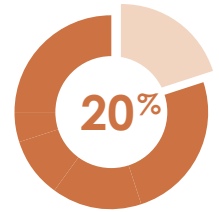


I. MASSAGE MODALITIES, TECHNIQUES, AND MANUAL FORCES



KNOWLEDGE

- General massage protocols
- Compression
- Tension/decompression
- 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/patient positioning
- Special population (pregnancy massage, oncology massage, etc.)
- Appropriate tools and appropriate use
- Efficient body mechanics
- Benefits and effects of modalities (forms), and techniques
- Modality literacy

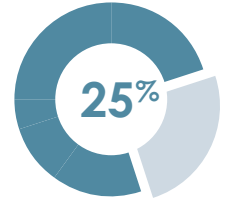


SKILLS

- Determine applicable massage techniques when working with clients
- Apply massage techniques safely
- Perform massage on special populations (athletes, geriatric, prenatal, etc.)
- Identify contraindications and apply affective techniques
- Identify fundamental characteristics of bodywork modalities
- Perform proper body mechanics while working with different populations
- Position clients for comfort and safety

II. APPLIED SCIENCE

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



KNOWLEDGE

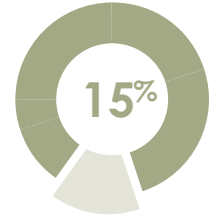
- Anatomy (structure of the human body including joints, tissues, muscles, functions, origins, insertions, and actions, nerve structure, etc.)
- Physiology – systems of the body with:
 - i. in-depth knowledge in muscle, skeletal, and nervous systems
 - ii. intermediate knowledge in integumentary, cardiovascular, lymphatic and digestive systems
 - iii. basic knowledge in respiratory, endocrine, reproductive and urinary systems
- Kinesiology (mechanics of body movement including levers, agonists, antagonists, synergist, etc.)
- Pharmacology (contraindications of prescription and non-prescription medication, implications for massage, etc.)
- 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
- Recognize muscle and orthopedic testing
- Identify indications and contraindications of common prescription drugs
- Determine proper stretching techniques and “end feels”

III. PROFESSIONAL COMMUNICATION



KNOWLEDGE

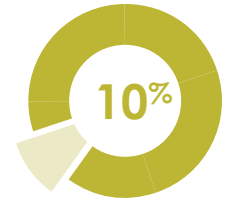
- Medical terminology
- How to communicate with client/patient in understandable terms
- Reporting formats (appropriate language in medical history, treatment plan, SOAP notes, EMR etc.)
- HIPAA
- Communication with clients/patients (asking questions to clarify information)
- Client/patient sensitivity and vulnerabilities (how to make clients comfortable during treatment)
- Verbal and non-verbal cues
- Informed consent



SKILLS

- Effectively communicate with clients when explaining treatment plans
- Describe techniques, anatomy, physiology and kinesiology in understandable terms
- Identify HIPAA procedures
- 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.
- Uphold all HIPAA confidentiality standards
- Effectively communicate in proper medical terminology when working with other healthcare professionals

IV. PROFESSIONALISM & ETHICS



KNOWLEDGE

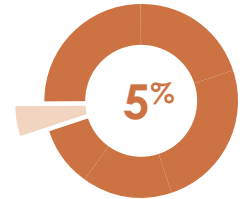
- Current standard of care for safe and effective massage
- Professional boundaries
- Draping laws and techniques
- When to refer clients to other health professionals
- When, why and how to refuse treatment
- How to report misconduct and who to report to
- Transference and countertransference



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 transference and countertransference situations
- Identify when to refuse to treat clients
- Identify correct entities to report client or fellow massage therapist's misconduct

V. LAWS & BUSINESS PRACTICES



KNOWLEDGE

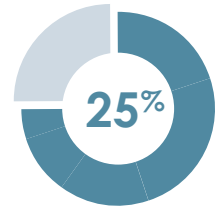
- Appropriate draping
- Continuing education requirements
- Scope of practice and applicable licensing laws
- Record keeping (business and client/patient)



SKILLS

- Maintain client confidentiality
- Perform only within the massage therapy scope of practice
- Maintain appropriate draping for client protection and privacy
- Represent educational and professional qualifications honestly
- Demonstrate proper business and client record keeping
- Abide by national organizations' code of conduct and policies
- Comply with all federal state and local laws

VI. ASSESSMENT



KNOWLEDGE

- Comprehensive intake
- Interview and data collection techniques
- Observation techniques (posture deviation, etc.)
- Range of motion (normal and abnormal body motions)
- Treatment session planning techniques in collaboration with client/patient and other healthcare professionals when necessary
- Indications and contraindications
- Functional assessments and reassessments
- Customized treatments
- Pain scale and pain management
- Medical terminology (SOAP charting, etc.)
- Clinical reasoning (analyzing information from client/patient)
- Research associated with massage therapy



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
- Discuss treatment plan and alternate plans if requested by the client
- Determine common pain scale descriptions
- Utilize palpatory skills to assess soft tissue
- Perform and interpret active and passive range of motion assessments
- Perform and interpret postural analysis
- Perform and interpret gait assessment
- Perform and interpret manual resistance tests
- Perform and interpret special orthopedic tests
- 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
- Work effectively as part of an integrated healthcare team
- Recognize and analyze research
- Identify different areas of research