



### Segment 12 (Units 21–24)

#### *Massage for relaxation*

**Genre:** Health program

*Viewing Time: 2:32*

#### **Background Information**

Massage is a popular service in the United States and many other countries. There are many licensed massage therapists who perform massages on customers in spas, in people's homes, or even at workplaces. People get massages to relieve pain and other health problems, or just simply to relax and maintain flexibility and balance. Western massage techniques are the most widespread, but Asian techniques are also increasingly popular.

#### **Vocabulary for Comprehension**

*Preview the vocabulary with your students.*

blockage: *something that is stopping movement in a narrow place*

circulation disorder: *a medical problem with the movement of blood around the body*

corresponding: *having similar qualities or a similar position to something you have already mentioned*

enhance: *to make something such as a taste, feeling, or ability better*

firm: *strong*

flow: *a steady continuous stream*

imbalance: *a lack of balance or steady position*

joint: *a part of the body where two bones meet*

specific: *particular*

stimulate: *make a part of the body become active or stronger*

tissue: *the material in plant and animal bodies that is made of groups of similar cells*

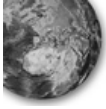
#### **Answer Key**

*Previewing* (Answers may vary—as long as they are appropriate guesses, accept them for now.)

1. They are massage therapists and their customers.
2. They are giving massages/getting massaged.
3. Three.
4. It's to teach about different types of massage / using massage to help reduce stress.

#### *In-Depth Viewing*

1. W    2. R    3. R    4. A    5. A



### Video Script

**Narrator:** Welcome back to *Here's to Your Health* on the Healing Network. Last week in our feature about "Hectic Lives and Your Health," we looked at using massage therapy as a way to relieve stress.

Today, we'll be talking about some massage therapy techniques that can increase relaxation as well as improving your general health. Remember, these techniques are not meant to replace regular medical visits!

The most common techniques used for back pain, muscle and joint problems, and circulation disorders are Western massage techniques like effleurage, petrissage, and tapotement.

Many people also believe that reflexology can normalize tissues, organs, and structures in the body. Foot reflexology is based on a theory that pressure applied to specific places on the feet will cause changes in corresponding areas in other parts of the body. Maps of the feet identify which spots—when pressured—can stimulate which body parts or organs.

Reflexology increases circulation while enhancing relaxation, and its effects have been shown to improve the general function of the body. Licensed massage therapists must have many hours of training in order to learn the specific finger-walking techniques used in reflexology.

Asian bodywork is another form of healing massage. Both Chinese philosophy and medical science believe that these lines, called "meridians," are a system of pathways that provide a continuous flow of energy to all parts of the body. Asian bodywork uses firm pressure on spots known as "acupoints" or along the meridians to remove blockages and balance the flow of Chi or Ki in the body. The diagnosis of energy imbalances helps Asian bodywork practitioners determine which meridians and acupoints to focus on.

We'll be back in just a few minutes with more relaxation techniques on *Here's to Your Health*. You're watching the Healing Network.