



Massage Terms:(n)

([muh-sahzh turmz])

A reference book containing an extensive list of terms, slang, colloquial expressions, and jargon related to the field of massage therapy, designed to assist both students and practitioners



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Abduction (n) - [ab-duhk-shuhn]: The movement of a body part away from the midline of the body.

Acupressure (n) - [ak-yoo-presher]: A therapy that involves applying pressure to specific points on the body, known as acupoints, to relieve pain and promote healing.

Acupuncture (n) - [ak-yoo-puhngk-cher]: A traditional Chinese medicine technique that involves inserting thin needles into specific points on the body to alleviate pain and treat various conditions.

Active Isolated Stretching (n) - [ak-tiv ahy-suh-ley-tid strech-ing]: A stretching technique that involves holding each stretch for a short duration (typically 2 seconds) and performing multiple repetitions, designed to improve flexibility and reduce the risk of injury.

Active Range of Motion (n) - [ak-tiv rey]uhv moh-shuhn]: The range of motion that a person can achieve using their own muscle strength, without assistance from a therapist or other external force.

Active Release Technique (n) - [ak-tiv re-leez tek-neek]: A patented soft tissue treatment that involves applying pressure and movement to release adhesions, reduce pain, and improve mobility.

Adduction (n) - [uh-duhk-shuhn]: The movement of a body part toward the midline of the body.

Adhesion (n) - [ad-hee-zhuhn]: A condition in which two tissues, such as muscle and fascia, become stuck together, often resulting in pain, reduced mobility, and increased risk of injury.

Agonist muscles (n) - [ag-uh-nist]: Muscles that contract to produce a specific movement, working in opposition to antagonist muscles.

Anatomical Position (n) - [an-uh-tom-i-kuhl puh-zish-uhn]: The standard reference position for the body in anatomical descriptions, in which the person is standing upright with the arms at the sides, palms facing forward, and feet together.

Ankylosis (n) - [ang-ki-loh-sis]: The abnormal fusion or immobility of a joint, often caused by chronic inflammation, injury, or disease.



Antagonist muscles (n) - [an-tag-uh-nist]: Muscles that oppose or reverse the action of the agonist muscles, allowing for controlled movement and relaxation.

Anterior (adj) - [an-teer-ee-er]: Referring to the front or forward-facing side of the body.

Aponeurosis (n) - [ap-uh-noo-roh-sis]: A flat, fibrous sheet of connective tissue that attaches muscles to bones or other muscles.

Aromatherapy (n) - [uh-roh-muh-ther-uh-pee]: The use of essential oils extracted from plants to enhance massage and promote physical and emotional well-being.

Ashiatsu (n) - [ah-shee-ah-tsoo]: A type of massage where the therapist uses their feet to apply deep pressure to the client's body.

Axial Loading (n) - [ak-see-uhl lohd-ing]: The application of a compressive force along the longitudinal axis of a body part, often used in massage therapy to improve joint mobility and relieve pain.

Balinese Massage (n) - [bal-uh-nee-z muh-sahzh]: A full-body, deep-tissue massage that combines acupressure, reflexology, and aromatherapy to stimulate circulation and promote relaxation.

Belly of the Muscle (n) - [bel-ee uhv thuh muh-uh]: The thick, central portion of a muscle, which contracts and produces movement.

Bioenergetics (n) - [bahy-oh-en-er-jet-iks]: A form of body-oriented therapy that focuses on the relationship between the body and the mind, addressing emotional issues through physical exercises and body awareness.

Biofeedback (n) - [bahy-oh-feed-bak]: A technique that uses electronic monitoring devices to provide real-time information about physiological processes, such as heart rate and muscle tension, allowing individuals to learn how to control these processes for improved health and well-being.

Biomechanics (n) - [bahy-oh-muh-kan-iks]: The study of the mechanical principles that govern the body's movements, including the forces acting on the musculoskeletal system and the resulting movements and stresses.



Biotensegrity (n) - [bahy-oh-ten-seg-ri-tee]: A concept in biomechanics that describes how the living tissues, such as muscles and bones, are interconnected and work together to maintain structural integrity and produce movement.

Body Mechanics (n) - [bod-ee muh-kan-iks]: The principles of proper body alignment, movement, and posture used by massage therapists and other healthcare professionals to prevent injury and ensure effective treatment.

Bursitis (n) - [ber-sahy-tis]: Inflammation of a bursa, a small, fluid-filled sac that provides cushioning and reduces friction between bones, tendons, and muscles, often resulting in pain, swelling, and reduced mobility.

Chakra (n) - [chak-ruh]: A concept in traditional Indian medicine that refers to energy centers in the body, which can be balanced through various techniques, including massage and energy healing.

Chair Massage (n) - [chair muh-sahzh]: A short, seated massage that focuses on the neck, shoulders, and back while the client remains fully clothed.

Compression (n) - [kuhm-presh-uhn]: A massage technique that involves applying pressure to an area of the body to improve circulation, reduce muscle tension, and promote relaxation.

Concentric contraction (n) - [kuhn-sen-trik]: A type of muscle contraction where the muscle fibers shorten while generating force.

Confidentiality (n) - [kon-fi-duhn-shee-al-i-tee]: The ethical principle of keeping personal information and details of a client's treatment private and secure.

Contraindication (n) - [kon-truh-in-di-key-shuhn]: A condition or factor that makes a particular treatment, such as massage therapy, potentially harmful or inadvisable.

Counterstrain (n) - [koun-ter-streyn]: A manual therapy technique that involves placing a muscle in a shortened position to release tension and reduce pain.

Counter transference (n) - [koun-ter-trans-fer-uhns]: The emotional reaction of a therapist to a client, often reflecting the therapist's unresolved personal issues.



Cranial Osteopathy (n) - [kray-nee-uhl os-tee-op-uh-thee]: A gentle, hands-on therapy that focuses on the subtle movements of the skull and the flow of cerebrospinal fluid to promote overall health and well-being.

Craniosacral Therapy (n) - [krey-nee-oh-sak-ruhl ther-uh-pee]: A gentle, hands-on approach that focuses on the bones of the skull, spine, and sacrum to release tension, promote relaxation, and support the body's natural healing processes.

Cross-Fiber Friction (n) - [kros-fahy-ber frik-shuhn]: A massage technique that involves applying pressure and movement perpendicular to the direction of the muscle fibers, often used to break up scar tissue and adhesions, and promote healing.

Cryotherapy (n) - [krah-yoh-ther-uh-pee]: The use of cold temperatures in the treatment of injuries and various medical conditions, often involving ice packs, cold water immersion, or whole-body cryotherapy chambers.

Cupping Therapy (n) - [kuhp-ing ther-uh-pee]: An ancient therapy that involves placing suction cups on the skin to increase blood flow, release muscle tension, and promote healing.

Deep Tissue Massage (n) - [deep tish-oo muh-sahzh]: A type of massage that focuses on the deeper layers of muscle and connective tissue, using slow, firm strokes and deep pressure to release chronic tension and pain.

Dermatome (n) - [dur-muh-tohm]: An area of skin that is innervated by a single spinal nerve, often used to assess nerve function and diagnose conditions such as nerve compression or radiculopathy.

Diaphragmatic Breathing (n) - [dahy-uh-fram-at-ik bree-th ing]: Deep, slow breathing that involves the expansion and contraction of the diaphragm, often used in relaxation techniques and to promote overall health.

Diastasis Recti (n) - [dahy-uh-stey-sis rek-tahy]: A separation of the rectus abdominis muscles along the midline of the abdomen, often occurring during pregnancy or as a result of excessive abdominal strain.

Dorsiflexion (n) - [dawr-si-flek-shuhn]: The action of bending the foot or hand upward at the ankle or wrist, reducing the angle between the limb and the joint.



Draping(n)- [dray-ping]: The process of covering a massage client's body with sheets or towels to maintain modesty and ensure comfort during treatment.

Eccentric contraction(n)- [ek-sen-trik]: A type of muscle contraction where the muscle fibers lengthen while generating force, often in response to an external load.

Edema(n)- [ih-dee-muh]: Swelling caused by the accumulation of excess fluid in body tissues.

Effleurage(n)- [ef-luh-rahzh]: A massage technique that involves long, gliding strokes to warm up the tissues, increase circulation, and promote relaxation.

Elbow Press(n)- [el-boh pres]: A massage technique where the therapist uses their elbow to apply deep pressure to tight muscles and trigger points.

Elevation(n)- [el-uh-vey-shuhn]: The act of lifting a body part upward, often used in massage therapy to improve circulation, reduce swelling, and promote healing.

Empathy(n)- [em-puh-thee]: The ability to understand and share the feelings of another person, promoting a supportive and compassionate therapeutic relationship.

End Range(n)- [end reyng]: The point at which a joint has reached its maximum range of motion, often used in stretching techniques to improve flexibility.

Epidemiology(n)- [ep-i-dee-mee-ol-uh-jee]: The study of the distribution and determinants of health-related states or events in specific populations.

Ergonomics(n)- [ur-guh-nom-iks]: The study of designing and arranging workspaces and equipment to promote efficiency, safety, and comfort, often used to prevent repetitive strain injuries and other work-related musculoskeletal disorders.

Erythema(n)- [er-uh-thee-muh]: Redness of the skin caused by increased blood flow, often resulting from inflammation, injury, or infection.

Esalen Massage(n)- [es-uh-luhn muh-sahzh]: A type of massage that incorporates long, flowing strokes, gentle rocking, and passive joint movements to promote deep relaxation and body awareness.



Facial Massage (n) - [fey-shuhl muh-sahzh]: A massage technique that focuses on the face, neck, and shoulders to relieve tension and improve circulation.

Fascia (n) - [fash-uh]: A thin layer of connective tissue that surrounds and supports the muscles, organs, and other structures in the body.

Fascial Release (n) - [fash-uhl re-leez]: A massage technique that involves applying sustained pressure to the fascia, the connective tissue that surrounds muscles and organs, to improve flexibility, reduce pain, and promote overall health.

Fascial Stretch Therapy (n) - [fash-uhl strech ther-uh-pee]: A type of bodywork that focuses on stretching and mobilizing the fascia, the connective tissue that surrounds muscles and organs, to improve flexibility, reduce pain, and enhance overall health.

Fasciotomy (n) - [fash-ee-ot-uh-mee]: A surgical procedure that involves cutting the fascia to release pressure and alleviate pain, often performed in cases of compartment syndrome.

Fibromyalgia (n) - [fahy-broh-mahy-al-jee-uh]: A chronic disorder characterized by widespread musculoskeletal pain, fatigue, and tenderness in localized areas, often accompanied by sleep, mood, and memory disturbances.

Fixator muscles (n) - [fik-sey-ter]: Muscles that help stabilize a joint during movement by preventing unwanted or unnecessary movements.

Flexor Tendon (n) - [flek-ser ten-duhn]: A tendon that connects a flexor muscle to the bone, allowing for the bending or flexion of a joint when the muscle contracts.

Friction (n) - [frik-shuhn]: A massage technique that involves rubbing the skin with the fingers or a tool to create heat, stimulate circulation, and break down adhesions.

Functional reversibility (n) - [fuhngk-shuh-nl ri-vur-suh-bil-i-tee]: The ability of a muscle to both lengthen and shorten, allowing it to switch roles as an agonist and antagonist during movement.

Gait Analysis (n) - [geyt uh-nal-uh-sis]: The study of an individual's walking or running patterns to identify biomechanical issues, muscle imbalances, or movement dysfunctions that may be contributing to pain or injury.



Gua Sha (n) - [gwah shah]: A traditional Chinese therapy that involves scraping the skin with a smooth-edged instrument to stimulate blood flow, reduce inflammation, and promote healing.

Gliding (n) - [glahyd-ing]: A massage technique that involves smoothly sliding the hands over the skin, often used to warm up the tissues and increase circulation.

Muscle Testing (n) - [muhs-uhl tes-ting]: A technique used to assess muscle strength and function by applying resistance and observing the body's response, often used in conjunction with manual therapy.

Golgi Tendon Organ (n) - [gohl-jee ten-duhn awr-guh n]: A sensory receptor located within tendons that detects changes in muscle tension, providing feedback to the nervous system to regulate muscle contraction and prevent injury.

Goniometry (n) - [gon-ee-om-i-tree]: The measurement of joint angles using a goniometer, a specialized instrument with two adjustable arms and a protractor-like scale, often used in physical therapy and orthopedic assessments.

Hellerwork (n) - [hel-er-wurk]: A type of bodywork that combines deep tissue massage, movement education, and dialogue to promote self-awareness and improve posture.

Hot Stone Massage (n) - [hot stohn muh-sahzh]: A type of massage that involves placing heated stones on specific points of the body to warm and relax the muscles.

Humerus (n) - [hyoo-mer-uhs]: The long bone in the upper arm that extends from the shoulder joint to the elbow joint.

Hydrocollator (n) - [hahy-druh-kol-uh-ter]: A machine that heats moist heat packs used in massage therapy and physical therapy to help relax muscles and reduce pain.

Hydrotherapy (n) - [hahy-druh-ther-uh-pee]: The use of water in various forms, such as ice, hot packs, and whirlpools, to treat injuries, reduce pain, and promote relaxation.

Hypermobility (n) - [hahy-per-moh-bil-i-tee]: An unusually large range of motion in a joint, which may be caused by factors such as genetics, injury, or laxity of the ligaments, and can sometimes lead to joint instability, pain, or increased risk of injury.



Hypertonicity (n) - [hahy-per-ton-i-si-tee]: An increased level of tension or tone in a muscle, which can result in pain, reduced flexibility, and impaired function.

Indian Head Massage (n) - [in-dee-uhn hed muh-sahzh]: A massage technique that focuses on the head, neck, and shoulders to relieve stress and tension.

Infant Massage (n) - [in-fuhnt muh-sahzh]: A gentle massage technique designed to soothe and relax infants, promote bonding, and support their physical and emotional development.

Infraspinatus (n) - [in-fruh-spahy-nay-tuhs]: A rotator cuff muscle located on the back of the shoulder blade, which helps to externally rotate the arm and stabilize the shoulder joint.

Insertion of a muscle (n) - [in-sur-shuhn]: The point at which a muscle attaches to a bone or tendon, typically the more movable end of the muscle.

Intervertebral Disc (n) - [in-ter-vur-tuh-bruhl disk]: A cartilaginous disc that sits between the vertebrae in the spine, providing cushioning, shock absorption, and flexibility.

Intraoral Massage (n) - [in-truh-awr-uhl muh-sahzh]: A massage technique that involves working on the muscles inside the mouth, often used to treat temporomandibular joint dysfunction (TMJ).

Inversion (n) - [in-vur-zhuhn]: The act of turning the sole of the foot inward, often used in stretching techniques to target specific muscles and improve flexibility.

Ischemia (n) - [is-kee-mee-uh]: Insufficient blood supply to a tissue or organ, often due to a blocked or narrowed blood vessel.

Ischemic Compression (n) - [is-kee-mik kuhm-presh-uhn]: A massage technique that involves applying sustained pressure to a trigger point or area of muscle tension, with the goal of releasing the tightness and improving circulation.

Isometric Contraction (n) - [ahy-suh-me-trik kon-trak-shuhn]: A muscle contraction in which the muscle generates force without changing length, often used in strengthening exercises and manual therapy techniques.

Isotonic contraction (n) - [ahy-suh-ton-ik]: A type of muscle contraction where tension remains constant while the muscle changes length, such as during lifting or lowering movements.



Jin Shin Jyutsu (n) - [jin shin joo-tsoo]: A Japanese healing art that involves applying gentle pressure to specific points on the body to balance energy and promote health.

Joint Mobilization (n) - [joint moh-buh-luh-zey-shuhn]: A manual therapy technique that involves gently moving a joint through its range of motion to improve mobility, reduce pain, and restore function.

Joint Play (n) - [joint plei]: The normal, passive movement that occurs between the bones in a joint, often assessed and treated in manual therapy to improve joint mobility and reduce pain.

Joint Proprioception (n) - [joint proh-pree-oh-sep-shuhn]: The body's ability to sense the position, movement, and forces acting on a joint, providing feedback to the nervous system for coordinating and controlling movement.

Kinesiology (n) - [ki-nee-zee-ol-uh-jee]: The study of human movement, including biomechanics, anatomy, physiology, and neuroscience, often applied in the fields of sports medicine, physical therapy, and exercise science.

Kinetic Chain (n) - [ki-net-ik cheyn]: A concept in biomechanics that describes how the body's muscles, joints, and bones are interconnected and work together to produce movement, with each link in the chain affecting the function of the others.

Lateral Epicondylitis (n) - [lat-er-uhl ep-i-kon-dl-ahy-tis]: A painful condition commonly known as tennis elbow, which occurs when the tendons that attach to the lateral epicondyle of the humerus become inflamed or damaged.

Lateral Flexion (n) - [lat-er-uhl flek-shuhn]: The bending of the spine or other joints to the side, often used in stretching techniques to improve flexibility and range of motion.

Lomi Lomi (n) - [loh-mee loh-mee]: A traditional Hawaiian massage that incorporates long, flowing strokes, joint mobilization, and rhythmic movements to promote relaxation and healing.

Lymphatic Drainage (n) - [lim-fat-ik dreyn-ij]: A gentle massage technique that stimulates the flow of lymph fluid through the body, helping to remove waste products, reduce swelling, and support the immune system.



Lymphedema (n) - [lim-fi-dee-muh]: Swelling caused by a buildup of lymph fluid in the tissues, often occurring in the arms or legs as a result of damage to the lymphatic system due to surgery, radiation therapy, or other factors.

Manual Lymphatic Drainage (n) - [man-yoo-uhl lim-fat-ik dreyn-ij]: A specialized form of lymphatic drainage that uses light, rhythmic strokes to encourage the flow of lymph fluid and reduce swelling.

Massage Oil (n) - [muh-sahzh oil]: A lubricant used during massage to reduce friction and enhance the glide of the therapist's hands on the skin.

Massage Table (n) - [muh-sahzh tey-buhl]: A padded, adjustable table designed specifically for massage therapy, providing comfort and support for the client and allowing the therapist to work effectively.

Motor Unit (n) - [moh-ter yoo-nit]: A single motor neuron and all the muscle fibers it innervates, responsible for controlling muscle contractions.

Muscle Energy Technique (n) - [muhs-uhl en-er-jee tek-neek]: A manual therapy technique that involves using the client's own muscle contractions to improve range of motion and alignment.

Muscle contraction (n) - [muhs-uhl kuhn-trak-shuhn]: The activation of tension-generating sites within muscle fibers to produce force and movement.

Muscle tone (n) - [muhs-uhl tohn]: The continuous and passive partial contraction of muscles at rest, which helps maintain posture and joint stability.

Myofascial Release (n) - [my-oh-fash-uhl re-lees]: A manual therapy technique that involves applying gentle, sustained pressure to the myofascial connective tissue to reduce pain, increase range of motion, and promote overall health.

Myofascial Trigger Point (n) - [my-oh-fash-uhl trig-er point]: A hyperirritable spot in a taut band of skeletal muscle that is painful upon compression and can cause referred pain and other symptoms in other areas of the body.

Myotome (n) - [mahy-uh-tohm]: A group of muscles that are innervated by a single spinal nerve, often used to assess nerve function and diagnose conditions such as nerve compression or radiculopathy.



Myopractic(n) - [mahy-oh-prak-tik]: A bodywork technique that combines elements of massage, chiropractic, and physical therapy to correct structural imbalances and reduce pain.

Myositis(n) - [mahy-uh-sahy-tis]: Inflammation of the muscle tissue, often resulting in pain, swelling, and weakness.

Myotherapy(n) - [mahy-oh-ther-uh-pee]: A form of manual therapy that focuses on the treatment of soft tissue pain and dysfunction.

Neuromuscular Junction(n) - [noor-oh-muhs-kyuh-ler juhngk-shuhn]: The synapse between a motor neuron and a muscle fiber, where nerve signals are transmitted to initiate muscle contraction.

Neuromuscular Reprogramming(n) - [noor-oh-muhs-kyuh-ler ree-proh-gram-ing]: A therapy that focuses on retraining the nervous system and muscles to work together more efficiently, often used to treat pain and improve function in people with chronic pain or movement disorders.

Neuromuscular Therapy(n) - [noo-roh-muhs-kyuh-lur ther-uh-pee]: A specialized form of massage that focuses on the relationship between the nervous system and muscles to relieve pain, improve posture, and enhance movement.

Origin of a muscle(n) - [awr-i-jin]: The point at which a muscle attaches to a bone or tendon, typically the less movable end of the muscle.

Ortho-Bionomy(n) - [awr-tho-bahy-on-uh-mee]: A gentle, non-invasive therapy that involves positioning the body and applying gentle pressure to release muscle tension and improve alignment.

Orthopedic Massage(n) - [awr-thuh-peed-ik muh-sahzh]: A specialized form of massage therapy that focuses on treating pain and dysfunction in the musculoskeletal system, often using a combination of manual therapy techniques and exercise.

Orthotic(n) - [awr-thot-ik]: A device, such as a shoe insert or brace, that provides support or corrects biomechanical imbalances in the body, often used to treat pain and prevent injury.

Osteoarthritis(n) - [os-tee-oh-ahr-thrahy-tis]: A degenerative joint disease characterized by the breakdown of cartilage, leading to pain, stiffness, and loss of mobility.



Osteopathic Manipulative Treatment (n) - [os-tee-uh-path-ik muh-nip-yuh-luh-tiv tree-tment]: A hands-on therapy used by osteopathic physicians (DOs) to diagnose, treat, and prevent illness or injury by manipulating the body's musculoskeletal system.

Palpation (n) - [pal-pey-shuhn]: The process of using the hands to examine and assess the body's tissues, including muscles, tendons, and ligaments, to identify areas of tension, pain, or dysfunction.

Paresthesia (n) - [par-es-thee-zhuh]: An abnormal sensation, such as tingling, numbness, or burning, that can be caused by nerve compression or irritation.

Passive Range of Motion (n) - [pas-iv rey-nj uhv moh-shuhn]: The movement of a joint through its full range of motion without the use of muscle contraction, often used in massage and physical therapy to assess joint flexibility and mobility.

Pectoralis Major (n) - [pek-tuh-ral-is mey-jer]: A large muscle in the chest that helps to move the arm across the body, rotate the arm inward, and adduct the arm.

Peroneal Tendon (n) - [puh-roh-nee-uhl ten-duhn]: A tendon that connects the peroneal muscles to the bones of the foot, allowing for eversion (turning the sole of the foot outward) and stabilization of the ankle joint.

Periosteal Massage (n) - [per-ee-os-tee-uhl muh-sahzh]: A massage technique that focuses on the connective tissue surrounding the bones, often used to relieve pain and promote healing in injured areas.

Periosteum (n) - [per-ee-os-tee-uhm]: The thin, fibrous membrane that covers the outer surface of a bone, providing a rich blood supply and serving as an attachment point for tendons and ligaments.

Petrissage (n) - [pe-tri-sahzh]: A massage technique that involves kneading, squeezing, and rolling the muscles to improve circulation and release tension.

Physiology (n) - [fiz-ee-ol-uh-jee]: The branch of biology that deals with the functions and activities of living organisms, including the physical and chemical processes involved in maintaining life.



Pin and Stretch (n) - [pin and strech]: A massage technique that involves applying pressure to a muscle while simultaneously stretching it, to increase flexibility and reduce tension.

Piriformis (n) - [pih-rih-fawr-mis]: A small, deep muscle in the buttocks that helps to rotate the hip and stabilize the sacroiliac joint, often implicated in sciatic pain.

Plantar Fasciitis (n) - [plan-ter fash-ee-eye-tis]: A painful condition involving inflammation of the plantar fascia, the thick band of tissue that runs along the bottom of the foot and connects the heel bone to the toes.

Plantar Flexion (n) - [plan-ter flek-shuhn]: The act of pointing the toes downward, as when standing on tiptoes, involving the contraction of the calf muscles and movement at the ankle joint.

Positional Release Therapy (n) - [puh-zish-uh-nl re-lees ther-uh-pee]: A gentle therapy that involves placing the body in a position of comfort to release muscle tension and reduce pain.

Posterior (adj) - [po-steer-ee-er]: Referring to the back or rear-facing side of the body.

Postural Assessment (n) - [pos-cher-uhl uh-ses-muhnt]: The process of evaluating a client's body alignment, muscle imbalances, and movement patterns to determine the cause of pain or dysfunction.

Posture (n) - [pos-cher]: The position and alignment of the body and its parts in relation to one another, influenced by muscle tone, joint mobility, and skeletal structure.

Prenatal Massage (n) - [pree-neyt-l muh-sahzh]: A gentle massage technique designed for pregnant women to relieve discomfort, reduce stress, and promote overall well-being.

Pressure Point (n) - [presh-er point]: A specific area on the body where pressure is applied to alleviate pain, release tension, or improve circulation.

Professional boundaries (n) - [pruh-fesh-uh-nl boun-duh-reez]: The ethical and legal limits that define the scope of a practitioner's responsibilities and protect both the practitioner and client from harm or exploitation.

Prone (adj) - [prohn]: A position in which a person lies face-down, with their ventral side towards the support surface.



Proprioceptive Neuromuscular Facilitation (n) - [pruh-pree-oh-sep-tiv noor-oh-muhs-kyuh-ler fuh-sil-i-tey-shuhn]: A stretching technique that involves contracting and relaxing the muscles being stretched to improve flexibility and range of motion.

Pulsing (n) - [puhl-sing]: A rhythmic, rocking massage technique that gently moves the client's body to promote relaxation and release tension.

Quadratus Lumborum (n) - [kwah-drah-tuhs luhm-bohr-uhm]: A deep muscle in the lower back that helps to stabilize the spine and pelvis and assists with side bending and extension of the spine.

Qigong (n) - [chee-gong]: A Chinese healing practice that involves gentle movement, meditation, and breathwork to cultivate and balance the body's vital energy, or qi.

Range of Motion (n) - [reynj uhv moh-shuhn]: The full movement potential of a joint, usually defined in terms of the degrees of flexion and extension possible.

Range of Motion Assessment (n) - [reynj uhv moh-shuhn uh-ses-muhnt]: A process used by therapists to evaluate the flexibility and mobility of a joint, by measuring the degrees of movement in various directions, and identifying limitations or restrictions.

Reciprocal Inhibition (n) - [ri-sip-roh-kuhl in-hi-bish-uhn]: A neuromuscular principle that states when a muscle on one side of a joint contracts, the opposing muscle on the other side of the joint relaxes.

Rectus Abdominis (n) - [rek-tuhs ab-duh-muh-nis]: A long, flat muscle that runs vertically along the front of the abdomen, responsible for flexing the trunk and providing core stability.

Rectus Femoris (n) - [rek-tuhs fem-uh-ris]: One of the four quadriceps muscles, located in the front of the thigh, responsible for extending the knee and flexing the hip.

Referred Pain (n) - [ri-furd peyn]: Pain that is felt in an area of the body other than the site of the actual injury or dysfunction, often due to the interconnectedness of the nervous system.

Reflexology (n) - [ri-flek-sol-uh-jee]: A therapy that involves applying pressure to specific points on the hands, feet, or ears to promote relaxation, reduce pain, and support the body's natural healing processes.



Reiki (n) - [ray-kee]: A form of energy healing that involves placing the hands on or near the body to channel healing energy and promote relaxation, stress reduction, and well-being.

Restorative Yoga (n) - [ri-stawr-uh-tiv yoh-guh]: A gentle form of yoga that uses props and support to facilitate deep relaxation and promote healing.

Retinacula (n) - [ret-ih-nak-yuh-luh]: Bands of fibrous tissue that hold tendons close to a joint, preventing them from bowing outward during movement.

Rolfing (n) - [rawl-fing]: A type of structural integration that involves deep tissue manipulation and movement education to improve posture, alignment, and overall well-being.

Sacroiliac Joint (n) - [sak-roh-il-ee-ak joint]: The joint where the sacrum, or triangular bone at the base of the spine, connects to the two ilium bones of the pelvis, often a source of low back pain and dysfunction.

Sciatica (n) - [sahy-at-i-kuh]: A condition characterized by pain, numbness, and weakness in the lower back, buttocks, and legs, often caused by compression or irritation of the sciatic nerve.

Scoliosis (n) - [skoh-lee-oh-sis]: A lateral curvature of the spine, which may be congenital, neuromuscular, or idiopathic in origin, and can result in pain, reduced mobility, and breathing difficulties.

Serratus Anterior (n) - [sehr-ey-tuhs an-tee-ree-or]: A muscle that runs along the side of the chest, attaching the ribs to the scapula, and responsible for stabilizing and protracting the scapula, as well as assisting in upward rotation.

Shiatsu (n) - [shee-aht-soo]: A Japanese massage technique that involves applying pressure to specific points on the body using the fingers, thumbs, and palms to promote healing and balance.

SOAP notes (n) - [sohp]: A method of documentation used by healthcare professionals to record information about a client's treatment, including subjective observations, objective findings, assessments, and plans for future care.

Soft Tissue (n) - [sawft tish-oo]: The muscles, tendons, ligaments, and fascia that connect, support, and surround the body's bones and organs.



Somatic Experiencing (n) - [soh-mat-ik ik-speer-ee-uhn-sing]: A body-oriented therapy that focuses on resolving the effects of trauma and stress through the development of body awareness and self-regulation.

Spasm (n) - [spaz-uhm]: An involuntary and sudden contraction of a muscle, which can cause pain and limit movement.

Sports Massage (n) - [spawrts muh-sahzh]: A specialized form of massage therapy that focuses on enhancing athletic performance, preventing injury, and promoting recovery.

Strain (n) - [streyn]: An injury to a muscle or tendon caused by overstretching or overuse, often resulting in pain, swelling, and reduced mobility.

Structural Integration (n) - [struhk-cher-uhl in-ti-grey-shuhn]: A bodywork technique that aims to improve posture and alignment by manipulating the fascia and soft tissues of the body.

Supine (adj) - [soo-pahyn]: A position in which a person lies face-up, with their dorsal side towards the support surface.

Swedish Massage (n) - [sweed-ish muh-sahzh]: A popular type of massage therapy that involves a combination of techniques, including effleurage, petrissage, and tapotement, to promote relaxation, improve circulation, and relieve muscle tension.

Synergistic muscles (n) - [sin-er-jis-tik]: Muscles that work together with agonist muscles to facilitate a movement, often by stabilizing a joint or assisting with the primary action.

Tapotement (n) - [tah-poht-muhnt]: A massage technique that involves rhythmic tapping, pounding, or cupping movements to stimulate circulation and relax muscles.

Temporomandibular Joint (n) - [tem-puh-roh-man-dib-yuh-ler joint]: The joint that connects the lower jaw (mandible) to the temporal bone of the skull, often a source of pain and dysfunction in cases of temporomandibular joint disorder (TMJ or TMD).

Tendinitis (n) - [ten-duh-nahy-tis]: Inflammation of a tendon, often caused by overuse or injury, which can be treated with massage therapy to reduce pain and promote healing.

Tensegrity (n) - [ten-seg-ri-tee]: A concept in biomechanics that describes how tension and compression forces are balanced within the body's structural framework.



Tensor Fasciae Latae (n) - [ten-ser fash-ee-ee ley-tee]: A muscle located on the side of the hip, responsible for flexing, abducting, and internally rotating the hip joint, as well as stabilizing the pelvis during walking and running

Thai Massage (n) - [tahy muh-sahzh]: A traditional massage technique from Thailand that combines acupressure, assisted yoga stretches, and compression to promote flexibility, relaxation, and energy balance.

Therapeutic Exercise (n) - [ther-uh-pyoo-tik ek-ser-sahyz]: Physical activities designed to improve strength, flexibility, balance, and overall health, often used in conjunction with manual therapy to treat pain and dysfunction.

Therapeutic Massage (n) - [ther-uh-pyoo-tik muh-sahzh]: A general term for massage techniques that are designed to treat specific conditions, reduce pain, and promote overall health and well-being.

Thermotherapy (n) - [thur-moh-ther-uh-pee]: The therapeutic use of heat to alleviate pain, reduce inflammation, and promote healing in soft tissues.

Thoracic Outlet Syndrome (n) - [thuh-ras-ik ou-tlit sin-drohnm]: A group of disorders that occur when the blood vessels or nerves in the space between the collarbone and the first rib (thoracic outlet) become compressed, causing pain, numbness, and weakness in the shoulder, arm, and hand.

Tissues (n) - [tish-oos]: Groups of cells that are similar in structure and function, forming the structural material of animals and plants.

Traction (n) - [trak-shuhn]: The application of force to gently stretch and decompress the joints and soft tissues, often used in massage and physical therapy to relieve pressure and reduce pain.
2. A therapy that involves gently pulling on a body part to stretch the surrounding soft tissues and create space in the joint, often used to relieve pressure on nerves and reduce pain.

Transference (n) - [trans-fur-uhns]: The unconscious redirection of a client's feelings and emotions toward the therapist, often based on past relationships or experiences.

Transverse Friction Massage (n) - [trans-vurs frik-shuhn muh-sahzh]: A massage technique that involves applying deep, cross-fiber pressure to break up adhesions and promote healing in tendons and ligaments.



Transverse Plane (n) - [trans-vurs pleyn]: An imaginary horizontal plane that divides the body into superior (upper) and inferior (lower) sections, often used in anatomical and biomechanical descriptions.

Trigger Point (n) - [trig-er point]: A tight, sensitive area within a muscle that can cause pain and discomfort when compressed.

Trigger Point Chart (n) - [trig-er point chahrt]: A visual representation of the locations of common trigger points in the body, used by massage therapists to identify and treat areas of pain and tension.

Trigger Point Therapy (n) - [trig-er point ther-uh-pee]: A massage technique that involves applying direct pressure to trigger points in the muscles to alleviate pain and improve function.

Undulation (n) - [uhn-juh-ley-shuhn]: A wave-like motion or rhythmical movement, often used in massage therapy to promote relaxation and release tension.

Vagus Nerve (n) - [vey-guhs nurv]: The tenth cranial nerve, which plays a key role in regulating the body's autonomic nervous system, including heart rate, digestion, and respiration, and has been linked to various relaxation and healing techniques.

Vertebral Column (n) - [vur-tuh-bruhl kohl-uhm]: The series of vertebrae that extend from the skull to the pelvis, forming the spine and providing support and protection for the spinal cord.

Vibration (n) - [vahy-brey-shuhn]: A massage technique that involves rapidly shaking or oscillating the body or a body part to stimulate circulation, relax muscles, and promote healing.

Vibrational Healing (n) - [vahy-brey-shuhn-ul hee-ling]: A therapy that uses sound, vibration, and energy to promote relaxation, balance, and well-being.

Visceral Manipulation (n) - [vis-er-uhl muh-nip-yuh-ley-shuhn]: A gentle, hands-on therapy that focuses on the internal organs and their surrounding connective tissue, aiming to improve organ function, alleviate pain, and promote overall health.

Visceral Massage (n) - [vis-er-uhl muh-sahzh]: A type of bodywork that focuses on the internal organs and their surrounding connective tissue to improve function and promote overall health.



Watsu (n)- [wah-tsoo]: A type of aquatic bodywork that combines elements of massage, joint mobilization, and stretching while the client is supported in warm water.

Wellness (n)- [wel-nis]: A state of complete physical, mental, and social well-being, achieved through the active pursuit of a healthy lifestyle and the prevention or management of disease.

Zero Balancing (n)- [zeer-oh bal-uhn-sing]: A bodywork technique that combines principles of Western science and Eastern energy healing to promote balance, alignment, and well-being by working with the body's structural and energy systems.

