

Massage Therapy Career Information



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Reflexology – a technique that uses pressure to points on the feet, hands and ears thought to correspond, or "reflex," to all areas of the body.

Shiatsu (also called acupressure) – a Japanese system of applying finger pressure to specific points that lie along specific meridians.

Sports Massage – a kind of massage therapy that focuses on muscle systems relevant to a particular sport. It involves different massage approaches while an athlete is in training, during sports activity and after a sport event.

Swedish Massage – a system of long strokes, kneading and friction techniques on the more superficial layers of the muscles, combined with active and passive movements of the joints. The four strokes of Swedish massage are effleurage, petrissage, friction and tapotement.

Tandem – a massage in which two therapists work on one client at the same time, sometimes called four hands massage.

Tapotement – a Swedish massage technique executed with cupped hands, fingers or the edge of the hand with short, alternating taps to the client.

Thai Massage – a technique in which the therapist uses his or her body to move the massage recipient into a series of poses, and includes muscle compression, joint mobilization, and acupressure.

Trigger Point – irritated area in muscle fibers that when compressed may elicit pain or a twitching response.

Trigger Point Therapy (also known as Myotherapy or Myofascial Therapy) – a method that applies concentrated finger pressure to trigger points to break cycles of spasm and pain.

Tui Na – a traditional Chinese technique that stimulates acupuncture points by brushing, kneading, rolling and pressing areas between joints.

Definitions obtained from www.amtanmassage.com