

877. What forms the myofascia system?

Muscle and fascia

878. What are some of the things the therapist uses as tools in Myofascial Release method?

Their elbows, knuckles and other tools

879. What is the indirect method of Myofascial Release?

This method uses a gentle stretch with only a light pressure that lets the fascia unwind itself.

880. Where did this indirect technique originate from?

Osteopathy schools and from Andrew Taylor Still who was the founder of osteopathic medicine.

881. What are the two main branches in medical pathology?

Clinical pathology and anatomical pathology.

882. What do pathologists do?

They diagnose and characterize disease in living patients by examining their bodily fluids and with biopsies.

883. What system is referred to as the *fight or flight* response?

Autonomic Nervous System

884. True or False. Percussion of the muscles causes the blood vessels to contract.

True

885. What are the two neurotransmitters that massage can help to increase?

Serotonin and dopamine

886. When would passive joint movement be performed by the therapist?

When the client's body is in a non-stressful state or a relaxed state.

887. Why would a therapist use heat application?

To stimulate circulation and to alleviate tissue soreness.