new medical model - a safe and effective way to treat patients.

In 1892, Dr. Still founded the American School of Osteopathy in Kirksville, Missouri, USA. Training osteopathic physicians.



# History of Osteopathy - Training in Canada

In the early 1900s, Dr. Martin Littlejohn, and his students brought osteopathy to England and Europe.

In 1981, Phillip Druelle, a French osteopathic manual practitioner brought Osteopathy back to North America

- founded the College d'Etudes Osteopathique in Montreal.
- founded the Canadian College of Osteopathy in Toronto in 1992.

All Canadian trained osteopaths (unlike in US) are manual practitioners

# Conditions Osteopathic Manual Practitioners Treat

Osteopathy is safe and effective treatment for people of all ages.

*AND*

***Osteopath practitioners do not treat conditions, they treat a person with condition***

# Basic Concepts of Osteopathy

The study of osteopathy and its practices are based on the four concepts:

1. The Structure governs the function
2. The natural flow of the body's fluids - lymphatic, vascular and neurological - must be preserved and maintained.
3. The human body is a functional unit, it is the sum of all its parts, the systems do not work independently.
4. When the body has no restrictions, it has the inherent ability to heal itself.

# What to Expect in an Osteopathy Session

In the first session, the patient completes a past medical history with chronological events (30-45 mins.):

1. All injuries, falls, trauma, motor vehicle accidents, fractures, sprains, surgeries, birth, pregnancies.
2. A review of each system: cranial, ENT, dental history, cardiovascular, respiratory, digestive, renal, neurological.
3. General health of the patient - nutrition, sleep pattern, stress, fatigue, emotional status and history.

# Observation

## Posture Assessment:

- Central line of gravity.
- Alignment of the patient
- Position of head, eyes, ears
- Position of shoulder and pelvic girdles
- Areas of tissue tension, vascular abnormalities, swelling.
- Lower limb alignment – knees, arches





# Functional Mobility Tests

1. Walking
2. Standing flexion test
3. Spinal active tests
4. Pelvic tests



# Treatment

Treatment plans are based on

- the interpretation and conclusion of postural and functional tests
- other factors that may contribute to the injury or condition.

Main goal of the **assessment** is to find the **cause** *of the condition*.

The main goal of the **treatment** is to make sure **the systems are mobile**.

# Osteopathic Treatment Techniques

Palpation is the basis of every evaluation and osteopathic treatment techniques.

Every osteopathic technique requires the practitioner, through palpation, to dialogue with the patient's tissues. The practitioner must develop *"thinking, seeing, feeling fingers"*.

# Osteopathic Treatment Techniques

1. Functional techniques
2. Myofascial release
3. Pumping techniques
4. Muscle energy technique
5. Osteoarticular techniques
6. Rhythmic techniques
7. Cranial technique
8. Visceral technique



# Osteopathy in the Cranial Field

Dr. William Garner Sutherland, a student of Dr. Still, discovered Cranial Osteopathy.

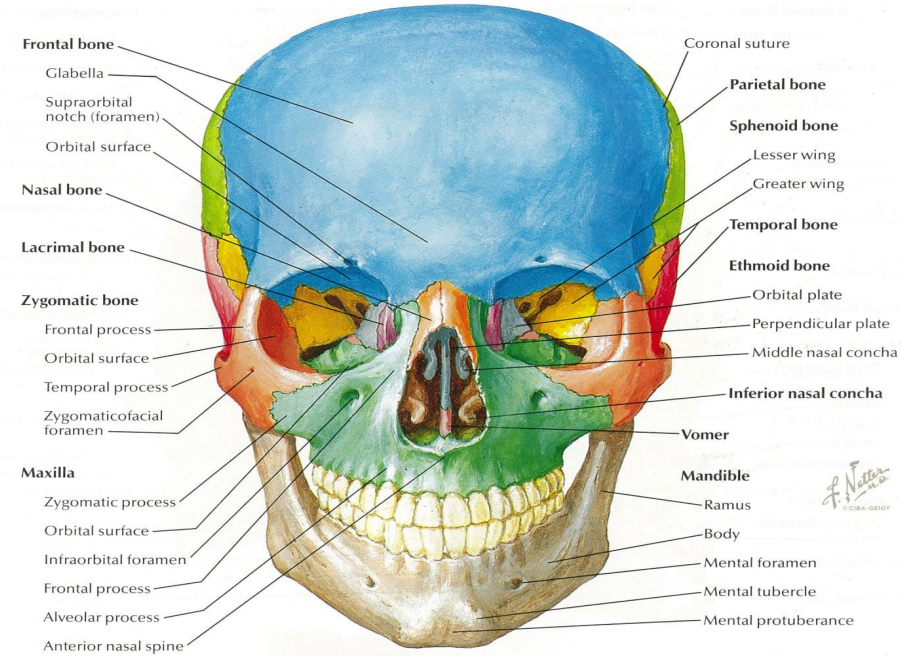


# Cranial Osteopathy

Anatomical components of cranial osteopathy:

- The mobility of the cranial bones
- The fluctuation of the cerebrospinal fluid
- The mobility of the intra-cranial and intra - spinal membranes
- The inherent motility of the brain and spinal cord
- The involuntary motion of the sacrum and ilia
- All the fasciae in the body

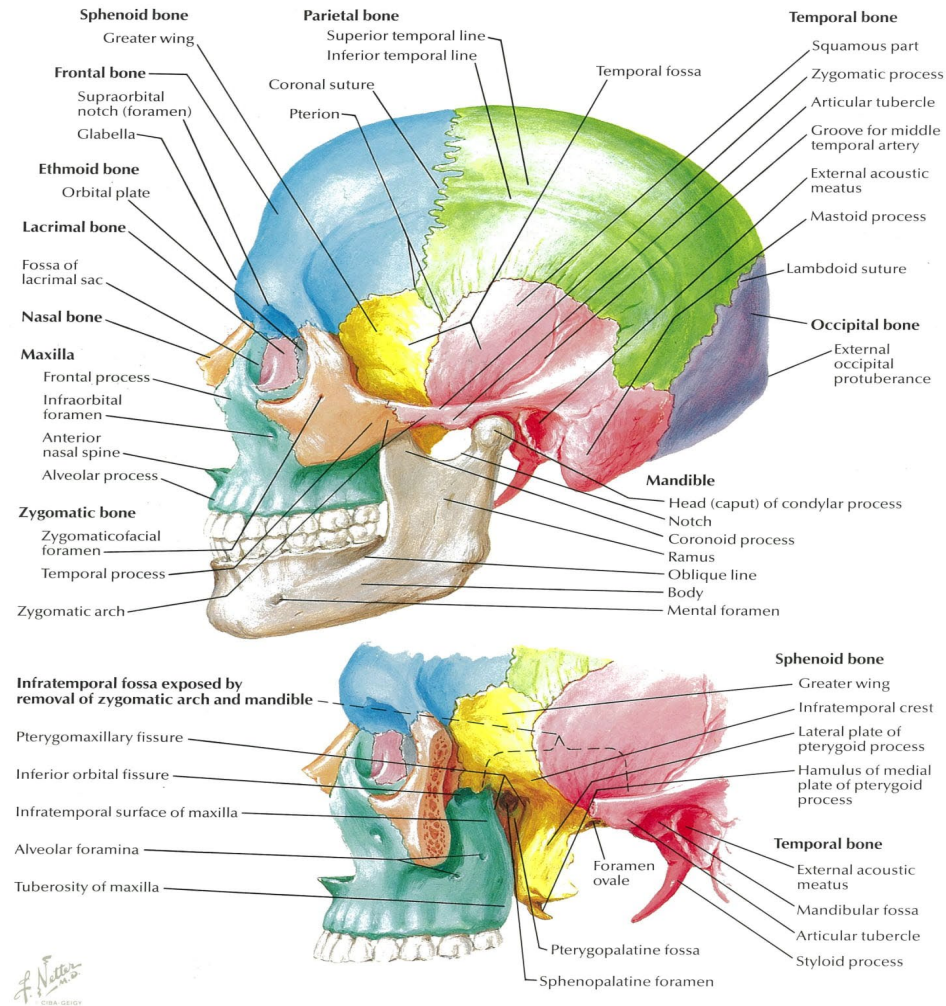
Skull: Anterior View



Right orbit: frontal and slightly lateral view



## Skull: Lateral View





# Calvaria

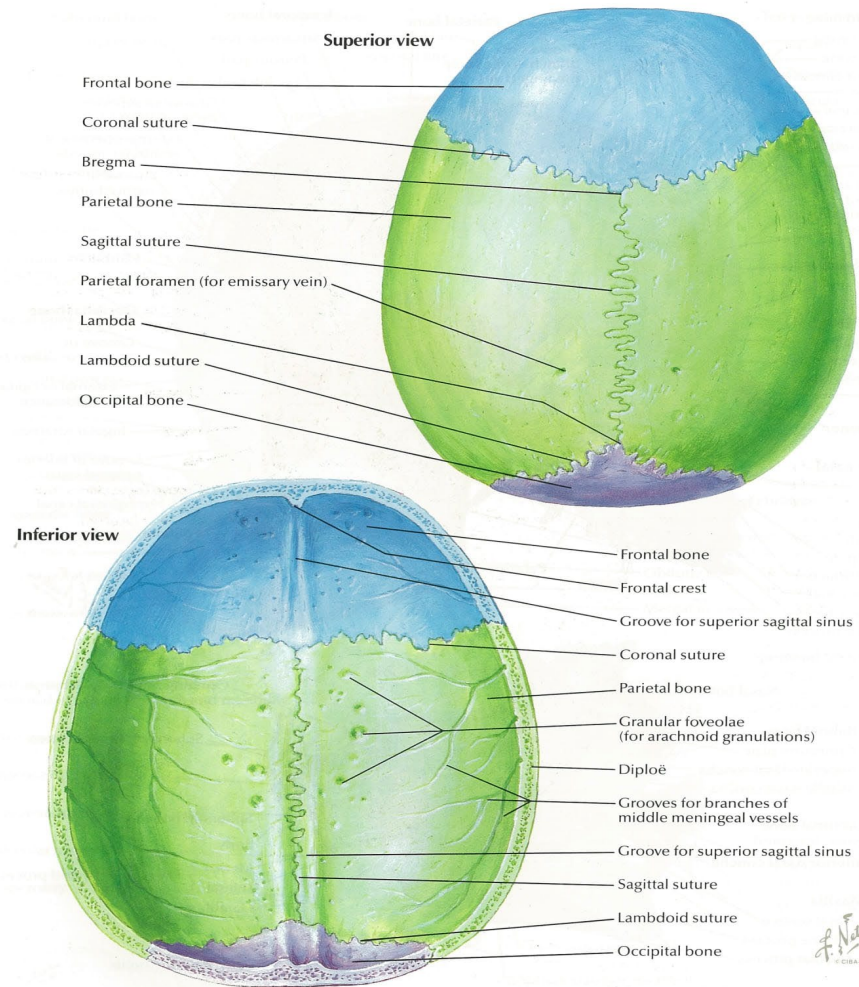
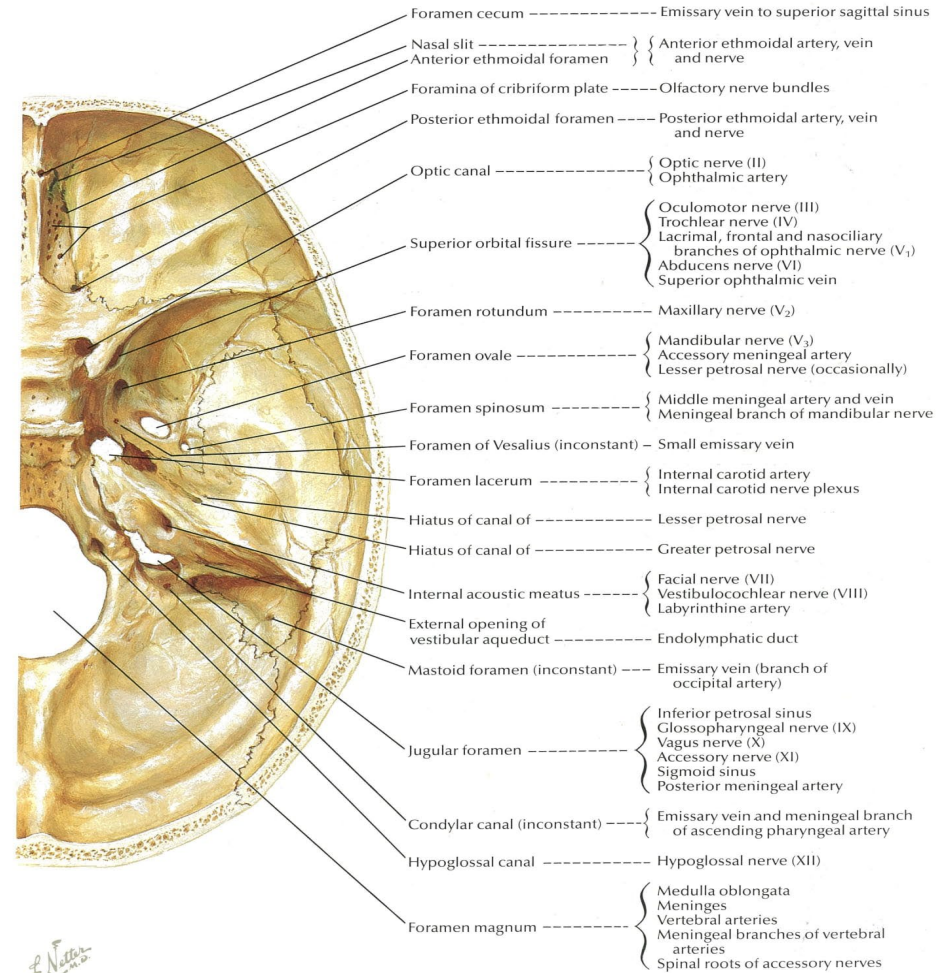


PLATE 4

## Foramina of Cranial Base: Superior View



*A. Netter M.D.*  
© ORA DEIGY

## Cranial Nerves (Motor and Sensory Distribution): Schema

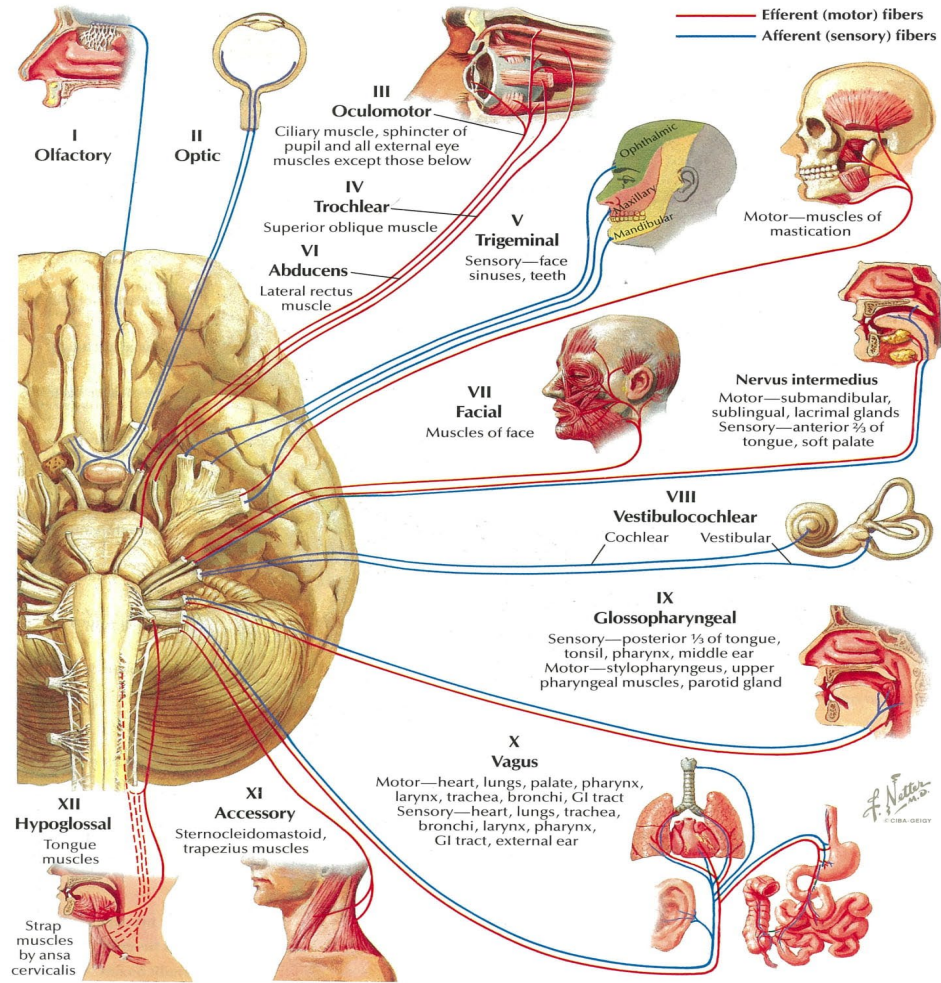
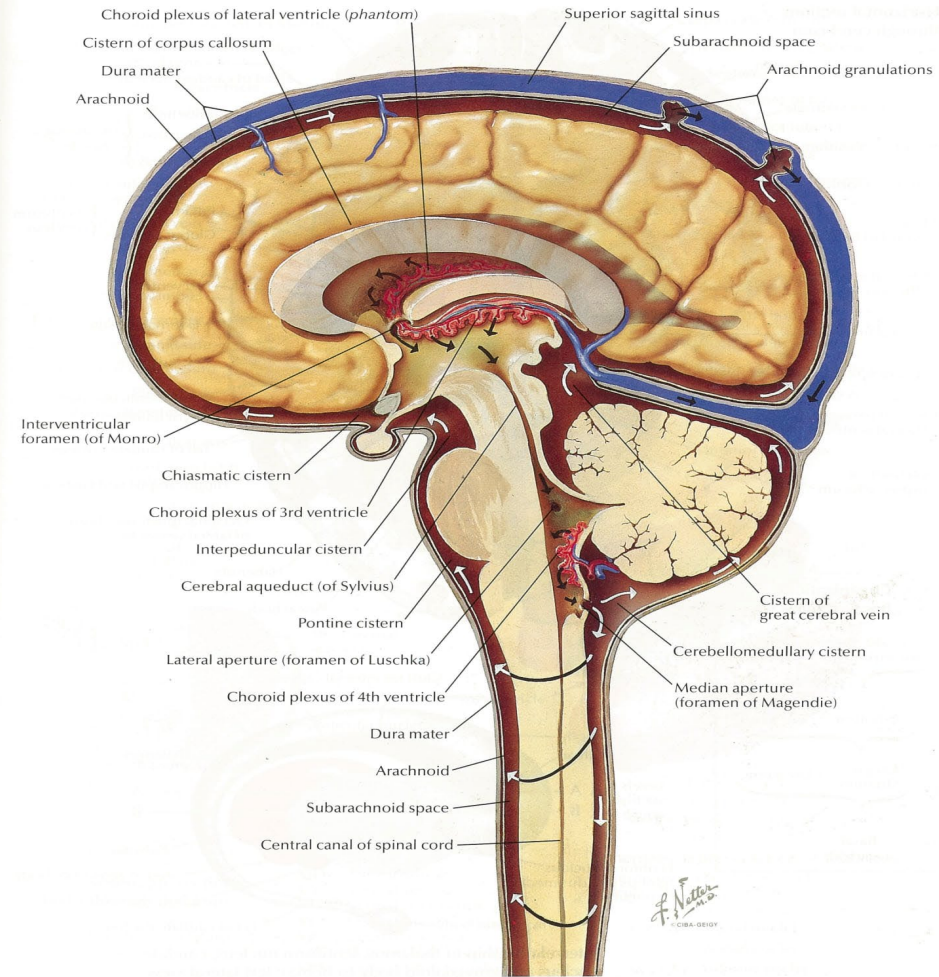


PLATE 112

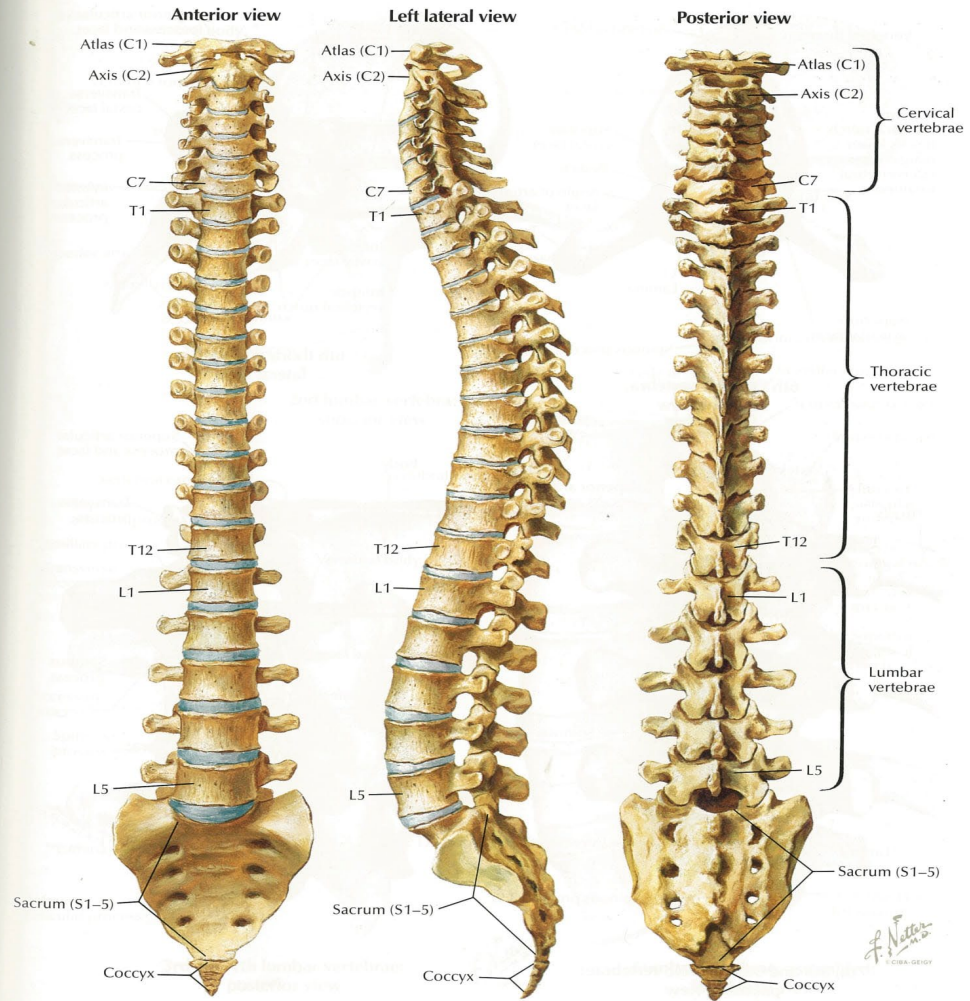
HEAD AND NECK

## Circulation of Cerebrospinal Fluid



# Vertebral Column

SEE ALSO PLATES 9, 12, 13, 143, 144, 145, 170, 231

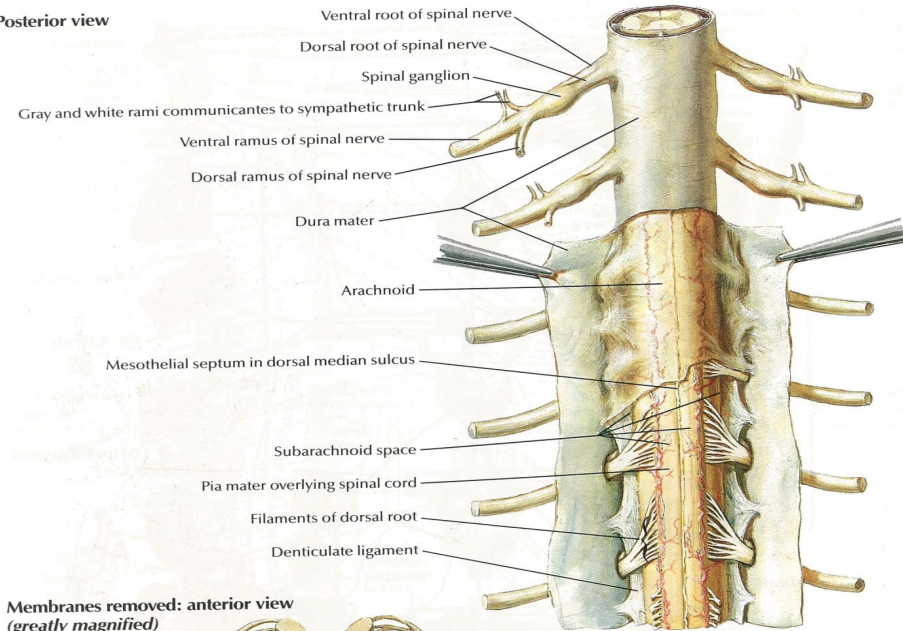


BONES AND LIGAMENTS

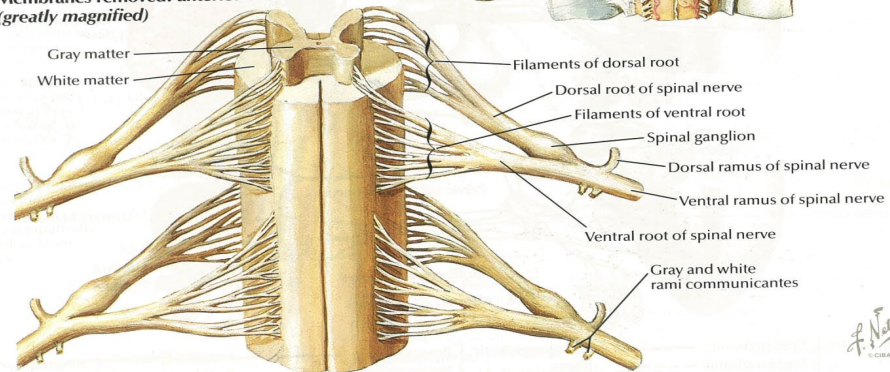
PLATE 142

## Spinal Membranes and Nerve Roots

### Posterior view



### Membranes removed: anterior view (greatly magnified)



# Autonomic Nervous System: Schema

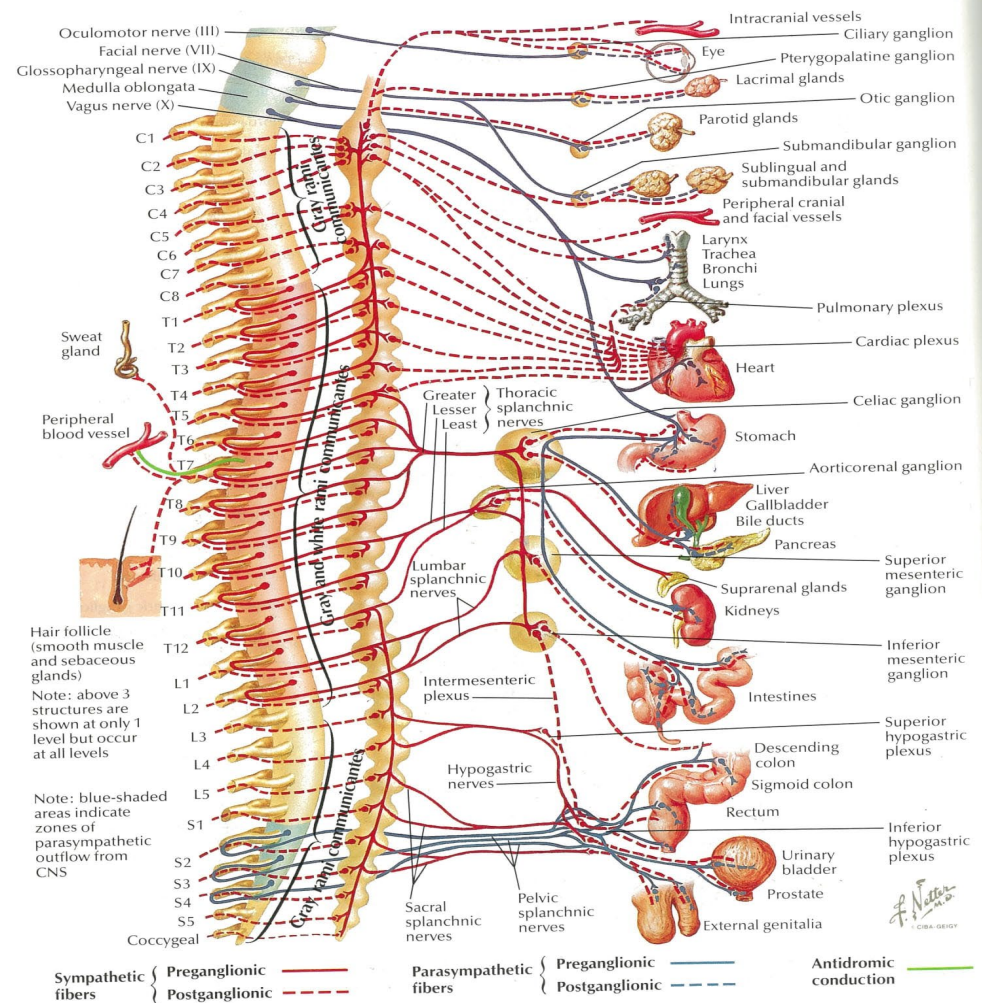


PLATE 153

BACK AND SPINAL CORD

# Visceral Technique

Viscera and organs becomes immobile due to MVA, falls, laparoscopy, surgeries etc.

Visceral technique involves in the normalization of the viscera's position, mobility and motility.

- Heart
- Lungs
- Liver
- Stomach
- Large intestine
- Small intestine
- Spleen
- Pancreas
- Uterus
- Bladder



# Phrenic Nerve

SEE ALSO PLATES 27, 123

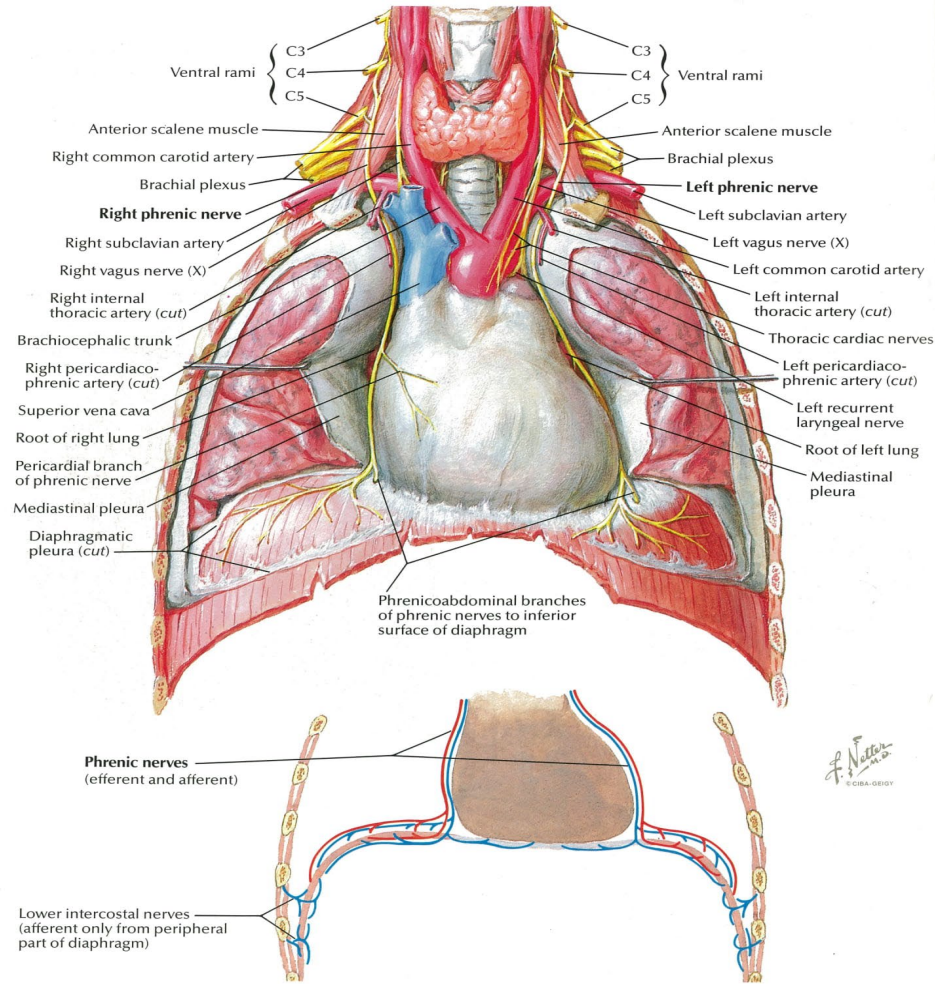
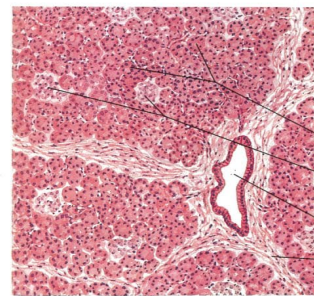
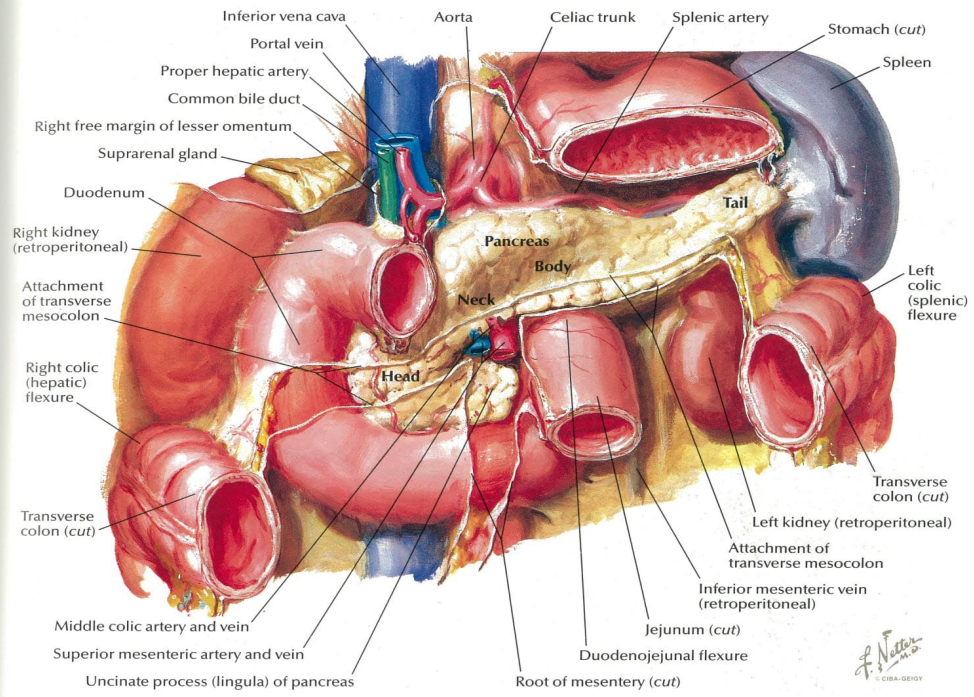


PLATE 182

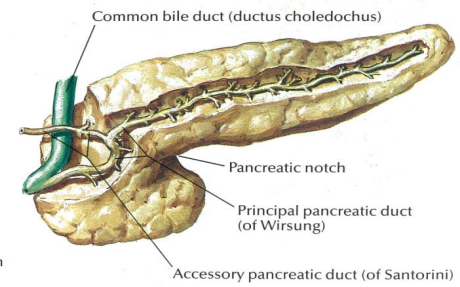
THORAX

## Pancreas In Situ

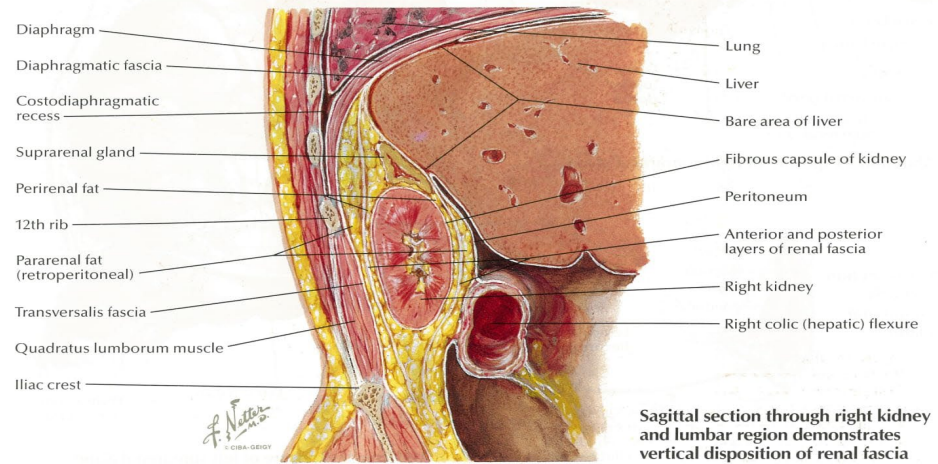
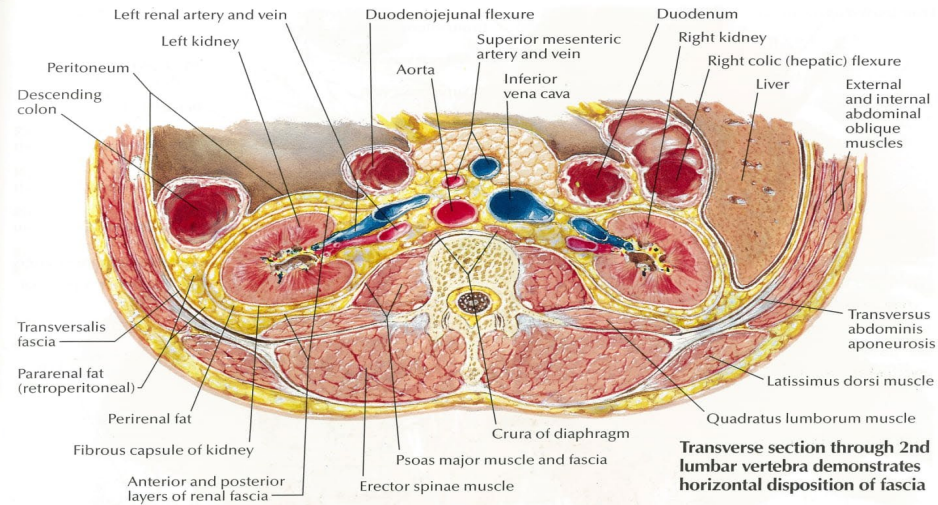


Low-power section of pancreas

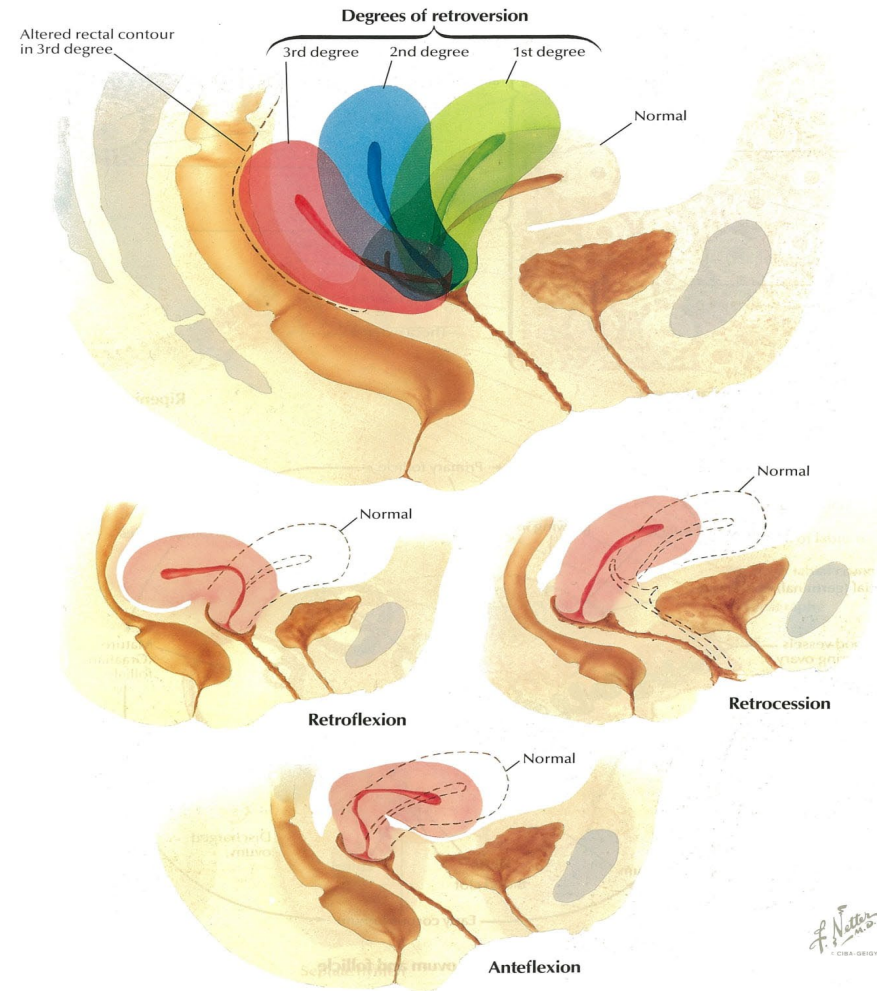
- Alveoli
- Islands (of Langerhans)
- Interlobular duct
- Interlobular septum



## Renal Fascia



## Uterus: Variations in Position

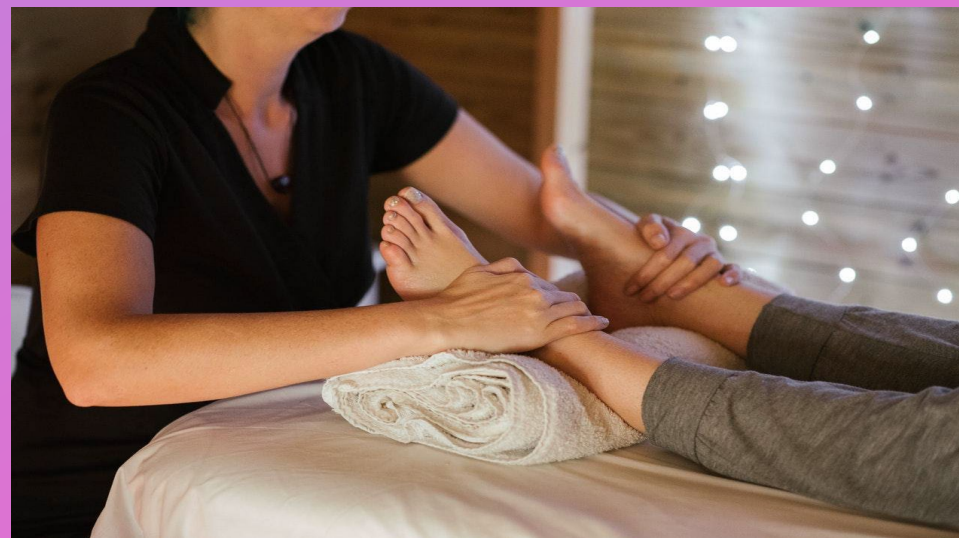


# Summary

## Osteopathic Practitioners

- Do not treat the disease, they treat the person with a disease
- They look for the cause and treat it, not the symptoms
- Treatment goal is to make sure the systems are mobile
- They assist their patient to look for health in their system
- Palpation skill is extremely important

Comparison among  
Massage Therapy  
Osteopathy  
Chiropractic  
Physiotherapy



	<b>Massage Therapy</b>	<b>Osteopathy</b>	<b>Chiropractic</b>	<b>Physiotherapy</b>
Manual Therapy	Yes	Yes	Yes	Yes
Drugless Practitioner	Yes	Yes	Yes	Yes
Entrance Requirement	Grade 13 or equivalent	Health Science Degree	A health Science Degree	A health Science Degree
Training Program	2200 hours full time	5 year part-time plus a thesis	4 years in Toronto, 5 years in Quebec	2 years master degree
Designation	RMT	DOMP	D.C.	PT
Conditions	muscles, tendons, ligaments joints	All systems	Spine, muscle, joints	Muscles, ligaments, tendons, joints
Techniques Used	Massage techniques	Functional techniques, fascial techniques.	Spinal manipulation, soft tissue techniques	Remedial exercises, soft tissue techniques

# Interpretation

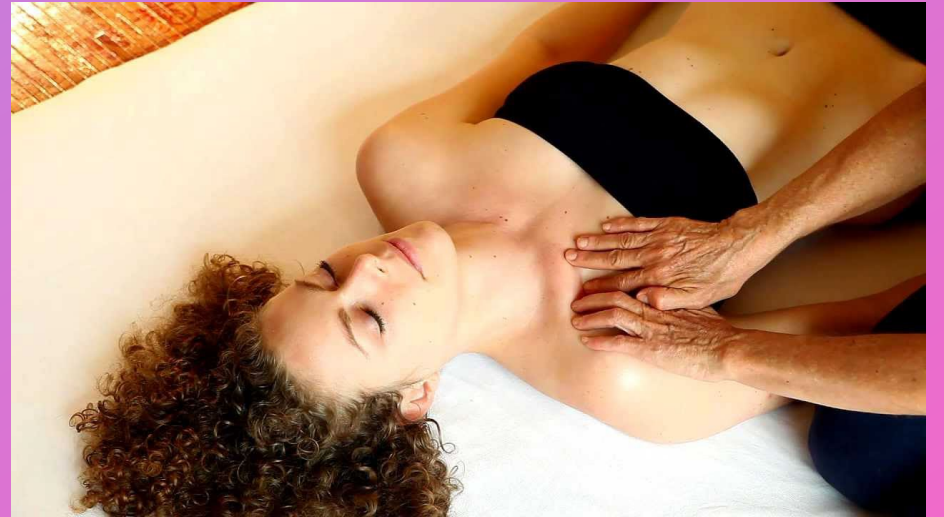




# Interpreter help is most appreciated at the following 4 points in a session

1. Assist in filling out the Health History Form and consent form.
2. Assessment and results.
3. Patient's feedback during treatment – pain, pressure, discomfort.
4. End of session evaluation.

# Terminology



# Terminology list

## **Massage Therapy terminology**

Adhesions

Contractures

Asymmetry

End feel

Supine -prone

Inferior - Superior

Medial - lateral

ROM - range of movement

Kyphotic, lordotic

myofascial

## **Osteopathic terminology**

Lesions

Compactions

Volumetric

Fascial chains

Dura

Strain-counterstrain

Fascial unwinding

Shears, Translation

Vitality, Mobility, Motility

Autoregulation



SUTHERLAND-CHAN<sup>®</sup> CLINIC  
*massage therapy*

Thank you

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