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About the Skin

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Skin Conditions

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Functions of the Skin

Protection

First line of defense against infection

Homeostasis

Stops fluid loss

Sensory Envelope

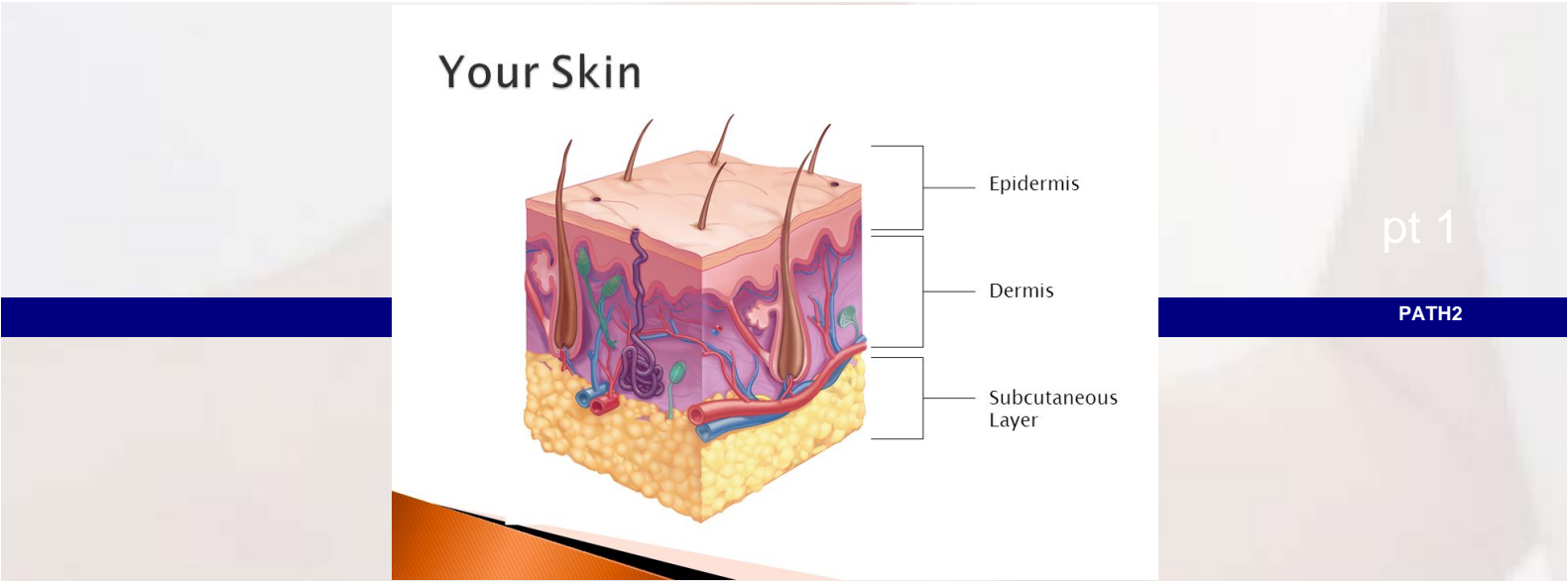
Absorption and Excretion

pt 1



Construction of the Skin

Three basic layers: Epidermis, Dermis and Subcutaneous Tissue



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PATH2

Rules for Massage

If the intactness of the skin has been compromised in any way, the client is a walking invitation to infection

Red Flags for Massage

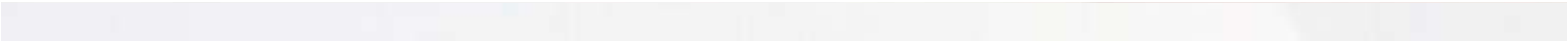
Lacerations (rips and tears)

Incisions (cuts)

Excoriations (scratches)

Fissures (cracks)

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Integumentary System Conditions

Contagious Skin Disorders	Non-contagious Inflammatory Skin Disorders	Neoplastic Skin Disorders	Skin Injuries
Boils Cellulitis Fungal infections Herpes simplex Impetigo Lice and mites Warts	Acne vulgaris Acne rosacea Dermatitis, eczema Hives	Psoriasis Skin cancer	Burns Decubitus ulcers Scar tissue

pt 1



Boils Contagious

Staphylococcus (staph) infections mostly located at sebaceous glands or hair shafts

Signs and Symptoms	Treatment	Prevent	Massage?
Usually occur one at a time, but may appear in a cluster (carbuncle) Begins as a red or pink bump (1-2 days); then increases in size and pus fills the center. If not surgically removed, it will finally rupture and resolve leaving a scar	Topical antibiotic and hot compresses If needed, physician may lance and drain infection Never squeeze or pop	Consistent handwashing Cover any open lesions Do not share personal items	If no systemic infection present, massage indicated but not on or near the boil. Isolate linens and wash on hot water with extra bleach



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Single Boil



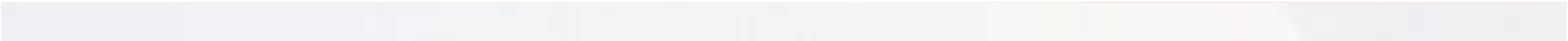
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Group of interconnected boils is called a carbuncle

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Boils Modality Recommendations

Modality	Recommendation
Deep Tissue	Locally contraindicated otherwise supportive
Lymphatic Drainage	Systemically contraindicated
Polarity Therapy	S: Indicated within Client comfort; work off site of infection R/D: Locally contraindicated while acute; otherwise supportive
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Locally contraindicated; work intestine, liver, kidney points
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune function
Swedish	Locally contraindicated unless systemic symptoms are present
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Cellulitis Contagious

Bacterial infection leading to painful inflammation of the skin; usually occurs on the lower leg

Signs and Symptoms	Treatment	Prevent	Massage?
Redness and tenderness at the initial site of infection, along with fever, headache, malaise and other signs of systemic infection	Oral antibiotics	Consistent handwashing Cover any open lesions Do not share personal items	Contraindicates hands-on bodywork until the infection has completely passed.



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Cellulitis: a streptococcal infection of the skin



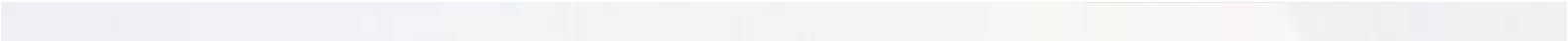
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Erysipelas: note the clear delineation between involved and uninvolved skin

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Cellulitis Modality Recommendations

Modality	Recommendation
Deep Tissue	Systemically contraindicated
Lymphatic Drainage	Systemically contraindicated during whole course of condition
Polarity Therapy	S: Indicated within Client comfort; work off site of infection R/D: Contraindicated until infection is resolved
PNF/MET/Stretching	Contraindicated while acute; otherwise supportive
Reflexology	Contraindicated while acute; later work lymphatic system points
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune function
Swedish	Systemically contraindicated until infection has resolved
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Fungal Infections Contagious

Mycoses (fungal infections) are characterized by lesions caused by tinea (dermatophytes); often referred to as ringworm

Signs and Symptoms	Treatment	Prevent	Massage?
<p>Begins as one reddened circular itchy patch.</p> <p>Scratching spreads fungi to other parts of the body.</p> <p>As lesions grow, they become clear in the middle</p> <p>Athlete's foot (one type) creates oozing blisters and cracked skin.</p> <p>Infections of toenails or fingernails produced thickened, pitted, discolored nails that may detach</p>	<p>Topical application of fungicidal cream or powder</p> <p>Oral antibiotics for stubborn or hard-to-reach infections</p>	<p>Use footwear in public settings</p> <p>Avoid sharing towels or clothing</p>	<p>Contraindicated in all stages unless the affected areas are very limited. Then, massage should limited to non-infected areas</p>



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Tinea corporis: body ringworm



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Tinea pedis: athlete's foot



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Tinea cruris: jock itch



Fungal Infections Modality Recommendations

Modality	Recommendation
Deep Tissue	Systemically contraindicated
Lymphatic Drainage	Systemically contraindicated during whole course of condition
Polarity Therapy	S: Indicated within Client comfort; work off site of infection R/D: Contraindicated while acute
PNF/MET/Stretching	Contraindicated while acute; otherwise supportive
Reflexology	Contraindicated while acute; otherwise supportive
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune function
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Herpes Simplex Contagious

Viral infection resulting in painful blisters on a red base; develops around the mouth genitals or other areas

Signs and Symptoms	Treatment	Prevent	Massage?
Often preceded by 2 or 3 days of tingling itching or pain. Then blisters appear gathered around a red base. Blisters gradually crust and disappear, usually within 2 weeks	Prevention	Isolating towels, bedding and clothing Avoid sexual contact while lesions are present Keep healthy	Contraindicated in acute stage



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Genital Herpes



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Oral Herpes

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Herpes Simplex Modality Recommendations

Modality	Recommendation
Deep Tissue	Systemically contraindicated while acute; otherwise supportive
Lymphatic Drainage	Systemically contraindicated while acute; otherwise supportive
Polarity Therapy	S: Locally contraindicated while acute; otherwise indicated R/D: Contraindicated while acute; otherwise supportive within client comfort
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Locally contraindicated while acute; otherwise supportive
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune function
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Impetigo Contagiosa

Bacterial infection of the skin; usually seen in infants and young children

Signs and Symptoms	Treatment	Prevent	Massage?
<p>Impetigo contagiosa: most common form. Red sores and small blisters appear around mouth or nose. Sores are itchy but not painful. Blisters rupture and ooze liquid and a yellow-brown crust develops. Heals in 2-3 weeks leaving no scars</p> <p>Bullous impetigo: occurs in children under 2. Large, painless blisters on the trunk, arms and legs appear. Accompanied by fever, diarrhea and general weakness.</p> <p>Ecthyma: produces painful, pus-filled blisters on legs and feet along with malaise and swollen lymph</p>	<p>Mild versions treated with topical antibiotic cream.</p> <p>Oral antibiotics for more severe versions.</p>	<p>Stop infection where skin has been damaged: mosquito bites; chapped lips or noses; cuts; sores</p> <p>Keep linens and clothing of infected persons isolated</p>	<p>Contraindicated until lesions have completely healed</p>



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Impetigo contagiosa

nodes. Can
leave permanent
scars

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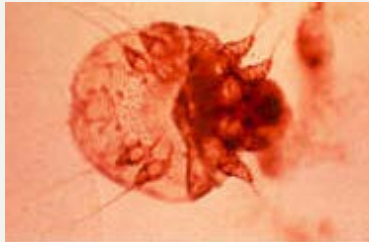
Impetigo Modality Recommendations

Modality	Recommendation
Deep Tissue	Systemically contraindicated
Lymphatic Drainage	Systemically contraindicated
Polarity Therapy	S: Locally contraindicated while acute; otherwise indicated R/D: Contraindicated while acute; otherwise supportive
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Systemically contraindicated until all symptoms are resolved
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune function
Swedish	Systemically contraindicated until all symptoms are resolved
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

Lice and Mites Contagious

Tiny parasites that drink blood; spread through close contact with skin or infested sheets or clothing

Signs and Symptoms	Treatment	Prevent	Massage?
<p>Mites: too small to see. Leave itchy trails or nodules where they burrow under skin. Prefer warm, moist places</p> <p>Head Lice: easy to see, but they can hide. A more dependable sing is their eggs: nits are small, rice shaped flecks that cling to hair shafts.</p> <p>Body Lice: look similar to head lice, but they primarily in clothing</p> <p>Pubic lice: look like tiny white crabs in pubic and coarse body hair.</p> <p>All create a lot of itching through the toxins they produce</p>	<p>Mites: bathing and pesticidal soap</p> <p>Head Lice: Repeated applications of pesticidal shampoo followed by systematically combing every section of hair with fine-toothed comb</p> <p>Body Lice: Good hygiene with frequent baths and clean clothes</p> <p>Pubic Lice: Same as head lice</p>	<p>Good hygiene</p> <p>Keep linens and clothing of infected persons isolated</p>	<p>Contraindicated until eradication of parasite</p>



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Scabies mite



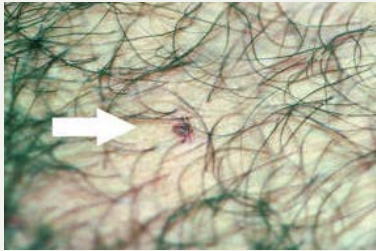
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Scabies lesions



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Nits attached to a hair shaft



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Pubic louse in body hair



Lice and Mites Modality Recommendations

Modality	Recommendation
Deep Tissue	Systemically contraindicated while acute; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S: Locally contraindicated until infestation is resolved R/D: Supportive after infestation is resolved
PNF/MET/Stretching	Locally contraindicated; otherwise supportive
Reflexology	Locally contraindicated; otherwise supportive
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs.
Swedish	Systemically contraindicated until infestation is resolved
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Warts Contagious

Growths caused by slow-growing viral infections; affects 7-12% of population

Signs and Symptoms	Treatment	Massage?
<p>Most common (verruca vulgaris) look like hard, cauliflower-shaped lumps that usually occur on the hands or knees.</p> <p>Plantar warts (myrmecia) grow on soles of feet. Classified as a type of squamous cell carcinoma. Can cause extensive local damage.</p> <p>Cystic warts occur on sole of the foot and are soft and smooth.</p> <p>Butcher's warts look like common warts but are associated with meat handling</p> <p>Plane or flat wars are small, brown and smooth. Appear on hands, face and shins</p> <p>Molluscum contagiosum are small white lumps.</p> <p>Genital warts are sexually transmitted; come and go with no</p>	<p>Resolve within 2 years leaving no scar.</p> <p>Drugstore remedies containing salicylic acid</p> <p>Rubbing garlic on followed by covering with duct tape to irritate wart</p> <p>Medical intervention of liquid nitrogen to freeze; electrosurgery, lasers and painting the warts with medication.</p>	<p>Local contraindication. While it is unlikely, it is not impossible to get warts from another person</p>



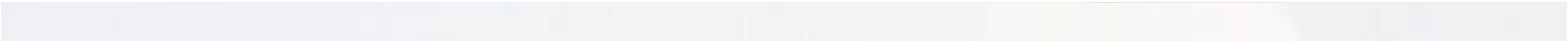
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Warts on a knee



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Plantar wart



Warts Modality Recommendations

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S/R/D: Locally contraindicated; can work off site of infection
PNF/MET/Stretching	Locally contraindicated; otherwise supportive
Reflexology	Locally contraindicated; otherwise supportive
Shiatsu	Locally contraindicated when contagious or acute; otherwise supportive, especially with Chinese herbs. Use L/LI for skin, K/SP/TH for immune functions
Swedish	Locally contraindicated; otherwise supportive
Trigger Point Therapy	Locally contraindicated; otherwise supportive

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Acne Rosacea NonContagious

Chronic inflammatory condition involving facial skin, eyes and eyelids

Signs and Symptoms	Treatment	Massage?
Occurs in stages of severity, starting with occasional flushing and continuing through general inflammation, the formation of papules and pustules, and finally permanent thickening and distortion of facial skin	No cure. Topical and oral antibiotics used to treat symptoms.	Exacerbated by local massage; clients sensitive to some lubricants.



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Acne rosacea; inflammatory rosacea



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Acne rosacea; rhinophyma

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Acne Rosacea Modality Recommendations

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S/R/D: Locally contraindicated; otherwise indicated
PNF/MET/Stretching	Supportive
Reflexology	Indicated
Shiatsu	Indicated. Use L/LI for skin, K/SP/TH for inflammation
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Acne Vulgaris NonContagious

Bacterial infection of sebaceous glands; usually found on the face, neck and upper back



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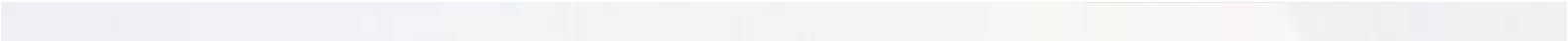
Acne vulgaris

Signs and Symptoms	Treatment	Massage?
Raised, inflamed pustules on the skin sometimes with white or black tips.	Don't touch the face. Wash face twice daily with gentle soap and warm water. In severe cases, topical or oral antibiotics, steroidal anti-inflammatories or a group of drugs call retinoids are prescribed	Local contraindications

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Acne Vulgaris Modality Recommendations

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S/R/D: Locally contraindicated; otherwise indicated
PNF/MET/Stretching	Supportive
Reflexology	Locally contraindicated; work intestines, liver endocrine system and kidney points
Shiatsu	Indicated. Use L/LI for skin, K/SP/TH for inflammation
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Dermatitis and Eczema NonContagious

Inflammation of the skin; eczema is a rash brought about by hypersensitivity; contact dermatitis is brought about by irritation or allergic reaction

Signs and Symptoms	Treatment	Massage?
Dermatitis presents in many ways: Contact Dermatitis Statis Dermatitis: appears on lower legs; red and purplish; may include ulcers Neurodermatitis: involves a small injury that creates an enormous inflammatory response and scaly patches Eczema Atopic: most common; red, flaky and dry Seborrheic: yellowish, oily patches around nose or on scalp Dyshidrosis: fluid filled blisters on hands and feet Nummular: small circular lesions on legs and buttocks	Isolate irritating substances Topical creams that suppress the immune system Antihistamines Corticosteroids administered topically or orally	Locally contraindicated until acute stage is passed. If rash is present, systemically contraindicated



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Atopic dermatitis



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Nummular exczema



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Contact allergic dermatitis



Dermatitis/Eczema Modality Recommendation

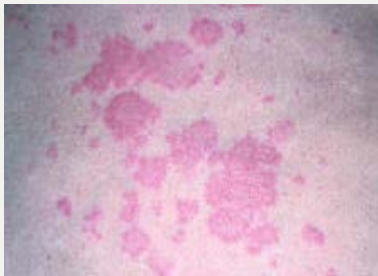
Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S/R/D: Locally contraindicated; otherwise indicated
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Indicated; work intestines, liver, endocrine system, intestines and kidney points
Shiatsu	Indicated. Use L/LI for skin, K/SP/TH for inflammation
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Hives NonContagious

Inflammatory skin reaction to a variety of triggers



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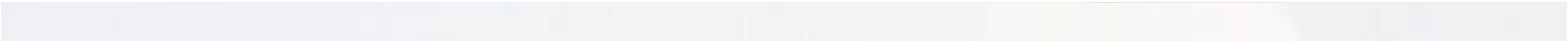
Hives

Signs and Symptoms	Treatment	Massage?
<p>Begins as small, raised, reddened areas called wheals that may join to become larger irregular patches</p> <p>Lesions are red around outside and sometimes paler in the middle. Often hot to the touch</p>	Antihistamine	Contraindicated until acute stage is passed.

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Hives Modality Recommendation

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Systemically contraindicated
Polarity Therapy	S/R: Indicated with client comfort D: Contraindicated while acute; otherwise supportive
PNF/MET/Stretching	Contraindicated while acute; otherwise supportive
Reflexology	Contraindicated while acute; once cleared, ,work lymphatic system points
Shiatsu	Indicated; Use L/LI for skin, fire element meridians for stress
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

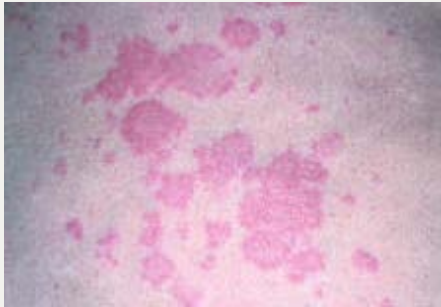
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Psoriasis Neoplastic Disorders

Chronic skin disease involving the excessive production of new skin cells that pile up into isolated or connected lesions

Signs and Symptoms	Massage?
<p>Pink or reddish patches, sometimes with a silvery scale on top. Most frequently occurs on elbows and knees.</p> <p>Other types look like pustules, small red circles or shiny reddened skin</p>	<p>Locally contraindicates mechanical massage during acute stage. Safe and appropriate during subacute sates as long as skin is intact.</p>



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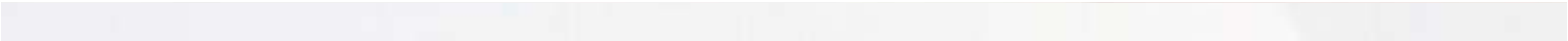
Psoriasis



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Severe Psoriasis

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Psoriasis Modality Recommendation

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive
Polarity Therapy	S: Indicated with client comfort R: Supportive, within client comfort D: Locally contraindicated; indicated elsewhere
PNF/MET/Stretching	Supportive
Reflexology	Indicate: work liver, endocrine glands, lymphatic system, kidney points
Shiatsu	Supportive
Swedish	Locally contraindicated; elsewhere highly indicated for parasympathetic activity
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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Skin Cancer Neoplastic Disorders

Cancer in the stratum basale of the epidermis (basal cell carcinoma or BCC); cancer of the keratinocytes in the epidermis (squamous cell carcinoma or SCC); or cancer of the melanocytes (pigment cells) of the epidermis

Signs and Symptoms	Massage?
<p>BCC and SCC: sores that never heal or that consistently come and go in the same place. These sores resemble blisters, warts, pimples, scars or simple unexplained bumps and abrasions. They are usually painless but may bleed or be slightly itchy.</p> <p>For malignant melanoma, look for a molelike lesion that exhibits the ABCDE signs or looks like significantly different from other moles on the person</p>	<p>BCC: Local contraindication as long as a dermatologist has diagnosed the lesion.</p> <p>SCC/Malignant melanoma: Decision must be made according to stage at diagnosis and treatments the client undergoes.</p>



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Actinic keratosis: lips



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Basal cell carcinoma



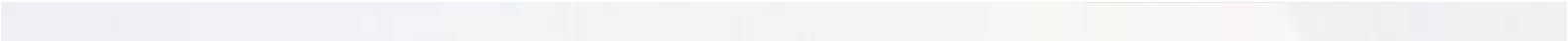
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Squamous cell carcinoma



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Lentigo melanoma



Skin Cancer Modality Recommendation

Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Locally contraindicated; otherwise supportive
Polarity Therapy	S: Indicated with client comfort R/D: Locally contraindicated; otherwise supportive
PNF/MET/Stretching	Supportive as part of health care team; match to activity levels
Reflexology	Locally contraindicated; work lymphatic system and pituitary points
Shiatsu	Supportive
Swedish	Can be supportive; stay within the client's activity restrictions
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive



Burns Skin Injuries

Damage to skin that kills cells; caused by heat, radiation, corrosive chemicals and electricity.

Signs and Symptoms	Treatment	Massage?
First degree: produce mild inflammation	First and Second: soothing lotion and possibly antibiotic cream	Contraindicate in the acute stage.
Second degree: blistering and damage at deeper levels of epidermis	Third degree: wound cleansing and debridement (aggressive skin brushing to remove debris); possibly skin grafts and plastic surgery	Massage may be performed around damaged area in subacute and postacute stage.
Third degree: go down into the dermis itself and beyond. Often show white or black charred edges. In postacute state, often produce shrunken, contracted scar tissue over affected skin		After a burn has healed, judgments are based on sensitivity of client



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First degree burn



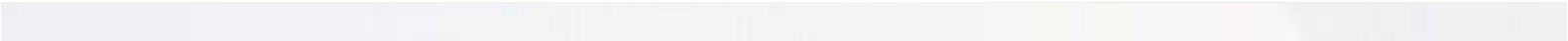
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Second degree burn



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Third degree burn



Burns Modality Recommendation

Modality	Recommendation
Deep Tissue	Indicated when postacute; ovrk slowly with feedback to help return elasticity to area and adjacent tissue
Lymphatic Drainage	Indicated in acute and subacute stages
Polarity Therapy	S/R/D: Indicated for work off site of injury within client comfort
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Locally contraindicated while acute; otherwise supportive
Shiatsu	Indicated. Use SI for trauma, TH/K/SP for inflammatin systemically. Avoid burn site.
Swedish	Locally contraindicated; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

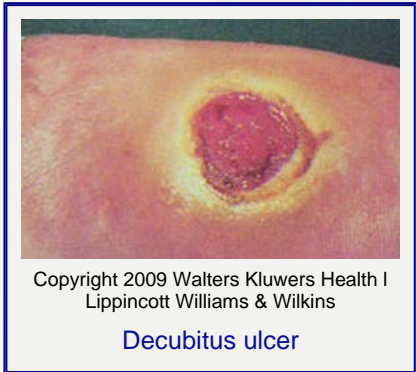
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Decubitus Ulcers Skin Injuries

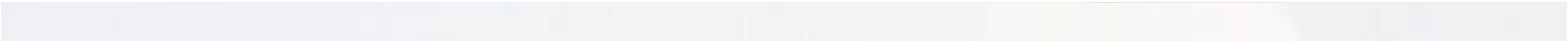
Also known as bedsores; lesions caused by impaired circulation to skin. Lack of blood supply leads to tissue death and a high risk of infection



Signs and Symptoms	Treatment	Massage?
Unlike other sores, ulcers don't crust over; they remain open wounds that may penetrate to deep layers of tissue	Topical antibiotics and dressings appropriate for smaller lesions. Bigger, advanced sore require debridement and plastic surgery	Indicate massage only before they happen. Once tissue has been damaged, risk of infection is so high that the area must be avoided until the ulcer has healed.

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Decubitus Ulcer Modality Recommendation

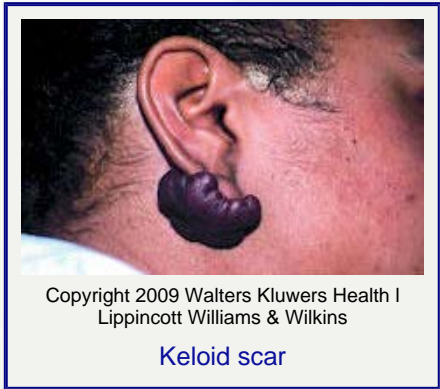
Modality	Recommendation
Deep Tissue	Locally contraindicated; otherwise supportive
Lymphatic Drainage	Supportive, especially if local swelling is present
Polarity Therapy	S/R/D: Indicated for work off site of injury within client comfort
PNF/MET/Stretching	Locally contraindicated while acute; otherwise supportive
Reflexology	Locally contraindicated in acute and suacute stages; work liver and lymphatic system if possible
Shiatsu	Indicated except at local site. Use PC for circulation, TH/SP for lymph
Swedish	Locally contraindicated while acute; otherwise supportive
Trigger Point Therapy	Locally contraindicated while acute; otherwise supportive

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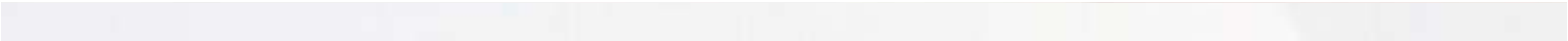
Scar Tissue Skin Injuries

New skin or connective tissue that grows after an injury, infection or surgery



Signs and Symptoms	Treatment	Massage?
Often lacks pigmentation, hair follicles and sweat glands	Cannot be eradicated, but appearance can be minimized through: dermabrasion, chemical peels, punch grafts and laser resurfacing. Hypertrophic scar tissue may be injected with cortisone which dissolves the excess collagen. Keloids may be treated with liquid nitrogen, cortisone, silicone gel packs or pressure bandages	Contraindicated during acute stage of any injury where the skin has been damaged. In subacute state, massage may improve the quality of healing process.

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Scar Tissue Modality Recommendation

Modality	Recommendation
Deep Tissue	Indicated in postacute phase; work slowly with feedback to help return elasticity to area and adjacent tissue
Lymphatic Drainage	Indicated in acute and subacute stages after appropriate scar work is performed
Polarity Therapy	S: Indicated R/D: Indicated if skin is intact, within client comfort
PNF/MET/Stretching	Indicated during subacute stage, to client's tolerance
Reflexology	Indicated
Shiatsu	Indicated
Swedish	Indicated if skin is intact
Trigger Point Therapy	Indicated during subacute and chronic stages



Scar Tissue Skin Injuries

Also known as bedsores; lesions caused by impaired circulation to skin. Lack of blood supply leads to tissue death and a high risk of infection



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Decubitus ulcer

Signs and Symptoms	Treatment	Massage?
Unlike other sores, ulcers don't crust over; they remain open wounds that may penetrate to deep layers of tissue	Topical antibiotics and dressings appropriate for smaller lesions. Bigger, advanced sore require debridement and plastic surgery	Indicate massage only before they happen. Once tissue has been damaged, risk of infection is so high that the area must be avoided until the ulcer has healed.

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