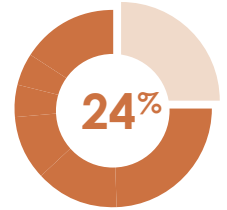


# I. MASSAGE MODALITIES, TECHNIQUES, AND MANUAL FORCES



## KNOWLEDGE

- General massage protocols
- Compression
- Friction/shearing
- Bending
- PNF, MFR, pin and stretch, etc.
- Torsion
- Range of Motion
- Muscle Energy Techniques
- Stretching
- Hydrotherapy
- Indications and contraindications
- Vibration (jostling, shaking)
- Tapotement
- Client positioning
- Special population (pregnancy massage, oncology massage, etc.)
- Efficient body mechanics
- Benefits and effects of modalities and techniques

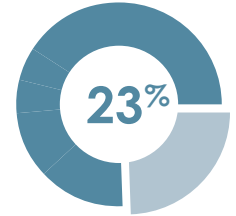


## SKILLS

- Determine applicable massage techniques when working with clients
- Identify researched outcomes of different techniques
- Apply massage techniques safely
- Determine and apply pressure according to client feedback and pathologies
- Identify one's own level of knowledge regarding massage on special populations
- Identify contraindications and indications when proceeding with massage
- Identify fundamental characteristics of bodywork modalities
- Perform proper body mechanics
- Position clients for comfort and safety

## II. APPLIED SCIENCE

ANATOMY, PHYSIOLOGY, KINESIOLOGY,  
PATHOLOGY/INJURY, AND PHARMACOLOGY



### KNOWLEDGE

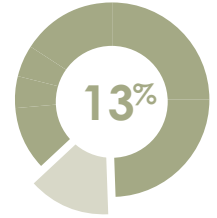
- Anatomy (structure of the human body including joints, tissues, muscles, functions, origins, insertions, and actions, nerve structure, etc.)
- Physiology – systems of the body with:
  - i. strong knowledge in muscle, skeletal, and nervous systems
  - ii. intermediate knowledge in integumentary, cardiovascular, lymphatic and digestive systems
  - iii. basic knowledge in respiratory, endocrine, reproductive and urinary systems
- Kinesiology
  - i. knowledge of agonists, antagonists, synergist, and muscle actions
- Pharmacology (contraindications of prescription and non-prescription medication, implications for massage, etc.)
- Pathologies & injuries
- Indications & contraindications
- Standard precautions
- Endangerment sites



### SKILLS

- Identify structures and functions of all body systems
- Identify muscle and joint physiology
- Recognize mechanics of body movement – agonists, antagonists and synergists
- Identify and apply range of motion techniques – passive, active, active assisted and resistive range of motion
- Identify endangerment/cautionary sites
- Identify indications and contraindications of common prescription drugs
- Identify indications and contraindications regarding injuries and when to refer out
- Determine proper stretching techniques and “end feels”

## III. PROFESSIONAL COMMUNICATION



### KNOWLEDGE

- Medical terminology
- Reporting formats (appropriate language in medical history, treatment plan, SOAP notes, EMR, etc.)
- HIPAA
- Communication with clients/patients
  - i. Proper questioning techniques to understand client needs
- Client/patient sensitivity and vulnerabilities (how to make clients comfortable during treatment)
- Verbal and non-verbal communication



### SKILLS

- Effectively communicate with clients when explaining treatment plans
- Describe techniques, anatomy, physiology and kinesiology in understandable terms
- Identify and uphold HIPAA procedures
- Maintain client confidentiality
- Work within client comfort levels
- Adapt to verbal and non-verbal cues when working with clients
- Document sessions appropriate to the work setting – SOAP, EMR, spa, etc.
- Effectively communicate in proper medical terminology when working with other healthcare professionals

## IV. PROFESSIONALISM & ETHICS



### KNOWLEDGE

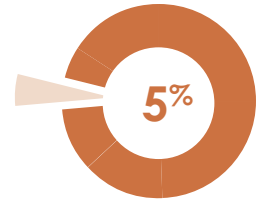
- Current standards of care for safe and effective massage
- Professional boundaries
- Draping laws & techniques
- Scope of practice
- When to refer clients to other health professionals
- When, why and how to refuse treatment
- How to report misconduct and who to report to
- Transference, countertransference and power differential



### SKILLS

- Maintain proper physical and emotional boundaries
- Respect client's right to say no
- Identify when to refer out and whom to refer clients with pathologies
- Identify massage therapy scope of practice
- Work within scope of practice and personal education limits
- Honestly state techniques learned without overstating knowledge in subjects not studied
- Identify transference and countertransference
- Identify situations of when to refuse to treat and how to decline treatment
- Identify correct entities to report client or fellow massage therapists' misconduct

## V. LAWS & BUSINESS PRACTICES



### KNOWLEDGE

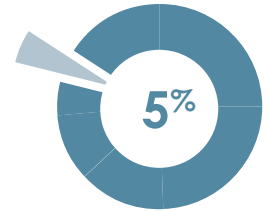
- Appropriate draping
- Continuing education requirements
- Scope of practice and applicable licensing laws
- Record keeping (business and client/patient)
- Licensing & establishment laws
- Local zoning ordinances
- Business standard operation policies and procedures
- Record keeping
- Employment contracts and tax information (1099, W2, noncompete contracts, employee vs. independent contractor, etc.)
- Human resource practice (liability insurance, health insurance, employee benefits, etc.)



### SKILLS

- Maintain appropriate draping for client protection and privacy
- Identify continuing education requirements within states and peer organizations
- Represent educational and professional qualifications honestly
- Perform only within state massage therapy scope of practice
- Abide by national organizations' code of conduct and policies
- Comply with all federal state and local laws
- Demonstrate proper business and client record keeping
- Identify tax forms and contracts within establishments
- Identify different types of insurance

## VI. SELF CARE



### KNOWLEDGE

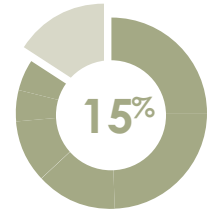
- How to plan and prepare for the day, set-up, etc.
- Efficient body mechanics
- Personal hygiene
- Support system



### SKILLS

- Identify proper table height according to client size and massage performed
- Demonstrate proper body mechanics to increase longevity of career without injury
- Practice excellent personal hygiene (body odor, breath, cleanliness of attire, etc.)
- Develop a strong, positive support system

## VII. ASSESSMENT



### KNOWLEDGE

- Comprehensive intake
- Interview and data collection techniques
- Observation techniques (posture deviation, etc.)
- Palpation techniques
- Treatment session planning techniques in collaboration with client/patient and other healthcare professionals when necessary
- Indications and contraindications
- Customized treatments
- Pain scales
- Medical terminology (SOAP charting, etc.)
- Clinical reasoning (analyzing information from client/patient)



### SKILLS

- Conduct an effective and thorough intake interview to gather information
- Interpret client health history information
- Customize treatment plans to fit the needs of each client
- Utilize palpatory skills to assess soft tissue
- Identify tissue and structures deep to the skin
- Discuss treatment plan and alternate plans if requested by the client
- Determine common pain scale descriptions
- Perform and interpret active and passive range of motion assessments
- Perform and interpret postural analysis
- Perform and interpret gait assessment
- Reassess client movement, strength and range of motion post – treatment
- Document all findings properly pre and post treatment and change treatment plans accordingly
- Collaborate with other healthcare professionals as needed
- Communicate using appropriate medical terminology when speaking with other medical professionals and in official documentation