

## Holistic Massage Revision Activity

1. Describe what holistic massage is.

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2. Give 5 benefits of massage.

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3. Describe 'petrissage' massage movements and what they are used for. Give an example of one.

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4. When are 'percussion' movements used? Give an example of 2 types of 'percussion' movements.

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5. Describe what 'total contra-indication' means and give 2 examples.

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6. Describe what 'local contra-indication' means and give 2 examples.

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7. Describe what 'medical contra-indication' means and give 2 examples.

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8. What questioning style encourages the client to respond with a lot of information?  
Give two examples that you might use in a consultation.

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9. What physiological effects does stress have on the body in the:-

a. short term

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b. long term

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10. Give 3 reasons why massage is useful in 'managing' stress.

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11. Give 2 'local' contra indications to massaging the leg/foot.

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12. Give 2 'local' contra indications to massaging the abdomen.

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## Sample Oral Questions

These are examples of questions that you might be asked in the practical exam.

1. What are the general contraindications to massage?

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2. How can you detect a tense/tired muscle? What has caused this tension?

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3. Why is a good knowledge of A&P relevant to massage?

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4. What are the effects of massage?

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5. Why is it necessary to do a thorough consultation before massage?

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6. When doing a consultation, if you discovered a client was very nervous – what would you do?

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7. What movements would you do to alleviate tension in the rhomboids?

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8. How would you approach a client with a lumbar back pain?

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9. What would you do if a client fainted?

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10. What would you do if a client felt dizzy during a massage?

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