

Pathology of the Integumentary System

Skin conditions have a special relevance for massage therapy because we are in a position to notice lesions and blemishes that clients often do not realize are present. Open skin, broken skin, scabbed skin, oozing skin, or any skin that allows access to the blood vessels inside is a red flag for massage practitioners.

Common Skin Conditions

Contagious	Noncontagious	Neoplastic	Injuries
Boils	Acne vulgaris	Psoriasis	Burns
Cellulitis	Acne rosacea	Skin cancer	Decubitus ulcers
Fungal Infections	Dermatitis, excema		Scar tissue
Herpes Simplex	Hives		
Impetigo			
Lice and mites			
Warts			

Why is broken skin a contraindication for massage?

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

Main differences between acne and boils.

Characteristics	Boils	Acne
Pattern of Appearance	One lesion at a time or a small group of interconnected pustules	Spread over large areas (face, neck, back)
Virulence	Aggressive bacteria; attack living tissue	Less aggressive bacteria; take advantage of hospitable growth medium
Symptoms	Extremely painful	Mildly painful
Communicability	Highly communicable	Only with prolonged contact
Special Precautions	Local contraindication; may be systemic if signs of infection are present. Isolate and bleach sheets	Local contraindication; no other precautions necessary

What type of bacteria are usually associated with boils?

Staphylococcus aureus (staph)

What type of bacteria are usually associated with boils?

Streptococci, usually group A

Variations of Fungal Infections of the Skin

- Tinea corporis or body ringworm, very common and contagious
- Tinea capitis or head ringworm, itchy and flaky like bad dandruff
- Tinea pedis or athlete's foot, most stubborn and common, burns and itches, involves blistered, cracking, or peeling skin on the feet
- Tinea cruris or jock itch, lesions on the groin, buttocks or upper thighs
- Tinea barbae, affects bearded area of the face
- Tinea versicolor, creates variegated pigmentation of the skin

How to distinguish plantar warts from calluses:

Characteristics	Plantar Warts	Callus
Location	Anywhere on plantar surface of foot. Usually not bilateral.	Appears in areas of wear and tear, especially backs of heels and lateral aspect of feet. Usually grows in similar patterns of both feet
Appearance	May be white, but with darker speckling under thickened skin- capillary supply for wart	Thick, white skin
Sensation	Very hard and unyielding, like stepping on a stone	No particular sensation

What are some dangers associated with long term use of corticosteroid creams?

Thinning skin, stretch marks, increased risk of skin infections

What are some dangers associated with widespread burns?

If a significant amount of skin is affected, it is unable to accomplish it's protective tasks like maintaining a stable temperature, providing protection from fluid loss, and shielding from microbial invasions. Losing more than 15% of skin function puts someone at risk for infection, shock, and circulatory collapse.

What is the cardinal sign of skin cancer other than melanoma?

For both basal and squamous cell carcinomas, the giveaway sign is sores that never heal or that consistently come and go in the same place. The sores can resemble blisters, warts, pimples, scars, or simple unexplained bumps or abrasions.

What are the ABCDE's of malignant melanoma?

Asymmetry, **B**order irregularity, **C**olor that is not uniform, **D**iameter greater than 6 mm (about the size of a pencil eraser), and **E**volving size, shape or color/
Elevated