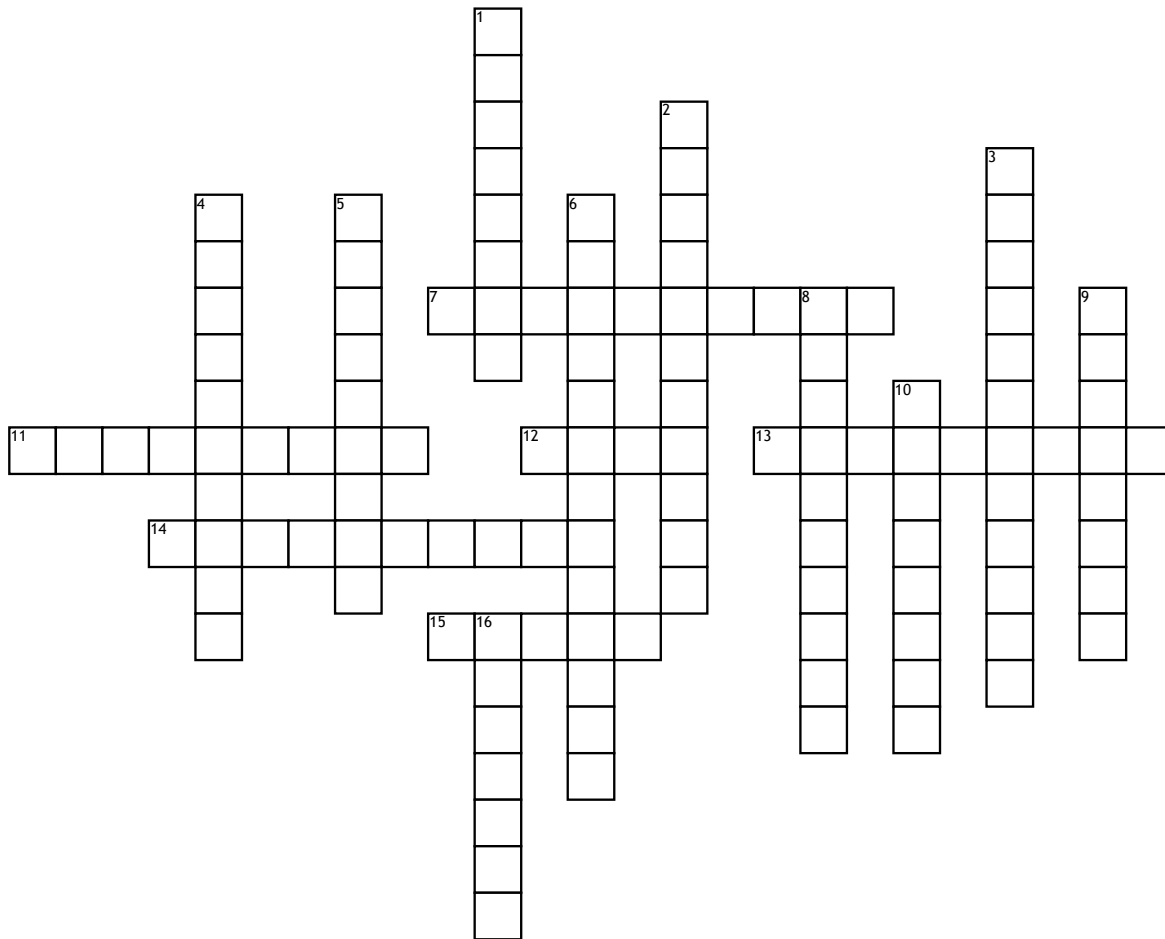


Swedish LA



Across

7. Certain limits are established to separate one person from another. They can be clearly defined or vague and can change according to situations, feelings about the situation, and perceived trust. What is the term that describes these limits?

11. Shaking is a variation of which technique?

12. How many vertebrae make up the lumbar spine?

13. Name one of the major muscles of the lumbar plexus impingement syndrome.

14. What technique is used for proprioceptive resetting of muscle tone, or "tricking" the muscle to relax?

15. The muscle considered to be the deepest postural muscle and the strongest hip flexor is:

Down

1. What technique is used to break up adhesions and creates intentional inflammation?

2. When a client shows signs of being anxious, excited or restless, which nervous condition are they exhibiting?

3. Which erector spinae attaches to the posterior surface of the ribs?

4. What technique is considered stimulating?

5. An abnormal lateral curvature of the spine is called:

6. Effleurage strokes should be applied in which manner?

8. What is the most widely used massage techniques?

9. What stroke primarily breaks up adhesions in the muscle belly?

10. Name the normal curve of the cervical and lumbar spine.

16. Name the main nerve of the sacral plexus.