



# **THERAPEUTIC MASSAGE 51.3500.00**

## **TECHNICAL STANDARDS**

An Industry Technical Standards Validation Committee developed and validated these standards on November 14, 2017. The Arizona Career and Technical Education Quality Commission, the validating authority for the Arizona Skills Standards Assessment System, endorsed these standards on January 25, 2018.

Note: Arizona's Professional Skills are taught as an integral part of the Therapeutic Massage program.

**The Technical Skills Assessment for Therapeutic Massage is available SY2018-2019.**

Note: In this document i.e. explains or clarifies the content and e.g. provides examples of the content that must be taught.

### **STANDARD 1.0 RECOGNIZE THE STRUCTURE AND FUNCTION OF THE HUMAN BODY SYSTEMS**

- 1.1 Identify basic structure and describe the function of the integumentary system
- 1.2 Identify basic structure and describe the function of the skeletal system
- 1.3 Identify basic structure and describe the function of the muscular system
- 1.4 Identify basic structure and describe the function of the digestive system
- 1.5 Identify basic structure and describe the function of the circulatory system
- 1.6 Identify basic structure and describe the function of the respiratory system
- 1.7 Identify basic structure and describe the function of the urinary system
- 1.8 Identify basic structure and describe the function of the nervous system
- 1.9 Identify basic structure and describe the function of the sensory system
- 1.10 Identify basic structure and describe the function of the endocrine system
- 1.11 Identify basic structure and describe the function of the reproductive system
- 1.12 Identify basic structure and describe the function of the immune system
- 1.13 Define commonly used root words, prefixes, and suffixes

### **STANDARD 2.0 EVALUATE THE PATHOLOGY TO ENSURE CLIENT SAFETY**

- 2.1 Identify common contraindications for the integumentary system to determine if a massage is appropriate
- 2.2 Identify common contraindications for the skeletal system to determine if a massage is appropriate
- 2.3 Identify common contraindications for the muscular system to determine if a massage is appropriate
- 2.4 Identify common contraindications for the digestive system to determine if a massage is appropriate
- 2.5 Identify common contraindications for the circulatory system to determine if a massage is appropriate
- 2.6 Identify common contraindications for the respiratory system to determine if a massage is appropriate
- 2.7 Identify common contraindications for the urinary system to determine if a massage is appropriate
- 2.8 Identify common contraindications for the nervous system to determine if a massage is appropriate
- 2.9 Identify common contraindications for the sensory system to determine if a massage is appropriate
- 2.10 Identify common contraindications for the endocrine system to determine if a massage is appropriate
- 2.11 Identify common contraindications for the reproductive system to determine if a massage is appropriate
- 2.12 Identify common contraindications for the immune system to determine if a massage is appropriate
- 2.13 Identify situations when a client should be referred for a medical consultation

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## **STANDARD 3.0 APPLY BUSINESS PRACTICES AND DOCUMENTATION**

- 3.1 Perform basic computer applications (i.e., word processing, spreadsheets, health records, practice management software, etc.)
- 3.2 Define local, state, and federal laws and regulations for licensure for massage therapy
- 3.3 Identify current advertising and marketing techniques (i.e., business cards, brochures, social media, etc.)

## **STANDARD 4.0 DEMONSTRATE APPROPRIATE SAFETY AND HYGIENE PRACTICES**

- 4.1 Maintain CPR and First Aid certifications
- 4.2 Use proper sanitation practices to ensure health and safety (i.e., handwashing techniques, equipment sanitation, etc.)
- 4.3 Use proper attire for safety and hygiene (i.e., OSHA regulations, hair, nails, shoes, etc.)

## **STANDARD 5.0 EXAMINE THE LEGAL AND ETHICAL STANDARDS OF THERAPEUTIC MASSAGE**

- 5.1 Recognize therapeutic relationship boundaries (i.e., confidentiality, nudity, draping techniques, privacy, termination of treatment, etc.)
- 5.2 Respect client rights (i.e., HIPAA, privacy, confidentiality, right of refusal, etc.)
- 5.3 Analyze ethical scenarios that align with industry and legal standards (i.e., professional and personal, etc.)

## **STANDARD 6.0 PERFORM SWEDISH MASSAGE**

- 6.1 Describe the history and origins of massage
- 6.2 Identify the benefits of massage
- 6.3 Demonstrate the proper body mechanics for a Swedish massage
- 6.4 Describe when to use creams vs. oils vs. lotions
- 6.5 Utilize massage equipment
- 6.6 Determine appropriate environment for massage (e.g., room and layout, temperature, lighting, music, client comfort, and minimal distractions)
- 6.7 Utilize appropriate client positioning
- 6.8 Demonstrate draping techniques
- 6.9 Perform basic strokes of Swedish massage (e.g., effleurage, petrissage, tapotement, vibration, and friction)
- 6.10 Communicate with clients to assess comfort level through verbal and nonverbal cues
- 6.11 Perform massage in industry-recognized time allotments (i.e., 30, 60, 90 minutes, etc.)

## **STANDARD 7.0 PERFORM THERMOTHERAPY**

- 7.1 Recognize the general effects of thermotherapy through indications and contraindications
- 7.2 Perform hot, cold, and contrast treatments
- 7.3 Perform a Hot Stone massage in industry-recognized time allotments (i.e., 60, 90 minutes, etc.)

## **STANDARD 8.0 PERFORM SPORTS MASSAGE**

- 8.1 Explain R.I.C.E. (Rest, Ice, Compression, and Elevation)
- 8.2 Assess the relationship between compensation, balance, and mechanics of the body
- 8.3 Demonstrate pre- and post-event massage
- 8.4 Perform appropriate injury assessment and treatment techniques
- 8.5 Demonstrate the use of hot and cold treatments
- 8.6 Demonstrate various stretching techniques (i.e., passive, assistive, active, etc.)
- 8.7 Determine physical range of motion of the joint (e.g., passive, active, and assisted)
- 8.8 Perform techniques to increase and decrease range of motion
- 8.9 Perform various techniques of joint mobilization (i.e., PNF, Traeger, etc.)
- 8.10 Identify actions of muscles

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## **STANDARD 9.0 PERFORM DEEP TISSUE MASSAGE**

- 9.1 Identify the attachment of muscles
- 9.2 Identify the benefits and contraindications of Deep Tissue massage
- 9.3 Describe when to use creams vs. oils vs. lotions
- 9.4 Explain trigger points
- 9.5 Locate trigger point
- 9.6 Perform a Deep Tissue massage in industry-recognized time segments (i.e., 30, 60, 90 minutes, etc.)
- 9.7 Communicate with clients to assess comfort level through verbal and nonverbal cues
- 9.8 Demonstrate effective and appropriate palpation techniques
- 9.9 Demonstrate postural analysis and assessment
- 9.10 Distinguish the relationship between muscle and fascia as it relates to Deep Tissue massage

## **STANDARD 10.0 RECOGNIZE EASTERN MODALITIES AT AN INTRODUCTORY LEVEL**

- 10.1 Define various cultural approaches to the massage therapy profession
- 10.2 Explain various energy theories (e.g., 5 Element, Yin/Yang, and Reiki)
- 10.3 Define a point, a meridian, a chakra, and an organ
- 10.4 Define modality specific terminology (i.e., moxibustion, cupping, scraping, tuina, shiatsu, etc.)
- 10.5 Explain polarity
- 10.6 Demonstrate various techniques of polarity (basic positions)
- 10.7 Identify factors contributing to imbalance and inefficient mechanics of the body
- 10.8 Demonstrate Techniques of Reflexology (e.g., reflex zones, lines, and inching)

## **STANDARD 11.0 DEMONSTRATE THE APPLICATION OF SPECIAL MASSAGE TECHNIQUES TO SPECIFIC POPULATIONS**

- 11.1 Demonstrate geriatric massage techniques
- 11.2 Demonstrate infant massage techniques
- 11.3 Demonstrate pregnancy massage techniques
- 11.4 Demonstrate massage techniques for physically challenged clients
- 11.5 Demonstrate massage techniques for terminally ill clients
- 11.6 Explain adaptations needed for clients who have mental health issues
- 11.7 Perform seated massage

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