

LESSON 4.1**Understanding Massage and Medical Terminology****Instructor Preparation****Textbook Objectives Covered**

1. Use massage terminology as presented by the Massage Therapy Body of Knowledge (MTBOK).
2. Use medical terminology to identify the three word elements used in medical terms and comprehend unfamiliar medical terms.
3. Use anatomic and physiologic terminology correctly for bones, joints, and muscles.

Massage Therapy Body of Knowledge (MTBOK): Cross-Reference

- Section 210.2: Anatomy and Physiology
- Section 210.3: Kinesiology

Lesson Preparation Checklist

- Prepare lecture from TEACH lecture slides available on Evolve.
- *Mosby's Dictionary of Medicine, Nursing & Health Professions* (multiple copies, if available).
- Assemble materials and supplies needed for each lesson as indicated below.

Materials and Supplies

- clay or modeling material, various colors
- computer
- projector
- removable dot labels

Key Terms

- abbreviations (p. 114)
- assessment (p. 111)
- body, mind, and spirit (p. 111)
- bodywork (p. 111)
- client (p. 111)
- clinical massage (p. 111)
- contraindication (p. 115)
- deep tissue (p. 111)
- deep tissue work/massage (p. 111)
- discipline (p. 111)
- indication (p. 115)
- language (p. 110)
- massage therapist equivalent or related terms (p. 111)
- massage therapy equivalent or related terms (p. 111)
- medical massage (p. 111)
- mobilization (p. 111)
- modality (p. 111)
- motor tone (p. 120)
- muscle tone (p. 120)
- nomenclature (p. 110)
- physical agent (p. 111)
- prefix (p. 113)
- root word (p. 113)
- soft tissues (p. 111)
- special tests (p. 111)
- standards of care (p. 112)
- standards of practice (p. 112)
- suffix (p. 113)
- taxonomy (p. 110)
- technique (p. 112)
- terminology (p. 110)
- therapeutic process (p. 112)
- wellness (p. 112)

Student Preparation**Assignments****3 hours****1 READ – Textbook (pp. 109-112)****READ - Evolve Student Resources**

- Additional Resources: Terminology Defined by the *Massage Therapy Body of Knowledge (MTBOK)*

REVIEW - Evolve Student Resources**CREATE**

- After students have read the MTBOK terminology document, they should pick five terms and create flash cards with the Additional Resources: Terminology Defined by the *Massage Therapy Body of Knowledge (MTBOK)*. Flash cards should be brought to class.