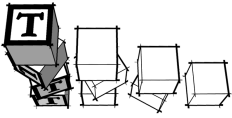


## The TILE System

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The TILE system is the most comprehensive tool available for the massage therapist to accurately determine what can and cannot be performed with the client based upon their condition. The four columns signify the four massage technique classifications: TOLERANCE, INCREMENTAL, LIGHT, and ENERGY. Each is explained in greater detail below. The height of the blocks in each column signifies the relative intensity of the technique, with TOLERANCE techniques having the greatest pressure intensity, and ENERGY techniques having the least intensity. Over 130 massage techniques have been researched and categorized based upon the technique's goals and pressure intensity.

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### Tolerance Massage Techniques

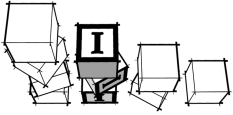
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This group consists of massage techniques that routinely use an intense pressure. This pressure is typically beyond the client's "comfort zone" (assuming their senses are not dulled by medications or disease). These techniques have the greatest effect on the circulatory system and may include a local inflammatory reaction to the pressure.

TOLERANCE techniques typically are goal-oriented, striving for greater function or mobility. They typically instigate an active healing response by the body. For example, if the therapist determines that adhesions have formed between a tendon and adjacent tissues, s/he may consider using a deep friction massage across the tendon to break up the adhesions. This forces the body to clean up the remnants and patch up torn tissue. The end result is an improvement in flexibility and function, but it relies heavily upon a properly functioning body to finish the repairs.

Because TOLERANCE techniques are the most taxing to the body and may also be emotionally strenuous, this class of techniques are the first to be eliminated whenever the client's healing strength or resilience is in question.

Massage techniques in the TOLERANCE category include: Ashiatsu Oriental Bar Therapy, Canadian Deep Muscle Massage, Cross-Fiber Massage, Deep Tissue Massage, Endermologie, Hellerwork, Korean Martial Therapy, Lypposage, Myofascial Release, Myoskeletal Alignment Technique, Pfrimmer Deep Muscle Therapy, Postural Integration, Rebalancing, Rolfing, Soft Tissue Release, Soma Neuromuscular Integration, and Structural Integration.



## Incremental Massage Techniques

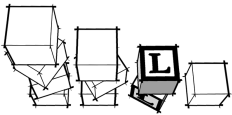
There is a wide range of different techniques in the INCREMENTAL group. They typically begin with a relatively light pressure and become more intense as the session progresses. The therapist strives to stay within the client's "comfort zone" with these techniques. This is the common theme linking these techniques together in the INCREMENTAL group. All stretching techniques fall under this classification.

INCREMENTAL techniques also actively stimulate an improvement in the lymph and circulatory systems. The benefits of this stimulation are well established. However, for the same reason that they are powerful stimulators of the healing response, they can have a dramatic effect if the body is unable to handle these effects.

The INCREMENTAL massage techniques may be prohibited for a number of reasons. The body may be overwhelmed by the dramatic circulatory changes that these techniques can create, as explained above. The client may be under the influence of medication that prevents the body from properly reacting to this level of stimulation, such as anti-inflammatory or heart medications. In some instances, the client's immune system may be too fragile from a current or recent condition to handle INCREMENTAL techniques. You may interpret the effects of your techniques differently than this guide; be sure to fully research the client's condition and how it reacts to massage, as well as the medications taken for this condition before disregarding this precaution. Many of the techniques listed here may be considered TOLERANCE techniques if the pressure intensity is high, or LIGHT techniques if the pressure intensity is low. The more knowledgeable you are about your techniques and their effects, as well as your client's conditions, the safer and more effective you will be.

Massage techniques in the INCREMENTAL category include: Acupressure, AcroSage (Inversion Therapy), Amma, Applied Kinesiology, Aston-Patterning, Ayurvedic Massage, Balinese Massage, Berrywork, Bindegewebmassage, Bioenergetics, Biosync, Body Rolling, Bowen Technique, Chair Massage, Champissage, Chi Nei Tsang, Connective Tissue Massage, Conscious Bodywork, Foot Zone Therapy, Gua Sha, Hakomi, HEMME, Hoshino Therapy, Hot Stone Massage, Jamu Massage, Jin Shin Do, Kripalu Bodywork, Kriya Massage, Lastone Therapy, Lomilomi, Lonsdale Method, Looyen Work, Massotherapy, Medical Massage, Movement Therapy, Muscle Energy Technique, Muscle Release Technique, Myomassology, Myotherapy, Naprapathy, Neuro-Structural Bodywork, Neuromuscular Therapy, Nikkon (Okazaki) Restorative Massage, Nuad Bo Rarn, Nuat Thai, Onsen Technique, Orthopedic Massage, Oshiatsu, Prenatal/Pregnancy Massage,

Reflective Healing, Reflexognosy, Reflexology, Reichian Release, Reposturing Dynamics, Restoration Therapy, Russian Massage, Shiatsu, Spinal Release, Sports Massage, St. John's Neuromuscular Therapy, Strain/Counterstrain, Swedish Massage, Taikyo Shiatsu, Tantsu Tantric Shiatsu, Thai Massage, Touch For Health, Trigger Point Myotherapy, Tui Na, Vibrational Healing Massage Therapy, Visceral Manipulation, Watsu, Yogasage, Zen Shiatsu, and Zero Balancing.



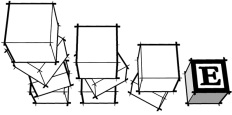
## Light Massage Techniques

LIGHT massage techniques all include touching the client's body with some application of pressure. My personal definition of light pressure is significantly different than other therapists; indeed, sometimes their "light" techniques go way beyond my comfort zone! After considerable research into the effects of light pressure massage and the techniques listed below, I have come to the conclusion that any discussion of light pressure should include the effects on the body as well as the client's perception. With the vast array of medications available to the client to boost their emotional and physical pain threshold, it falls upon the therapist to determine how much is too much. Obviously, if it is painful to the client, then it falls outside the realm of LIGHT pressure.

This class of technique includes goals for mental relaxation and relief. Physical goals include increasing circulation and reducing tension through nervous system relaxation rather than more intense physical pressure. LIGHT techniques are less likely to be considered "muscle massage" techniques, even though certain mobility techniques would fall into this category. Any stretching is limited to fingertip pressure.

The upper limit of light pressure can be demonstrated as follows: Place your hand palm down on a hard surface. Slowly begin applying pressure with the pad of your middle finger, stopping when you see a whitening of the nail bed by the distal (outer) edge. That pressure or less can be considered light massage pressure.

Massage techniques in the LIGHT category include: Alexander Technique, Bindi, Body-Mind Centering, Breema Bodywork, Esalen Massage, Feldenkrais, Huna Kane, Ingham Method, Insight Bodywork, Integrative Massage, Lymph Drainage Therapy, M Technique, Manual Lymph Drainage, Ortho-Bionomy, Rubenfeld Synergy Method, Trager Approach, Trauma Erase, and UNTIE.



## Energy Massage Techniques

These techniques may or may not have the therapist make physical contact with the client. Any touch is without pressure and incidental to the technique. This is the only classification in which there is no direct, localized increase in circulation. As a result, almost all conditions can benefit from these techniques. There are notable exceptions listed in the guide, however, so it is still recommended that the therapist reference each condition and not assume that the client is always safe with these techniques. The goals are focused on improving the client's energy, vitality and sense of well-being.

Massage techniques in the ENERGY category include: Attunement Therapy, Barbara Brennan Healing Science, Bioenergy, Biofeedback, Bio-Magnetic Touch Healing, Body-talk, Christopher Method, Craniosacral Therapy, Earth Energy Healing, EMF Balancing Technique, Energy Flow Balancing, Haelan technique, Healing Touch, Holographic Memory Release, Jin Shin Jyutsu, Kundalini Energization, Lenair Technique, Mariel Technique, Polarity Therapy, Pranic Healing, Qigong, Quantum Energetics, Quantum-Touch, Reiki, Ro-Hun Transformation Therapy, Rosen Method Bodywork, Shen Therapy, Shinkiko, Syntropy Insight Bodywork, Therapeutic Touch, Tibetan Point Holding, Trauma Touch Therapy, Tuina Chinese Medical Massage, Turaya Touch System, and Vortex Healing Energetic Therapy.

### ***Individual Interpretation***

It must be understood that there is considerable variance within each massage technique. Each therapist also adds a unique quality to his or her techniques. For instance, one therapist's application of Myomassology techniques (listed in the INCREMENTAL class) may be up to the limit of the client's tolerance, in which case it might be more appropriate for that therapist to classify their "normal" massage higher than what is listed in this guide. Likewise, it is entirely possible to perform reflexology techniques (also listed in the INCREMENTAL class) using no pressure whatsoever, thereby enabling this technique to be acceptable for those conditions in which ENERGY techniques are recommended. This guide draws upon the unique skills and knowledge of the therapist to accurately determine the correct classification for their techniques.

Each client will present with a unique set of conditions. It is especially important to note the precautions for every condition the client presents with. For example, the client may have osteoporosis, requiring one set of precautions, and diabetes, which has another set. All precautions should be adhered to.

### **Serotonin Receptor Agonist Precautions, cont'd.**

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Avoid all heat and cold therapies as these medications cause peripheral vasoconstriction. Normal heat dissipation is compromised and burns may occur with heat therapy. The smooth muscle may spasm with cold therapy and produce a painful loss of blood to the area (called *ischemia*).



Warning: Begin massage cautiously, and use your own sense of appropriate pressure. Avoid relying upon the client to determine their limits. The client is likely to have a reduced perception of pressure and pain as a result of this medication.



Serotonin receptor agonist medications include: almotriptan (Axert), eletriptan (Relpax), frovatriptan (Frova), methysergide (Sansert), naratriptan (Amerge), rizatriptan (Maxalt), sumatriptan (Imitrex), and zolmitriptan (Zomig).

### **Muscle Relaxants**

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These medications act on the central nervous system to reduce skeletal muscle tension.



If the client has recently developed any of the following, avoid massage and call the physician immediately: An unexplained skin rash, increased difficulty breathing, ringing in the ears, sudden severe headache, recent muscle weakness, unusual bleeding or bruising or swelling of the lips, tongue, or face. (This is a massage-specific list; refer to the documentation that was included with the medication for a complete list of side effects.)



Avoid all heat therapies (including hot stone massage, heat pads, etc). Normal heat dissipation is compromised with medications that suppress the CNS and burns may occur.



Avoid deep pressure massage, as muscle tone is abnormally flaccid. Reduce the duration of massage to each area to prevent bruising.



Avoid stretching techniques as the sensory feedback is depressed. Reduce and closely monitor pressure intensity and duration to avoid damaging tissue.

## Muscle Relaxant Precautions, cont'd.

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Postural hypotension can occur as a side effect of this class of medication. Help the client to change positions and be on guard for dizziness or blacking out.



Muscle relaxant medications include: baclofen (Lioresal), carisoprodol (Rela, Soma, Vanadom), chlorphenesin (Maolate), chlorzoxazone (Paraflex, Parafon Forte, Relaxazone, Remular), cyclobenzaprine (Cycloflex, Flexeril), metaxalone (Skelaxin), dantrolene (Dantrium), methocarbamol (Carbacot, Robaxin, Skelex), orphenadrine (Antiflex, Banflex, Disipal, Flexoject, Mio-Rel, Myolin, Myotrol, Norflex, Orfro, Orphenate), and tizanidine (Zanaflex).

## Benzodiazepines

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The benzodiazepines are central nervous system depressants used in a variety of conditions to control muscle spasms, panic, anxiety, insomnia, seizures, and vomiting.



If the client has recently developed any of the following, avoid massage and call the physician immediately: An unexplained skin rash, increased difficulty breathing, ringing in the ears, sudden severe headache, recent muscle weakness, unusual bleeding or bruising or swelling of the lips, tongue, or face. (This is a massage-specific list; refer to the documentation that was included with the medication for a complete list of side effects.)



Avoid deep pressure massage, as muscle tone is abnormally flaccid. Reduce the duration of massage to each area to prevent bruising.



Avoid stretching techniques as the sensory feedback is depressed. Reduce and closely monitor pressure intensity and duration to avoid damaging tissue.



Side Effect: Constipation is common but does not respond well to massage due to the suppressed smooth muscle in the intestines.



Postural hypotension can occur as a side effect of this class of medication. Help the client to change positions and be on guard for dizziness or blacking out.

## Osteomyelitis

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Any time a broken bone has been exposed to air it can become infected. This is called osteomyelitis. It can occur in compound fractures, gunshot wounds, and especially open heart surgery (where they cut through the sternum to gain access to the heart). For example, before planned heart surgery the patient is placed on high doses of systemic antibiotics to limit the possibility of infection once the surgery commences. Captured and treated early, osteomyelitis responds well and can be resolved within 12 to 18 months. Chronic osteomyelitis is much more challenging, with acute recurrences over years.

### Osteomyelitis Precautions

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**Energy techniques only. Avoid all pressure and circulatory massage techniques on the affected limb. Osteomyelitis of the torso prohibits massage to the entire body.**

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If lymph nodes become swollen, tender, and hard, or if you see red streaks from the infected area to the armpit or groin, with throbbing pain and a fever, avoid massage and seek immediate medical attention.



Osteomyelitis is an internal infection. It can be spread inside the client's body with improper massage, but it cannot be transported from one client to the next through massage (i.e. it's not contagious). If there has been a recent history of falling or increased pain in the area, avoid massage until the client has consulted a physician.



Avoid all pressure techniques in the infected limb and any areas that would flow blood or lymph through the joint. Osteomyelitis of the torso prohibits massage to the entire body. ENERGY techniques are encouraged.



Long-term antibiotic use along with medications to control pain are common. Be sure to ask about current medications and check their precautions.



Massage within the above guidelines will stimulate their emotional strength as well as the healing response.

## Osteoarthritis

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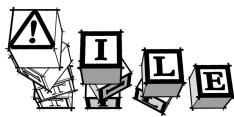
(also called spondylosis, degenerative joint disease, DJD)

Among the over 100 different types of arthritic conditions, osteoarthritis is the most common, affecting over 20 million people in the United States. *Primary osteoarthritis* has no distinct cause, but is considered to be a function of aging. Water loss in the joint capsule allows more friction and decay in the cartilage.

When there is a distinct cause for the arthritic condition it is called *secondary osteoarthritis*. This group may include obesity, trauma, surgery or hormonal disorders.

### Osteoarthritis Precautions

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**Restrict massage to Incremental, Light and Energy techniques in the affected joint(s). Your full technique range is encouraged for the rest of the body.**

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If there is severe or extreme pain with a recent history of trauma, or if there is significant loss of function, avoid all pressure techniques to the area until the client has consulted a physician. ENERGY techniques are encouraged.



Avoid any acutely inflamed joint. Concentrate on the muscles supporting that joint for maximum relief.



Be sure to ask about current medications and check their precautions, especially those taken in the last 24 hours.



Osteoarthritis is often diagnosed with finality, as if there were no hope for improvement. Although the condition is non-reversible, you have the power to improve circulation, stimulate healing, and bring relief and hope.