

# Rainbow Massage Therapy

## Presentation of Therapeutic Massage

Prepared by  
Charles King, LMT



# Rainbow Massage Therapy

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# Rainbow Massage Therapy

## Introduction

Hello, I'm Charles King, LMT, my family moved to Phoenix May of 1977, so I have been here through all the changes over the years to the Valley of the Sun. I grew up in Maryvale and attended Maryvale High School. At 17 I joined the US Marine Corps and served 4 years. I then returned back to Phoenix and went to school for Accounting, which I did work in the Industry for 20 years, ending my career having my own firm doing Accounting and Tax Preparation, which I sold at the end of 2011 to do Massage full time.

In 2006 I attended Apollo College for Massage Therapy, which I graduated and obtained my Arizona Massage License MT-09329 on April 5, 2007. It is required by the State of Arizona that we obtain 24 Hours of Continuing Education every 2 years to keep our license active.

My Continuing Education, has included becoming a Reiki Master, MYO Functional Release, Sports Massage and Medical Massage to give me additional knowledge on how to treat and give my clients the best treatments possible to assist in taking care of their issues and bodies. Since becoming a Massage Therapist, I have to say the greatest thing I love about being a Therapist is assisting my clients in healing when no other Doctors, Chiropractors or Physical Therapists could assist in. I have had Clients come in not being able to walk, and left walking on their own power.

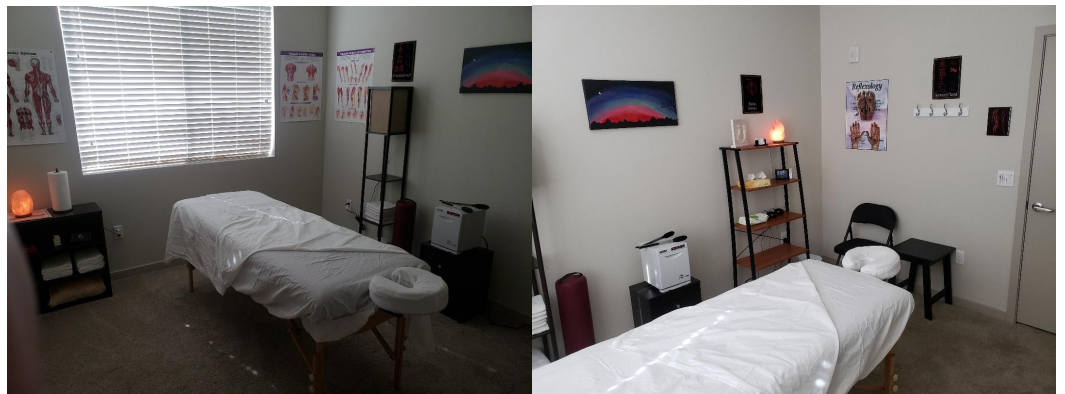
I have my second bedroom in my apartment setup as my Massage Studio for now, at Curve at Melrose at 4333 N 6th Dr, Phoenix, AZ 85013. I have the room setup with Salt Lamps and soft music to create a very comfortable relaxing area.

Do I accept Insurance? No, I can not bill directly through your insurance company, I accept Cash or Credit Cards. If you get

a prescription, your insurance company may reimburse you for the expense. If you have an accident and there is an insurance claim, and the Massage is authorized, I could bill directly through the Insurance Claim.

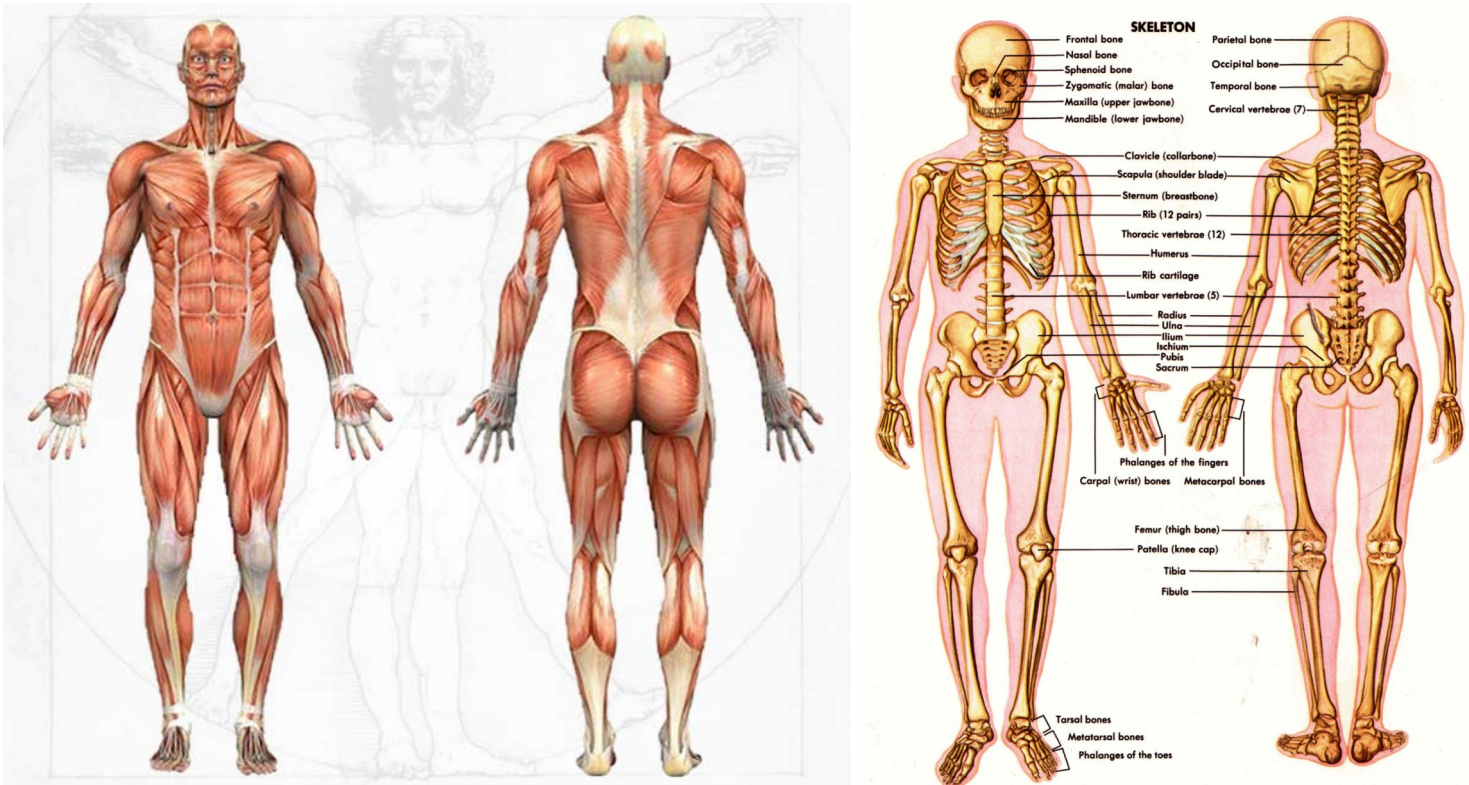


Charles King, LMT, RM



# Rainbow Massage Therapy

## About Your Muscular System



As you can see from the images above, your entire body is covered by Muscles which cover your skeletal system, and give your joints the ability to be mobile. A lot of the times when your joint or bones are aching it is actually the Muscles that are tight and pulling on the joints. Once you receive a Massage and get the Muscles to relax, they will release the excess pressure on the joints and release the tension and pain, giving you back range of motion and mobility. The largest areas effected could be, but not limited to:

- Neck - Whiplash is the largest example.
- Shoulders - Frozen Shoulder
- Elbows - Tennis Elbow or Tendinitis (Repetition of Movement)
- Upper Back - Rhomboid or Angel Wings is a high tension area.
- Lower Back - Quadratus Lumborum can get tight and make it impossible to walk
- Sciatic Issues - This Nerve starts at the base of the spine and goes through the Gluts
- Hernias - Inguinal Hernias at times can be repaired with Massage versus Surgery.
- Groin Pulls - the majority are caused by the Gracilis and Pectineus Muscles.
- Knee Pain - at times is caused by the Muscles above and below pulling to tight.
- Ankle Pain - can be caused by the Calves (Gastrocnemius and Soleus)

After a good deep massage these items can be taken care of , and other areas can be found that you didn't even know you had, followed by a good stretch can give you relief from the pain.

# Rainbow Massage Therapy

## Definitions

### Circulation System

- Also known as Cardiovascular, Vascular and Lymphatic Systems, it is an organ system that permits blood to circulate and transport nutrients, oxygen, carbon dioxide, hormones and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases, stabilize temperature and pH and maintain homeostasis.

### Joint

- The connection made between bones in the body which link the skeletal system into a functional whole

### Pain

- It is a distressing feeling often caused by intense or damaging stimuli. An unpleasant sensory and emotional experience associated with actual or potential tissue damage.

### Range of Motion

- The distance and direction a joint can move between the flexed position and the extended position. The act of attempting to increase this distance through Therapeutic Stretching from flexion to extension for physiological gain.

### Referral Pain

- Also called reflective pain, is pain perceived at a location other than the site of the painful stimulus.

### Scar Tissue

- Fibrous Tissue that forms when normal tissue is destroyed by disease, injury or surgery.

### Strain - Torn Muscle

- Is an acute or chronic soft tissue injury that occurs to a Muscle, Tendon or both. A strain can occur as a result of improper body mechanics with any activity that can induce mechanical trauma or injury.

### Tendinitis

- Is a type of Tendon Disorder that results in pain, swelling and impaired function. The pain is typically worse with movement. It most common occurs around the shoulder, elbow, wrist, hip, knee or ankle.

### Toxins

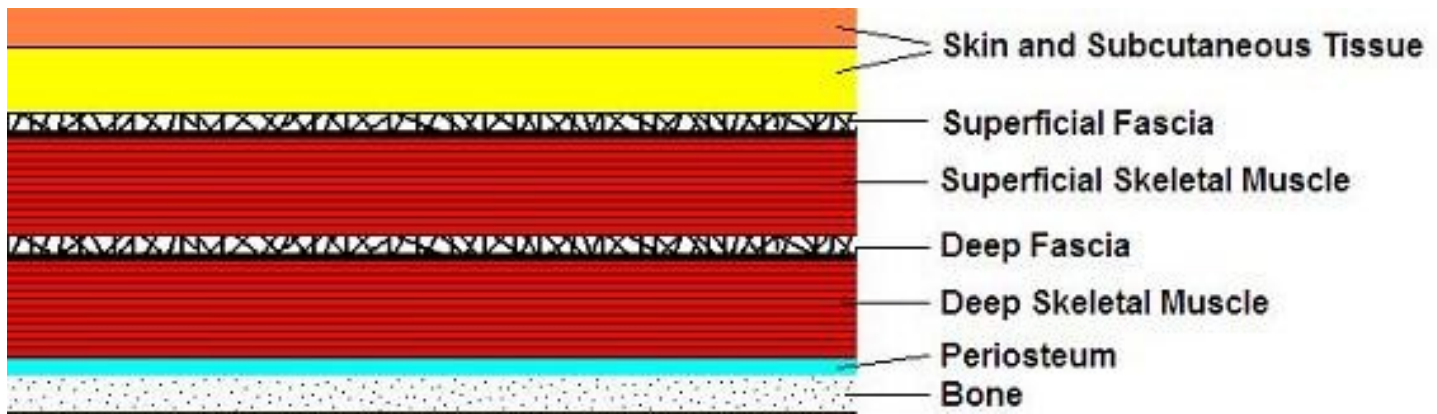
- Built up Lactic Acid is the primary toxin that is being removed, by flushing these out of the Muscles and Tissue into your Blood and Lymphatic System, where it is then pushed to the heart to be destroyed and fresh Blood sent back to the Muscles. It can also reduce heart rate, blood pressure and levels of stress hormone, plus enhance immune function, boost levels of endorphins and serotonin.

### Trigger Points

- Hyperirritable spots in the Skeletal Muscle, they are associated with palpable nodules in taut bands of Muscle Fibers.

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## Your Bodies Soft Tissue



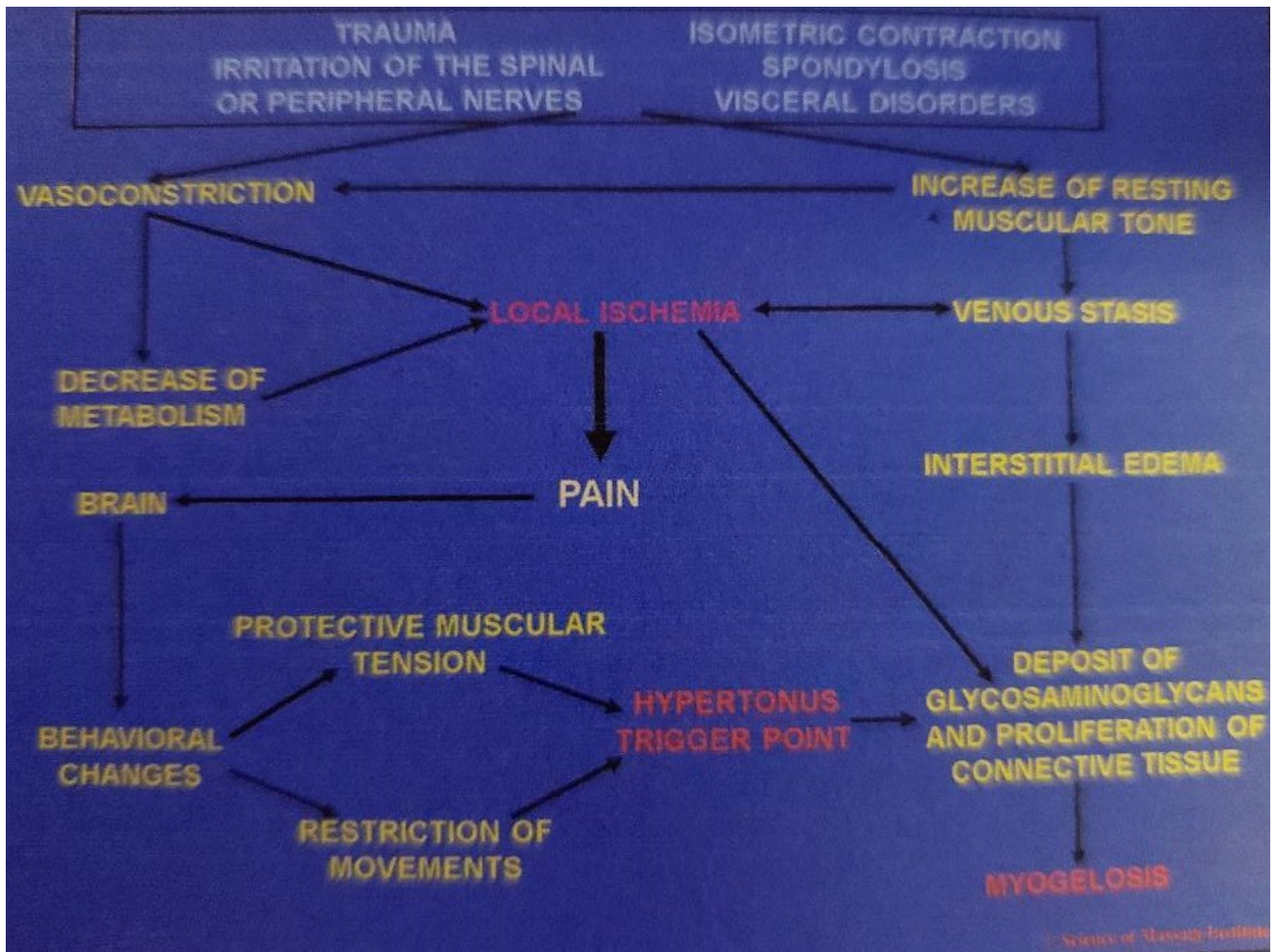
Everyone's soft tissue is as illustrated above:

- You have your Skin
- Followed by Fatty Tissue
- You then have your first layer of Fascia (Connective Tissue)
- Then the Superficial Skeletal Muscle
- Followed by the second layer of Fascia (Connective Tissue)
- Then the Deep Skeletal Muscle
- Periosteum is a Dense Irregular Connective Tissue
  - Outer Fibrous Layer - contains Fibroblasts
  - Inner Cambium Layer - contains Progenitor Cells / Osteoblasts
    - Responsible for increasing the width of long bones and over all side of the other bone types.
    - After a Bone Fracture the Progenitor Cells develop into Osteoblasts and Chondroblasts, which are essential for the healing process.

When receiving Therapy, it is the Massage Therapist that will find which layer of tissue has the issues and determine the best plan to get to the root of the issue. This could actually be an area before the painful area, so don't be surprised if they are not working on the exact area that you have issues to get them to be released and to stop the pain.

# Rainbow Massage Therapy

## Flow Chart of Muscle Tensions



Above is the flow chart for the changes in the Muscles, this is the flow that the Massage Therapist is looking for to see what state the Muscles are in, and how to create a Treatment Protocol.

The most important section is the final point, Myogelosis, this is a final stage where if not treated properly, it creates a Hardened Marble type effect in the belly of the muscle. This is irreversible, and can not be broken down or have feelings, it is the connective muscles around this area that may have pain, and should be treated. If too much direct pressure is placed on this hardened mass, it could cause it to expand to additional parts of the surrounding muscle, causing even more trauma to the effected Muscle.

# Rainbow Massage Therapy

## Specialization Treatment Areas

The following are Treatment Area of Focus, these will be detailed in order:

- Headaches
- TMJ - Temporomandibular Joint
- Neck - Whiplash
- Frozen Shoulder
- Shoulders - Upper Back
- Tennis Elbow
- Carpal Tunnel Syndrome
- Inguinal Hernia Repair
- Lower Back - Sciatic Issues
- Groin Pulls
- Leg Pain - Quadriceps - Hamstrings - Calves

There are additional areas I can treat, but these are the spots that have major focus with most my clients, and want to highlight for you.

It is important to remember a special rule, Massage can work without Chiropractic, but Chiropractic can not work without Massage. Again, it is the Muscles that control the Skeletal System, if you get adjusted without working on the Soft Tissue, the Muscles will pull you right back out of alignment shortly after your Chiropractic Adjustment. A good Massage can assist your body in self adjustment.

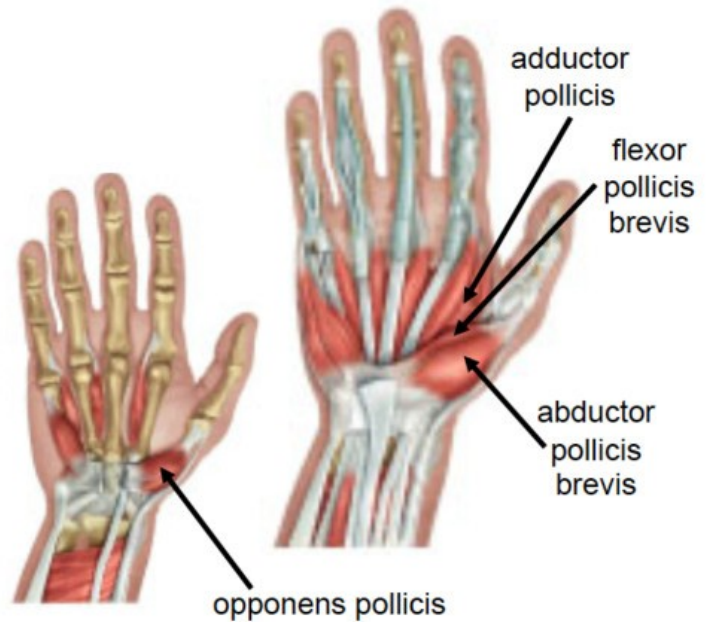
Additionally remember that after you get done with Physical Therapy from an injury you might still need a Massage to assist the Muscles to be retrained. The primary job of the Physical Therapist is getting the Range of Motion back after Surgery or Injury, at times there are still additional connective tissue and Muscles that need to be released.



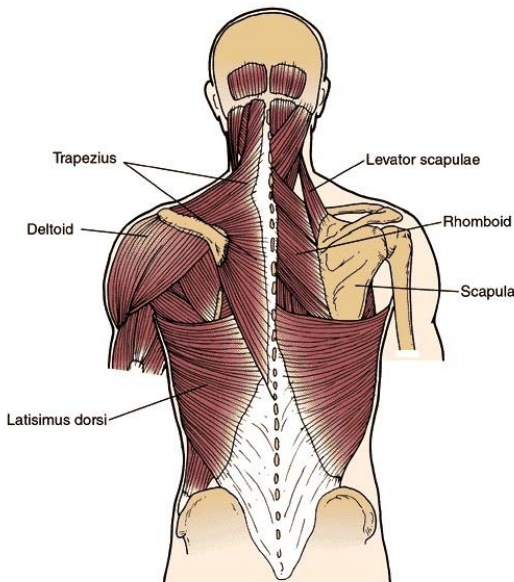
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## Headache Pain

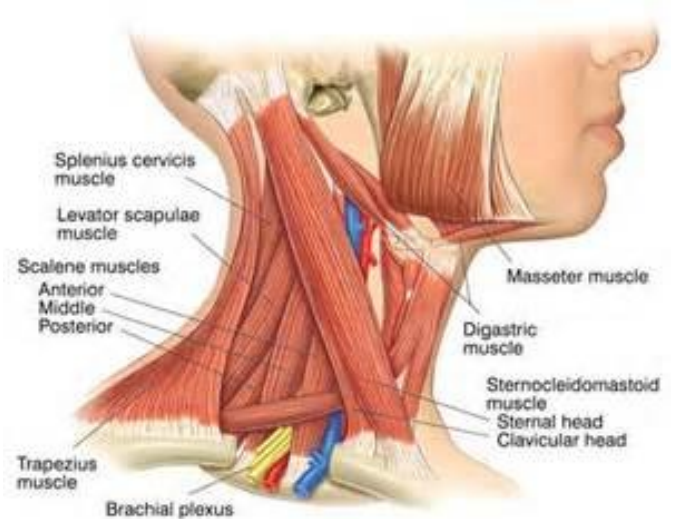
A majority of Headaches originate from the Greater Occipital Nerve located at the base of the Skull in the back of your head. A release of the Upper Trapezius which enters the back of the skull through the Occipital Notch. Working the upper shoulders and neck area will also release pressure from the Occipital Nerve. Most headaches are easily released with a quick trigger point release.



Back and Neck Muscles



palmar views

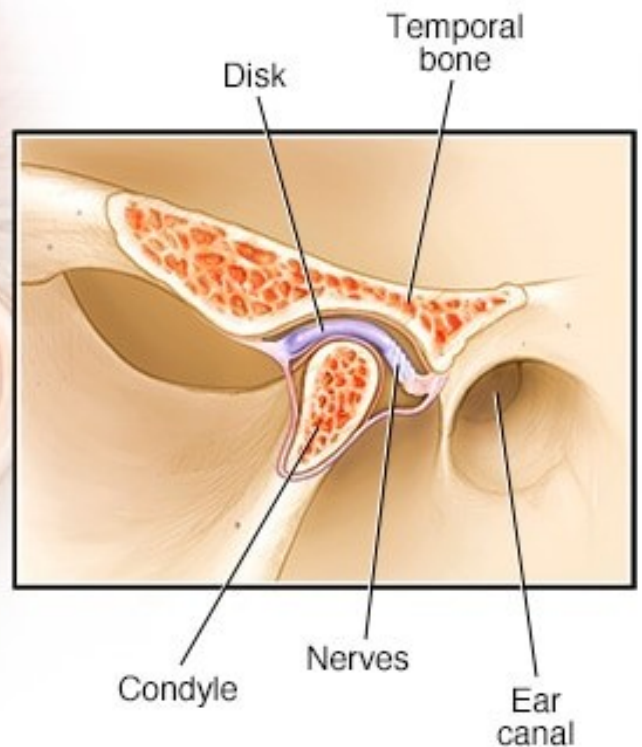
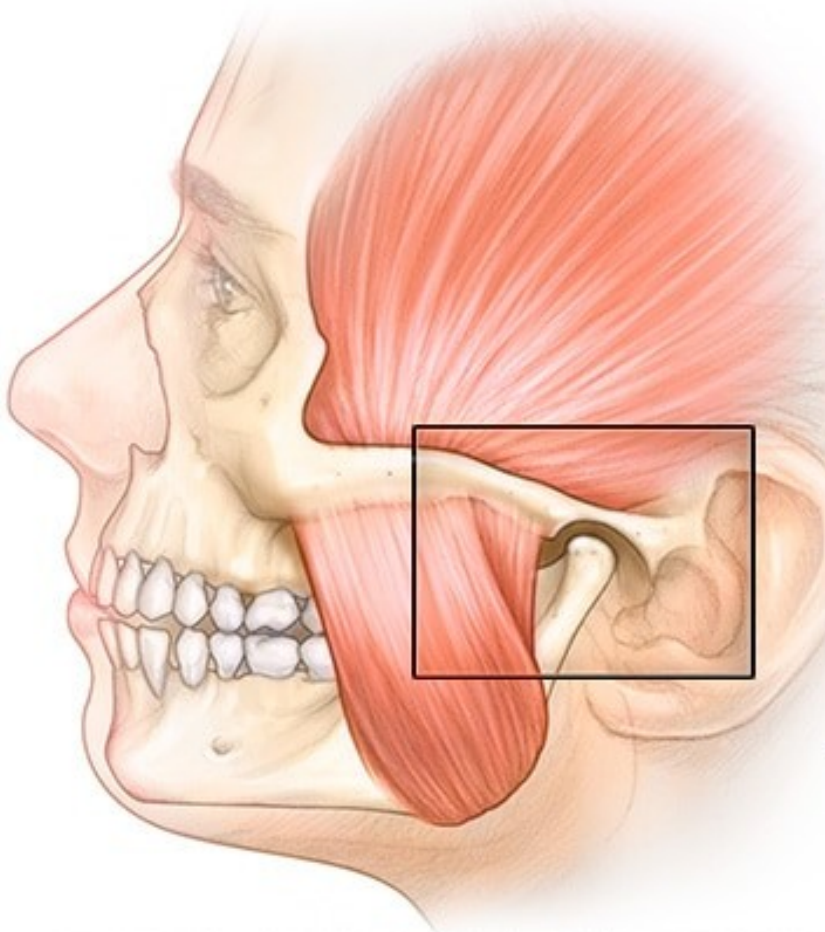


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## TMJ - Temporomandibular Joint



The Temporomandibular Joint as like a sliding hinge connecting your jawbone to your skull. You have one joint on each side of your jaw, a type of TMD (Disorder) can cause pain in your jaw joint and in the muscles that control jaw movement. Massaging the jaw muscles and a slight trigger can release TMJ and give relief in the pain.



# Rainbow Massage Therapy

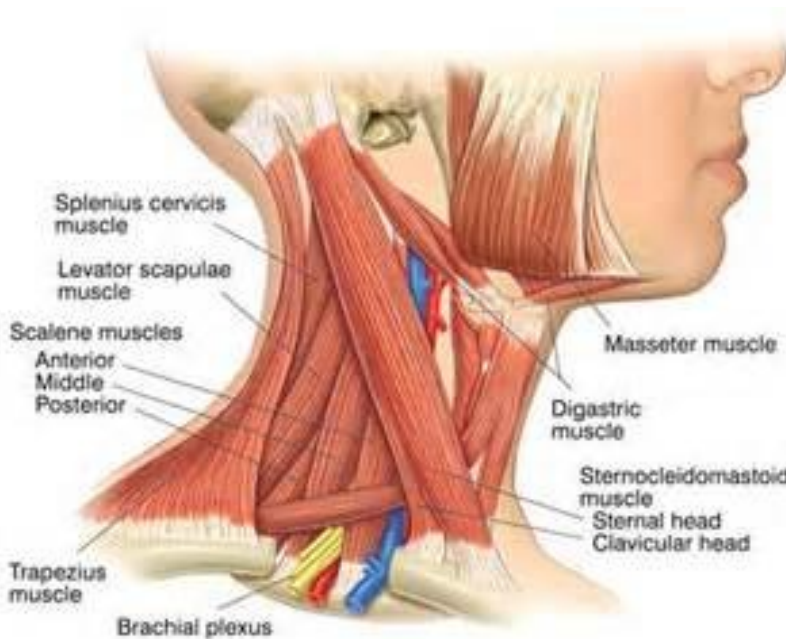
## Neck Pain / Whiplash

Whiplash is a neck injury due to forceful, rapid back and forth movement of the neck, like the cracking of a whip. Whiplash can occur during Sports Injuries, Physical Abuse, Excess Computer Use and Rear End Auto Accidents. The Massage Sessions will not be covered under Insurance, but if you get a Prescription, it could be reimbursed by your Medical Insurance, Paid Directly by Auto Insurance or be claimed on Schedule A on your Taxes.

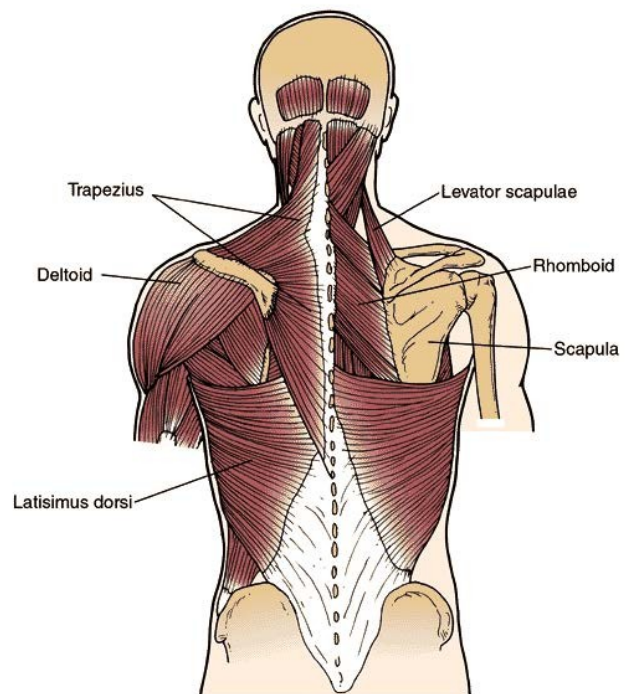
Most neck issues are related to these muscles:

- SCM (Sternocleidomastoid)
- Scalenes
- Levator Scapula
- Upper Trapezius

These Muscles can be treated by Stripping, Triggering and Cross Fiber Massage along with some stretching.



**Back and Neck Muscles**



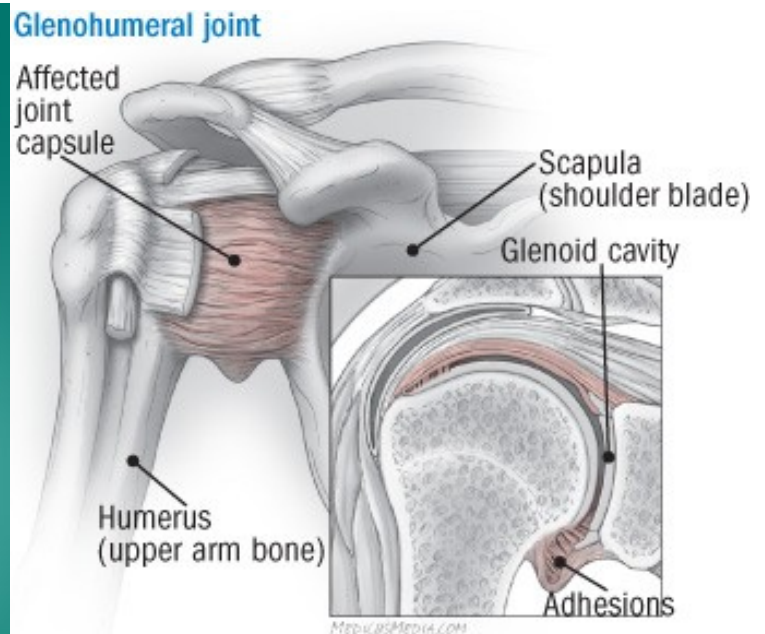
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## Frozen Shoulder Release

Frozen Shoulder or Adhesive Capsulitis is a common disorder that causes pain, stiffness and loss of normal range of motion in the shoulder. Sometimes freezing occurs because the shoulder has been immobilized for a long period by injury, surgery or illness. In many cases the cause is obscure. Fortunately the shoulder can usually be unfrozen with Massage Therapy. The Shoulder has a wider and more varied range of motion than any other part of the body. It pivots mainly on the ball and socket arrangement called the glenohumeral joint, which joins the top of the humerus to the scooped out part of the scapula called the glenoid cavity

Massage treatments done regularly can help in alleviating the shoulder pain and loosening or relaxing the stiff shoulder muscles. Massage Therapy is very beneficial in treating frozen shoulder as it increases the blood circulation to the injured region and also reduces the formation of scar tissue. Regular massage should be done to reduce the muscle stiffness. The pain and stiffness usually gets relieved after several massage treatments. There are various combination of techniques done by Professional Massage Therapists, which provides relief from shoulder pain and helps in the thawing process or the recover stage. One of the common techniques used to treat frozen should is Deep Tissue Massage. In this technique, the Massage Therapist applies constant pressure to the muscles in order to release the scar tissue or adhesions, which may be causing the shoulder pain. Trigger Point Therapy is another technique which benefits the frozen shoulder, in this technique a steady pressure is applied on certain targeted points within the muscles. This helps in relieving the muscle spasms.

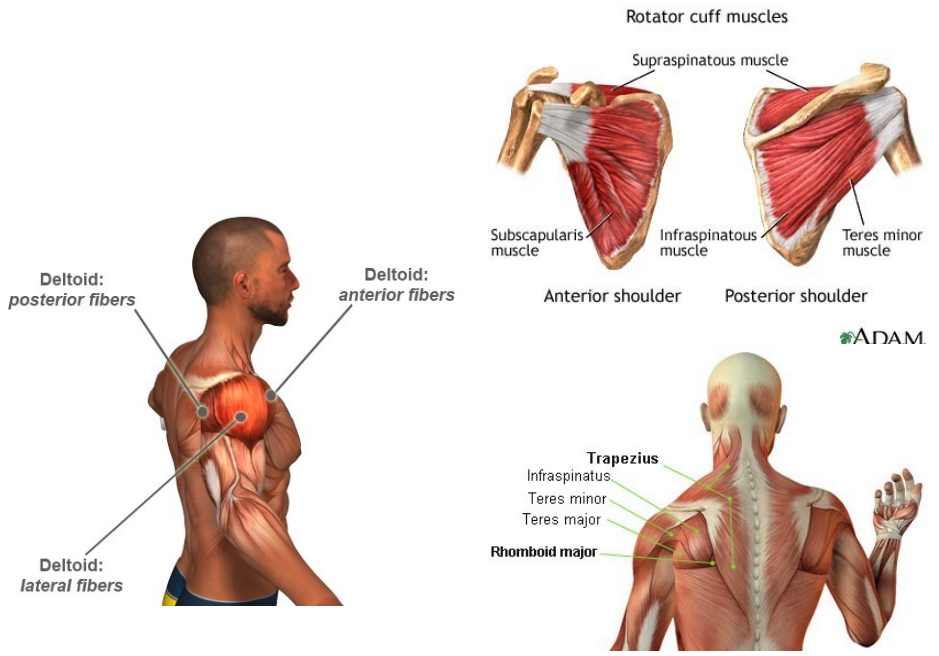


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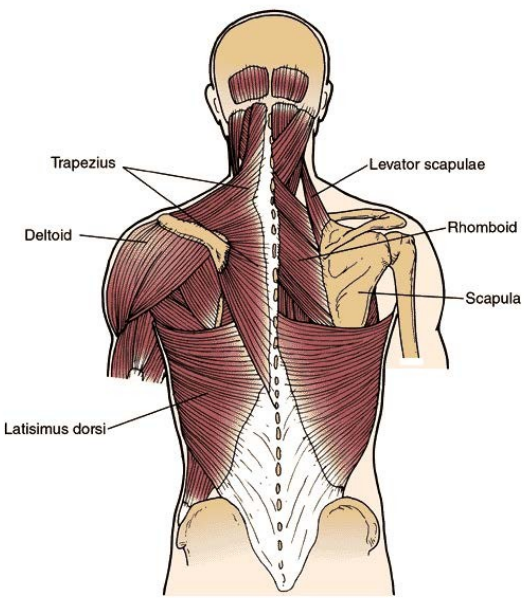
## Shoulder and Upper Back

Most Shoulder and Upper Back Issues are related to the following muscles, full rotation and elevation can be recovered in most cases.

- Rhomboids
- Rotator Cuff
  - Supraspinatus
  - Infraspinatus
  - Teres Minor
  - Subscapularis
- Deltoids
- Trapezius
- Serratus Anterior
- Pectoralis Major
- Pectoralis Minor



### Back and Neck Muscles



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### Pectoral Girdle Front View

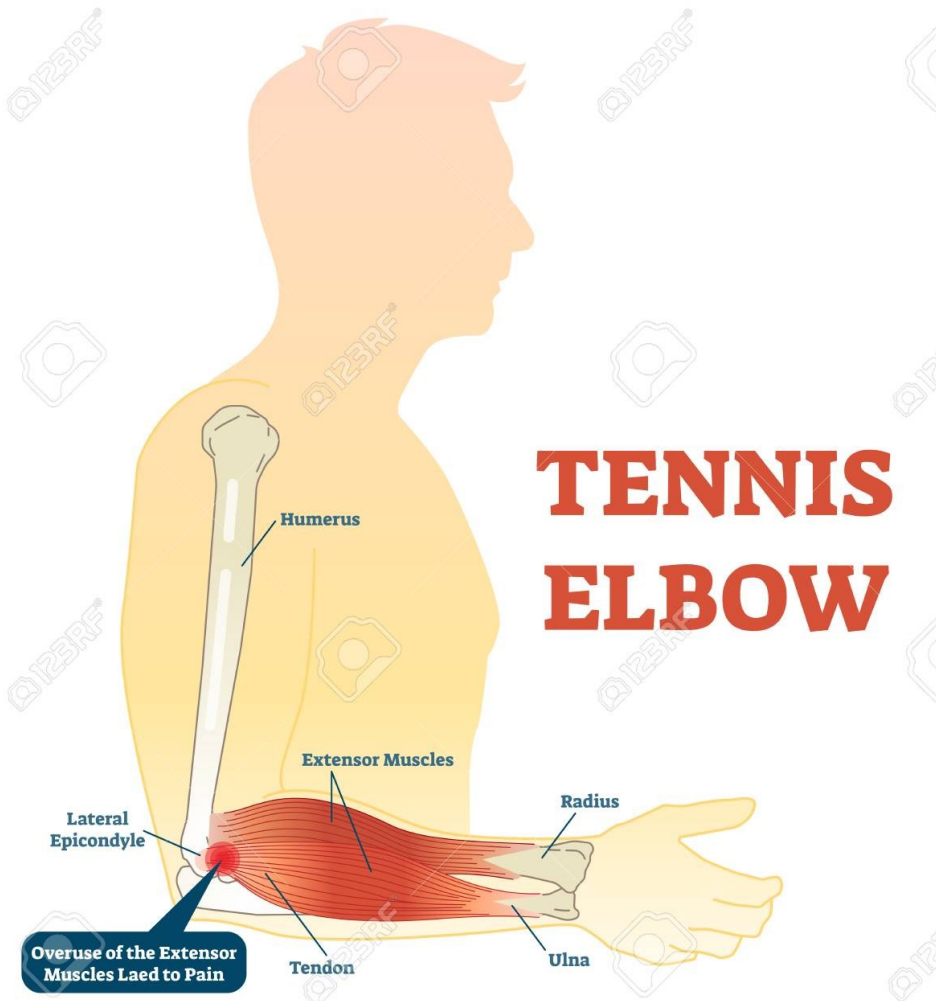


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## Tennis Elbow

Tennis Elbow also known as Golfers Elbow are primarily Tendinitis of the Elbow, this is caused by repetition of movement with the arms, this can be caused by sports or even using a computer over time as well as with Plumbers and Contractors. This condition will cause pain in the Elbow but also will radiate the pain down through your Forearm, Wrist and down into your hand mimicking Carpal Tunnel Syndrome.

Massage can help to alleviate these symptoms and get normal range of motion back over time, this will take a few sessions, this is not a one time fix.



# Rainbow Massage Therapy

## Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is caused by pressure on your median nerve. This nerve gives you feeling in your thumb and all your fingers except your pinky. When it goes through your wrist, it passes through the carpal tunnel, a narrow path that is made of Bone and Ligament. If you get any swelling in your wrist, this tunnel gets squeezed and pinches your median nerve, which causes your symptoms.

It is important to understand that just because you get numbness in your fingers, it does not always mean you have Carpal Tunnel, there are lots of things that should be checked before you decide that Surgery is the only choice, that should always be the last and final choice for anyone.

Here are some things that should be checked before surgery.

Pectoralis Minor is a small muscle but does cause numbness.

Neck Muscles can cut off circulation to the arm and cause numbness.

Rhomboids can also cause restrictions in the flow of blood to the arm causing numbness.

Tennis Elbow can cause blood flow loss causing numbness.

Forearm Extenders that are super tight can cause numbness.

Shoulders including Deltoids can cause blood flow loss and numbness as well.

As you can see there are a few things that should be checked before choosing that it is just Carpal Tunnel Syndrome. Loss of blood flow or pinched nerves will mimic the same symptoms and feeling as Carpal Tunnel. These are all things that can be repaired with Massage which will save you from recovery from Surgery, get you back to work sooner and save you money in the long run. This is not covered by insurance, but if you retain a prescription then your insurance may reimburse your out of pocket expense if not, then it can be written off on your taxes at the end of the year on Schedule A under Medical Expenses.

If you do choose to go through Surgery first and it does not take care of your symptoms then your doctor will start to look at the same things that I mentioned above. One thing to remember about some Surgeons they are more interested in getting paid for the Surgery then actually helping you out in the long run, they only get paid to Cut not Fix.



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## Inguinal Hernia Repair

What is an Inguinal Hernia?

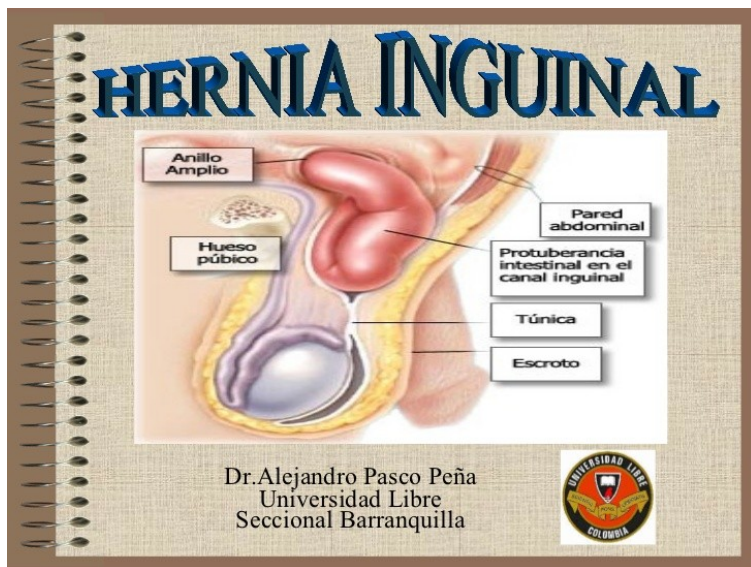
It is when part of your Intestine pushes through a weak spot in your lower belly wall. This area is called the Groin. It creates a lump in your groin, over time the Hernia may get larger.

What causes an Inguinal Hernia?

**Indirect** is the most common type, it happens when an opening in the belly wall does not close normally before birth. That leaves a weak spot in the belly wall.

**Direct** occurs mainly in adult males, it is caused by a weakening of abdominal muscle tissue over time. This happens because of aging and long-term stress of the weakened belly muscles.

Not all Hernias require surgery, sometimes a small Inguinal Hernia can be pushed back into the abdominal with Massage, I have had great success at this technique, some of my clients have had the Hernia for 19+ years, and after the first treatment, their Hernia was gone and with no more pain or complications, at times it may take more then one session depending on the size of the Hernia.





# Rainbow Massage Therapy

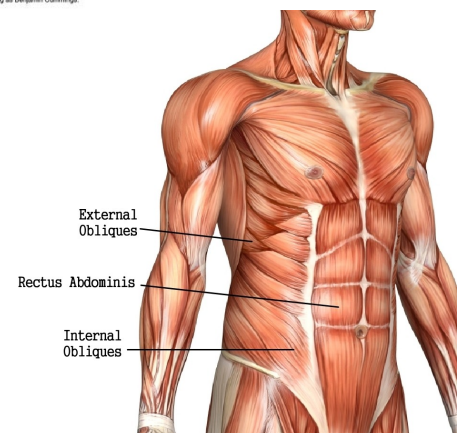
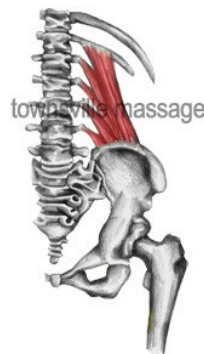
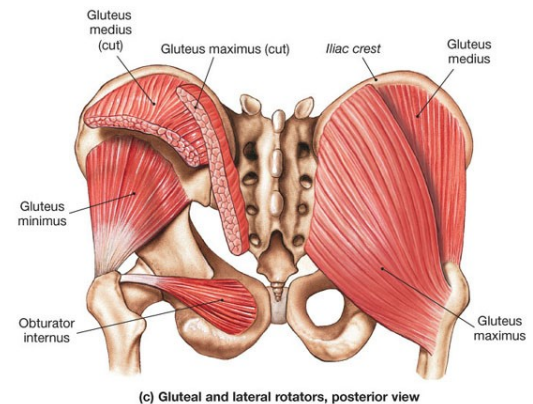
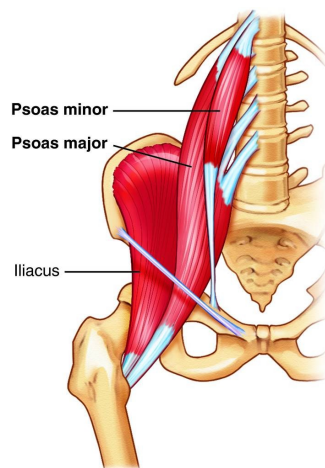
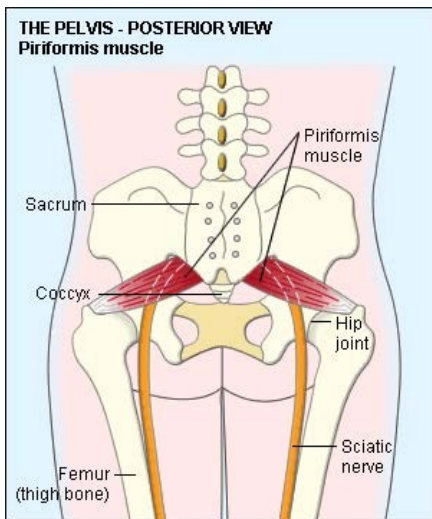
## Lower Back - Sciatic Issues

Most lower back issues are related to the following muscles:

- Gluteus (Maximus, Medius and Minimus)
- Piriformis
- Psoas
- Iliacus
- Rectus Abdominus
- Quadratus Lumborum

Deep Massage and Trigger Point Therapy can relieve a majority of the pain and issues

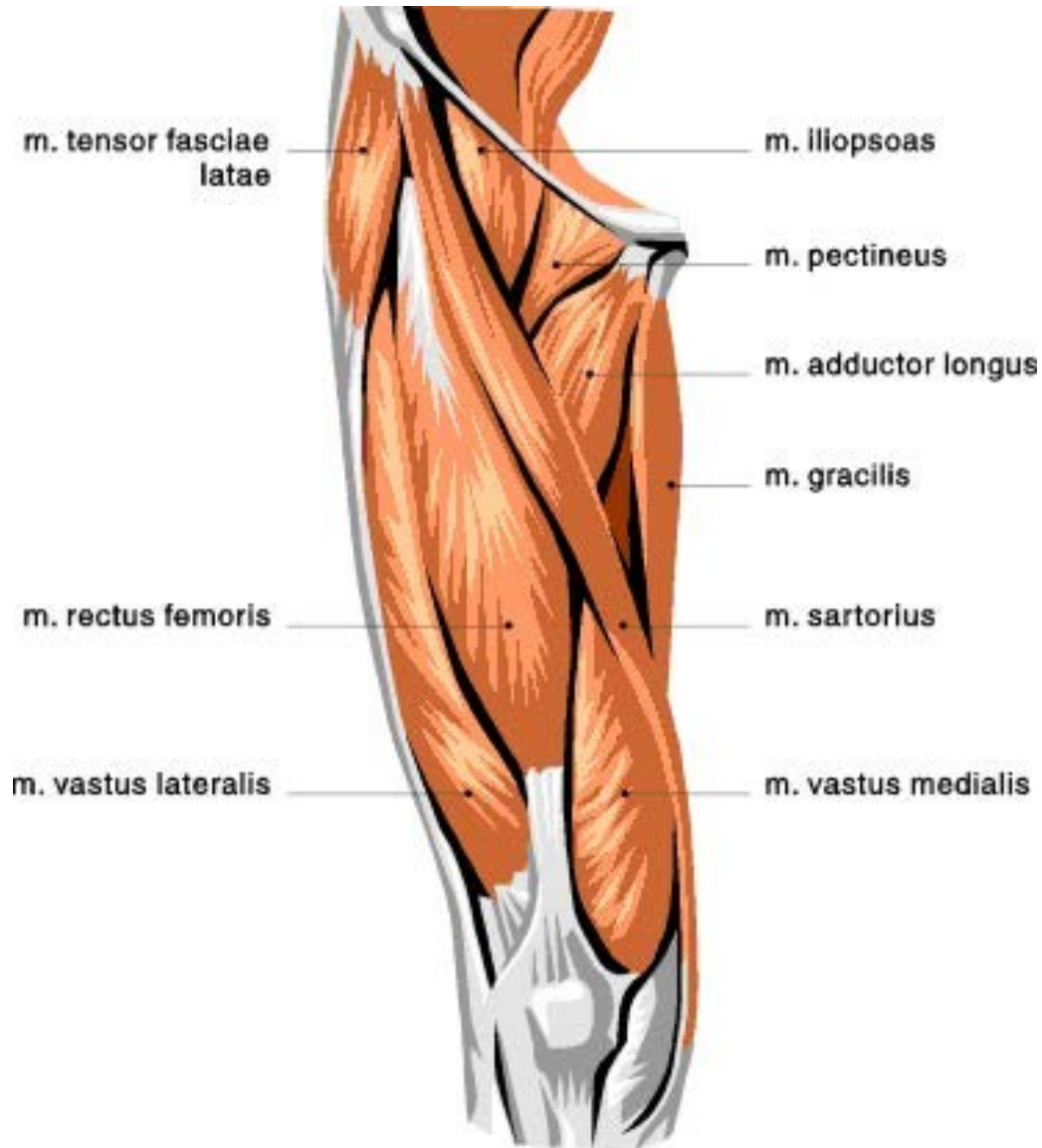
A majority of the time relief from Sciatic Issues can be relieved from Triggering the Quadratus Lumborum, Gluteus Minimus and Piriformis Muscles followed by a Great Stretch of the Hip / Pelvis Joint.



# Rainbow Massage Therapy

## Groin Pulls

A majority of Groin Pulls can be avoided by stretching properly after exercise and sports events, plus hydration is very important. If you to get Groin Pull injury while Running, Excising or Playing Sports it is treatable and can usually get you back up and walking and at times running within a few sessions of working on the Gracilis and Pectineus Muscles. This can be invasive and personal Massage, this is one massage that we will be communicating through the session, this will assist in assuring that I'm in the correct spot to fix the issues.



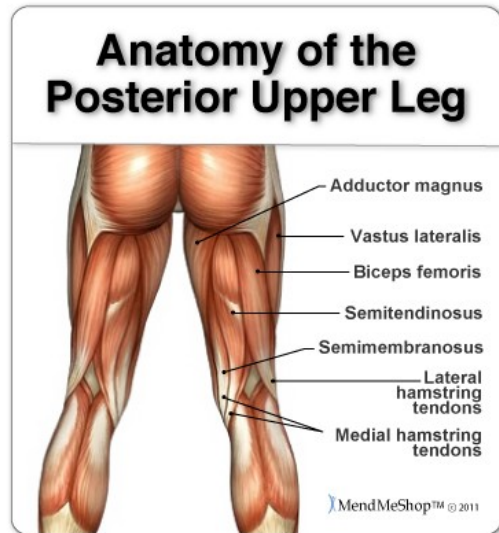
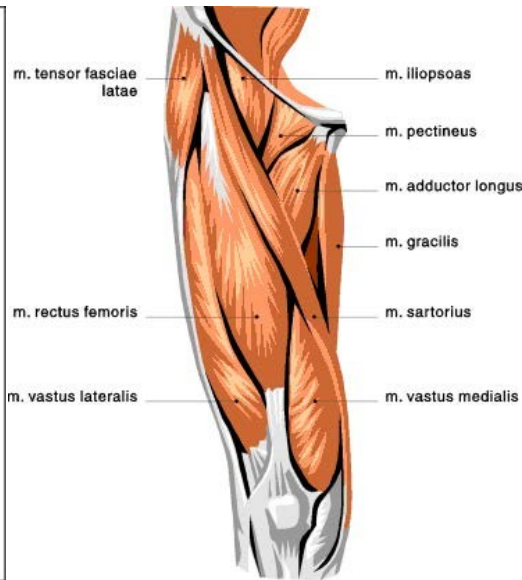
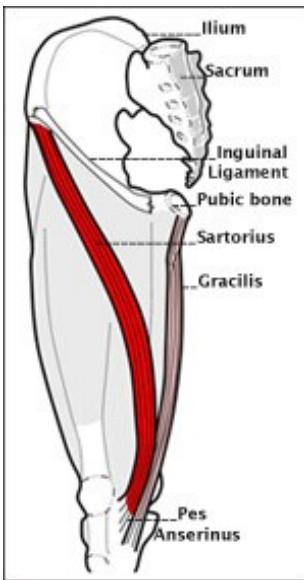
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## Leg Pain

A majority of Leg Pain effects the following muscle groups:

- Quadriceps
- Pectineus
- Adductor Longus, Brevis and Magnus
- Gracilis / Sartorius
- Hamstrings
- Calves (Dehydration can be the leading cause for pain)
  - Gastrocnemius
  - Soleus

Some of these issues may be alleviated by releasing the Lower Back and Sciatic Issues, mentioned earlier.



# Rainbow Massage Therapy

## Who would be a perfect client?

Not everyone realizes that everyone needs a Massage to keep their bodies working in harmony, but some more than others:

- Auto Accident Victims
  - Whiplash, Lower Back and Shoulder Pains
- Slip and Fall Victims
  - Neck, Shoulders, Lower Back & Gluts
- Sports (Amateur & Professional)
  - Neck, Shoulders, Lower Back, Groin Pulls, Hernias & Ankles
- Teenage Boys and Girls (with Parental / Guardian supervision)
  - It has been recommended that boys start getting Massages at Puberty to assist with growing pains, to allow the muscles to expand with growth, this could also assist with catching Muscular Issues at an early age and rectify.
  - It has been recommended that girls start getting Massages when their menstrual starts again to catch any Muscular Issues at an early age.
- Drivers (Commuters, Truck Drivers and every day drivers)
  - Neck, Upper Back, Lower Back and Gluts
- Professionals (Accountants, Attorneys, Brokers, etc)
  - Neck, Shoulders, Upper Back, Lower back, Gluts, Posture and Carpal Tunnel
- Nurses (One of the hardest working industries I have met)
  - Entire Body, but mainly Shoulders, Upper Back & Lower Back
- Construction & Painters
  - Neck, Shoulders, Upper Back, Lower Back, Gluts and Ankles
- Teachers
  - Neck, Shoulders, Upper Back and Gluts
- Computer Works (Programmers and Data Entry)
  - Neck, Shoulders, Upper Back, Lower Back, Gluts, Forearms and Carpal Tunnel
- Gamers
  - Neck, Shoulders, Upper Back, Lower Back, Forearms, Carpal Tunnel and Posture

A majority of issues can be taken care of with as little as one through Massage Session, but depending on the severity it could take a advanced protocol series. I do specialize in Therapeutic Massage using Trigger Points and Compression. It is important to understand that if someone is using Trigger Point on you, it is important to follow through with a Trigger once started to fully release the Muscle. It is also important to remember after a good Therapeutic Massage to drink plenty of water, I usually suggest one full gallon of water to flush the entire blood system of all toxins removed from the Muscular System.