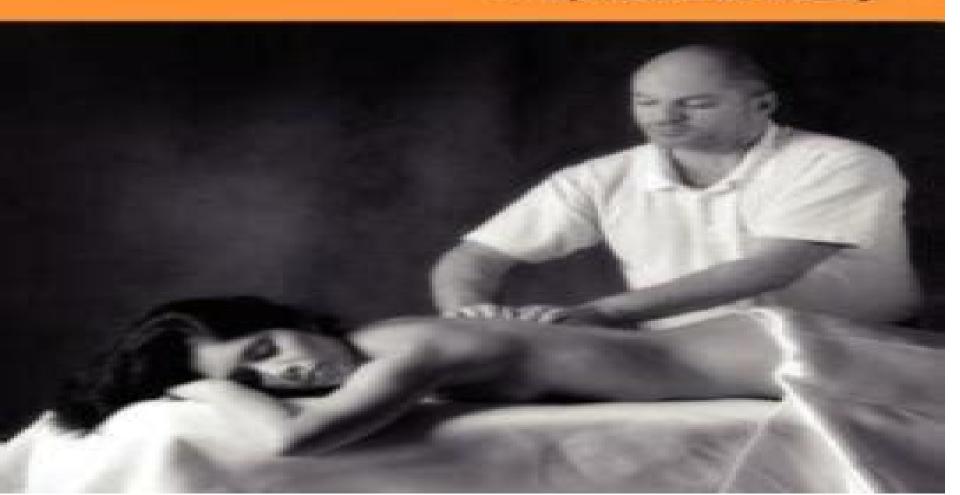
# Medical Massage Care's NCETM Sample Exam

Philip Martin McCaulay



# **Medical Massage Cares Ncetm Sample Exam**

**Philip Martin McCaulay** 

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Care's Pregnancy Massage Philip Martin McCaulay,2012-12-21 Medical Massage Care's Pregnancy Massage contains a simple pregnancy massage routine Pregnancy massage is beneficial for back strain and strained leg muscles The book contains over 100 photographs of pregnancy massage to illustrate the techniques The strokes include effleurage petrissage friction and compression The book has a pregnancy massage routine that includes massaging with the woman in the supine lying on the back facing up position and massaging with the woman in the side lying position For a woman lying on her side the book contains descriptions and photos to demonstrate how to massage the back shoulders stomach hips hands wrists and arms For massaging a pregnant woman who is lying in a supine position it includes techniques for massaging the head and face stomach neck legs and feet Therapeutic massage improves health as a result of the positive physiological effects of soft tissue manipulation The effects of massage on the muscular system include allowing more flexibility the prevention of stiffness and soreness of muscles and the removal of metabolic waste The effects of massage on the cardiovascular system include increasing blood cell counts increasing stroke volume and decreasing the heart and pulse rate The effects on the nervous system include reductions in pain stress and anxiety Massage also improves the function of the lymphatic system

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