

Matching – Conditions & Diseases

1. Adhesive Capsulitis 2. Allergies 3. Alzheimer’s 4. Atherosclerosis	5. Contact Dermatitis 6. Crohn’s Disease 7. Hyperthyroidism 8. Multiple Sclerosis	9. Parkinson’s Disease 10. Psoriasis 11. Rheumatoid Arthritis
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1. ___ Progressive, degenerative brain disease.
2. ___ Fatty material deposited along walls of arteries.
3. ___ Chronic autoimmune disease, effects the gastrointestinal tract.
4. ___ Imbalance of metabolism caused by and over production of thyroid hormone.
5. ___ Imflammatory condition that restricts motion in the shoulder.
6. ___ Exaggerated immune response or reaction to substances that are generally not harmful.
7. ___ Progressive deterioration of the nerve cells in part of the brain that controls muscle movement.
8. ___ Chronic autoimmune disease that effects the central nervous system.
9. ___ Inflammation of the skin caused by direct contact with an irritating substance.
10. ___ Skin inflammation (irritation & swelling) characterized by frequent periods of redness, itching and thick scales on the skin.
11. ___ Chronic autoimmune disease that causes inflammation of the joints and surrounding tissues.

Matching Techniques and Effects

A. Energy Balancing B. Heat C. Ice	D. Joint Movement E. Lymphatic F. Muscles Mechanics	G. Pressure Points
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13. ___ Pressures on the tendons activate the GTO’s, limits contraction/tension and contraction of muscles stimulate the Muscle Spindles, causes relaxation.
14. ___ Vasconstriction, decreases edema and reduces pain via the *gate theory*.
15. ___ Vasodialation, increases circulation, reduces muscle tension.
16. ___ Pressure on tendons to activate GTO’s, reduces pain via the *gate theory*.
17. ___ Direacting universal energy to release blocks and balance energies.
18. ___ Maintians joint mobility and synovial fluid.
19. ___ Light pressures moves fluid, stroking distal to proximal moves fluid along to increase lymphatic flow.

1. Acute	9. Chronic	17. Marrow	25. Phagocyte
2. Adhesion	10. Cryotherapy	18. Modified massage	26. Plasma
3. Afferent	11. Epiphysis	19. Mucosa	27. Prana
4. Anemia	12. Esophagus	20. Myelin Sheath	28. Synergist
5. Aponerosis	13. Homeostasis	21. Myofibril	29. Synovial fluid
6. Aromatherapy	14. Hyperemia	22. Origin	30. Systole
7. Atrophy	15. Lacteal	23. Osteo	31. Vasoconstriction
8. Bursa	16. Larynx	24. Peristalsis	32. Visceral

- ___ A. Excess of blood in an area, congestion.
- ___ B. State of physiologic equilibrium.
- ___ C. Cooperation in action.
- ___ D. Refers to Bone.
- ___ E. Conveys an impulses proximally toward and organ or central nervous system.
- ___ F. Low amount of red blood cells and iron in the blood stream.
- ___ G. Clear, thick, lubricating fluid for certain joints.
- ___ H. Least movable part of a muscle.
- ___ I. A fibrous band that abnormally unites two parts.
- ___ J. Long Term , recurring: applied to a pathological condition.
- ___ K. Alternate contraction and relaxation of tubular structures, by which contents are moved forward.
- ___ L. Universal Energy.
- ___ M. Massage movements preformed in a position other then prone or supine, due to client's limitations.
- ___ N. Force exerted by blood on the arterial walls during ventricular contraction.
- ___ O. Therapeutic use of essential oils.
- ___ P. Voice box, connects the pharynx with the trachea.
- ___ Q. Ends of a long bone.
- ___ R. Covering formed by Schwann cells around the axons of some neurons.
- ___ S. Closed sac lined with specialized connective tissue & fluid, found in diarthrodial joints.
- ___ T. Extra cellular fluid found in blood vessels, blood minus the formed elements.
- ___ U. Mucous membrane, keeps structures moist & lubricated.

___ V. Progressive degeneration & loss of function in any part of the body.

___ W. Soft sponge like materials in the cavities of long bones, two types yellow & red, red produces blood cells.

___ X. Consisting mostly of thick & thin filaments, threadlike structure running through muscle fiber.

___ Y. Therapeutic use of ice.

___ Z. Hollow muscular tube connecting the pharynx and stomach.

___ AA. A decrease in the size of the lumen of a blood vessel, caused by a contraction of the smooth muscle in the walls of the vessel.

___ BB. Rapid onset, severe symptoms and usually of short duration.

___ CC. A cell that is able to surround, engulf, & digest microorganisms & cellular debris.

___ DD. Pertaining to organs or covering of and organ.

___ EE. Fibrous sheet, serves as a connection between muscle & attachment.

___ FF. Lymphatic capillary found in the center of the intestinal villi.

Foot Reflexology Review

1. Diaphragm	6. Sigmoid Colon	11. Jaw	16. Spleen
2. Lungs	7. Iliocecal valve	12. Back of Neck	17. Kidneys
3. Ascending Colon	8. Brain & Sinuses	13. Heart	18. Adrenals
4. Descending Colon	9. Ears	14. Stomach	19. Thyroid
5. Transverse Colon	10. Eyes	15. Liver	20. Pituitary

Note: Label Spine both sides

