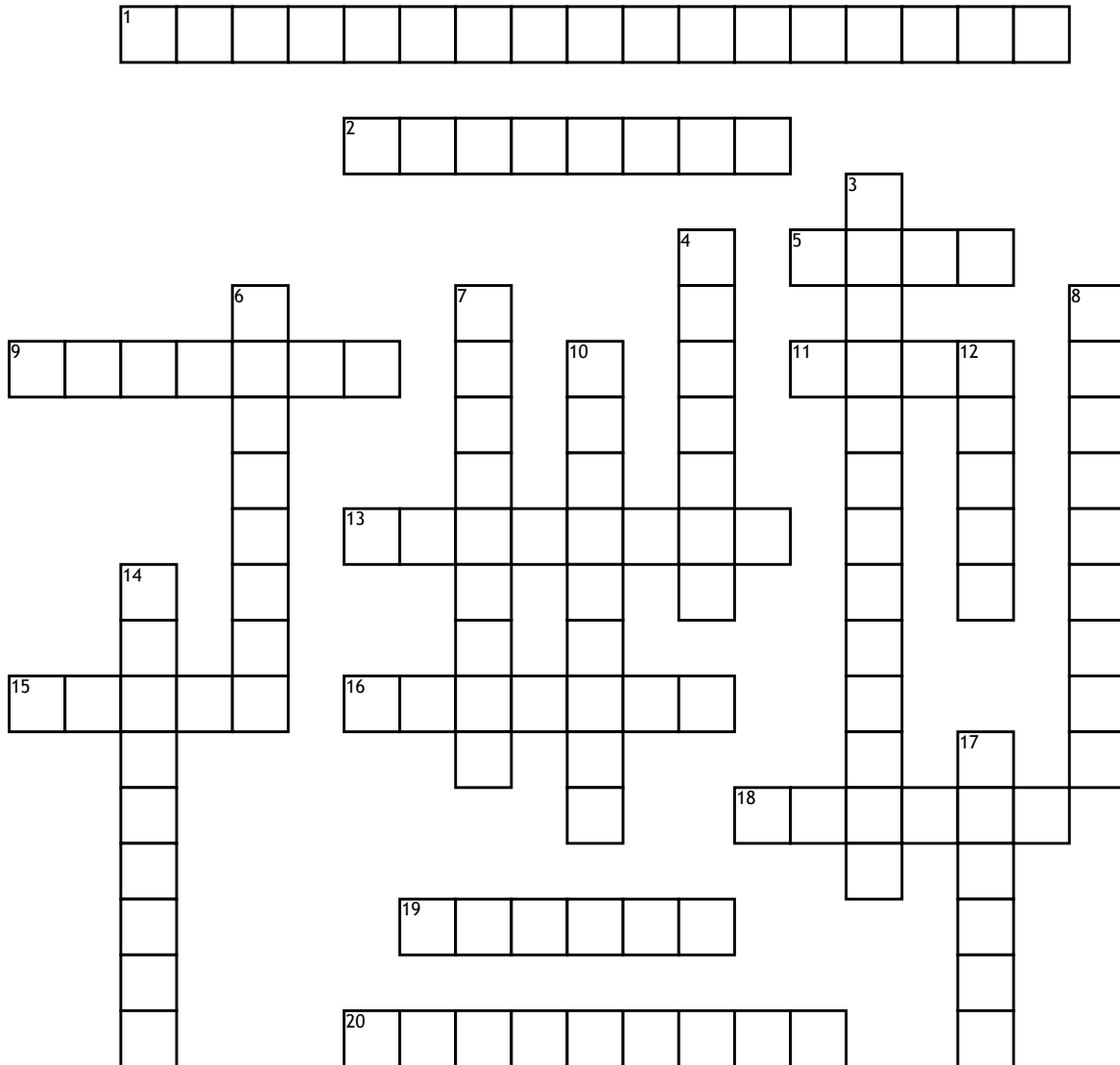


Massage Assessment



Across

- 1. Before starting a massage you should always check if your client has any _____.
- 2. Essential oil used for relaxation.
- 5. Short name for the paired muscles that originate on the vertebral column and insert on the humerus.
- 9. Major arm abductor, originating on the clavicle and scapula.
- 11. Essential oil used for its uplifting/energising properties.
- 13. Used in massage treatment to enhance relaxation and further relax muscles.

- 15. Pregnancy is considered a _____ contra-indication.
 - 16. Considered the most common type of massage technique.
 - 18. Type of medical contra-indication to massage.
 - 19. Massage assist in recovery after _____.
 - 20. Type of massage carrier oil.
- Down**
- 3. Type of local contra-indication to massage.
 - 4. The word massage comes from the Arabic massa meaning _____.

- 6. Massage decreases this stress hormone in the body.
- 7. Massage is great to relieve _____.
- 8. They retract, adduct and stabilize the shoulders.
- 10. Paired muscles located on the dorsal side of the body.
- 12. First written records of massage originated in China & _____.
- 14. The idea around massage has shifted towards being a _____.
- 17. Another name for swelling/fluid build-up in the body.