

## 14. Listening Comprehension Quiz Getting a massage (track 17)

1. Roger はカイロプラクティックに通っていますか。
2. Roger はどのあたりが凝っていますか。
3. Roger はどのようにして〇〇や〇〇を痛めましたか。
4. この痛みはどれくらい前からですか。
5. Roger は現在薬を飲んでいますか。
6. Chanty はどれくらいマッサージ師をしていますか。
7. Chanty は一週間に何人くらいの患者にマッサージしますか。
8. Swedish massage と指圧の違いは何ですか。
9. Roger は右利きですか、それとも左利きですか。

1. Chanty: Um, do you have any injuries or.....?

Roger: Um, well, right now, I'm currently seeing a chiropractor. But I do have, like a lot of tightness up in here.

Chanty: In the scapula? Okay.

Roger: Yeah, right around there. And, uh, also right, right around the, uh, right around my traps.

Chanty: Okay. Any other injuries, like legs or arms?

Roger: *Other than that, no.*

Chanty: Okay. Tell me if I'm pressing any harder or you want some more pressure or something like that, okay?

Roger: Actually, that's uh, that's perfect.

2. Chanty: Okay. So, how did you hurt your scapula and, and your back?

Roger: Uh, I just think it was just from .... Over time... just, uh, from various falls, or from playing sports.

Chanty: Has this been awhile or....?

Roger: Uh, yes, this has been like this for a while.

Chanty: Okay. They gave you any medication?

Roger: Uh, no.

Chanty: Okay, so it's not bad.

Roger: No.

Chanty: It's curable.

Roger: Mm-hmm.

Chanty: It's just strain.

3. Roger: *How long have you been doing this now?*

Chanty: Uh, right now, seven years.

Roger: Seven years? Wow.

Chanty: Yeah. I graduated at the Swedish Institute.

Roger: Mm-hmm.

Chanty: Yeah, I can see the right side... the left side over here, a little higher than the left.

Roger: Yeah.

Chanty: Then we could dig deeper into your muscles.

Roger: How many clients do you do, uh.... like a day?

Chanty: A day? About five.

Roger: About five?

Chanty: Yeah.

Roger: And you work seven days a week?

Chanty: Yep.

Roger : Wow.

Chanty: And I teach swimming....

Roger: Mm-hmm. Oh, wow.

Chanty: ....teach fitness. *A little bit of everything.* It's all in the health club.

Roger: Ha ha.

4. Chanty: I do shiatsu also.

Roger: Shiatsu? *What exactly is shiatsu?*

Chanty: Shiatsu is what I'm gonna show you right now. I'm gonna like, what I do in my Swedish and, like my Swedish massage...

Roger: Mm-hmm.

Chanty: I combine, um, a little bit with like pressure points.

Roger: Okay.

Chanty: See, you feel that?

Roger: Mm-hmm.

Chanty: And then, uh, sort of different....

Roger: Right there? Yep, I feel that.

Chanty: ... finger points that you feel tension.

Roger: Mm-hmm.

Chanty: Just a relief. Yeah, 'cause all the rubbing doesn't quite get in the muscles, I like.... Makes it interesting. It makes the massage a lot better. See how you got this right hand and your.... See, sometimes even though your left is tight.....

Roger: Mm-hmm.

Chanty: ..... you're you can put a lot of pressure on your right, um, like your right part. You see how your bone is up?

Roger: Yeah.

Chanty: That's 'cause you use more pressure with this part, too. Like to balance your left arm out.

Are you a righty or lefty?

Roger: I'm a righty.

Chanty: Yeah, so you, you normally use this more.

Roger: Mm-hmm.

Chanty: So...

Roger: Well, when I stand up straight, my wife says that my, uh, my shoulders are crooked.

Chanty: Yeah, you are, yeah, you're unbalanced. I can see.