

TECHNICAL STANDARDS FOR ARTICULATING

THERAPEUTIC MASSAGE CIP No. 51.3500.0		Course Sequence				
STANDARD 1.0	DEMONSTRATE KNOWLEDGE OF ANATOMY AND PHYSIOLOGY					
	1.1 - Identify basic structures and describe functions of the integumentary system					
	1.2 - Identify basic structures and describe functions of the skeletal system					
	1.3 - Identify basic structures and describe functions of the muscular system					
	1.4 - Identify basic structures and describe functions of the digestive system					
	1.5 - Identify basic structures and describe functions of the circulatory system					
	1.6 - Identify basic structures and describe functions of the respiratory system					
	1.7 - Identify basic structures and describe functions of the urinary system					
	1.8 - Identify basic structures and describe functions of the central nervous system					
	1.9 - Identify basic structures and describe functions of the peripheral nervous system					
	1.10 - Identify basic structures and describe functions of the sensory system					
	1.11 - Identify basic structures and describe functions of the endocrine system					
	1.12 - Identify basic structures and describe functions of the reproductive system					
	1.13 - Identify basic structures and describe functions of the immune system					
	1.14.- Utilize working knowledge of medical terminology					
STANDARD 2.0	UTILIZE A KNOWLEDGE OF PATHOLOGY TO ENSURE CLIENT SAFETY					
	2.1 - Identify deviations from normal body functions: inflammation (heat, redness, pain, swelling); functional changes (hypo-functional, hyper-functional, asymmetrical, deformities); visible changes; palpable changes					
	2.2 - Demonstrate knowledge of disorders of body systems and organs (rheumatoid, degenerative, autoimmune, infectious, functionale)					
	2.3 - Identify appropriate referral procedures: client consultation and referral network					
	2.4 - Identify contra-indications (absolute, relative, physical, psychological)					

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STANDARD 3.0	DEMONSTRATE APPROPRIATE BUSINESS AND RECORD KEEPING TECHNIQUES					
	3.1 - Demonstrate basic knowledge of computer software applications					
	3.2 - Demonstrate basic knowledge of bookkeeping skills					
	3.3 - Demonstrate basic knowledge of and follow rules of documentation: therapeutic records and professional organization					
	3.4 - Identify advertising and marketing techniques					
	3.5 - Establish and maintain professional network: health professionals and professional organizations					
	3.6 - Demonstrate knowledge of liability of malpractice issues: insurance and accidents on premises					
	3.7 - Demonstrate knowledge of government policies: taxes, ordinances, licenses, permits					
STANDARD 4.0	DEMONSTRATE APPROPRIATE SAFETY PRACTICES					
	4.1 - Apply universal precautions to all tasks performed in the professional environment (OSHA rules, building codes, guidelines and rules issued by building management, ADA guidelines, equipment, practices and hygiene procedures)					
	4.2 - Maintain CPR and First Aid certifications					
STANDARD 5.0	APPLY ETHICAL BEHAVIOR					
	5.1 - Recognize and practice therapeutic relationship boundaries: confidentiality, nudity/draping techniques, privacy, termination of treatment					
	5.2 - Comply with legal and ethical responsibilities of massage therapists					
	5.3 - Clarify personal motives and objectives for becoming a massage therapist					
	5.4 - Maintain client rights					
	5.5 - Comply with ethical business practices					
STANDARD 6.0	DEMONSTRATE AND PERFORM CLASSICAL MASSAGE					
	6.1 - Demonstrate knowledge of the history and origins of massage					
	6.2 - Recognize the benefits of massage					

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	6.3 - Demonstrate comfortable body mechanics for massage therapist					
	6.4 - Utilize various types of lubricants					
	6.5 - Demonstrate use of massage equipment					
	6.6 - Maintain appropriate environment for massage: room and layout, temperature, lighting, music, client comfort, minimal distractions					
	6.7 - Utilize appropriate client positioning: prone, supine, side-lying, antalgic					
	6.8 - Utilize appropriate draping techniques (full and partial)					
	6.9 - Perform basic strokes of Swedish massage: effleurage, petrissage, tapotement, vibration, compression, friction					
	6.10 - Perform Swedish massage sequence using basic strokes: contact-loosen-warm-treat-cool off-loosen-fade out					
	6.11 - Apply basic strokes on specific tissues: connective, attachments/ligaments, septum, periosteum, lymphatic, joint/bone, stimulation/sedation, superficial/deep, muscle					
	6.12 - Utilize effective communication techniques: verbal and nonverbal					
	6.13 - Demonstrate effective and appropriate palpation techniques					
	6.14 - Demonstrate postural analysis and assessment					
	6.16 - Observe general rules concerning duration and frequency of massage					
STANDARD 7.0	DEMONSTRATE UNDERSTANDING OF HYDRO-THERAPY, ELECTRO-THERAPY AND HELIO-THERAPY AT INTRODUCTORY LEVELS					
	7.1 - Recognize the general effects of hydro-, electro-, and helio-therapies: indications and contra-indications					
	7.2 - Demonstrate knowledge of hot, cold and contrast treatments					
	7.3 - Utilize electrotherapy equipment: monopolar, bipolar, hand electrodes, AC/DC, impulse forms					
	7.4 - Demonstrate knowledge of ultrasound technology, function and use					
	7.5 - Demonstrate a basic knowledge and use of helio-therapy					
STANDARD 8.0	DEMONSTRATE BASIC UNDERSTANDING OF KINESIOLOGY					

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	8.1 - Demonstrate knowledge of normal ROM					
	8.2 - Demonstrate knowledge of muscle and joint interaction					
	8.3 - Demonstrate knowledge of compensation, balance and mechanics of the body					
STANDARD 9.0	APPLY CONCEPTS OF POLARITY TO MASSAGE THERAPY					
	9.1 - Define polarity (therapeutic touch)					
	9.2 - Demonstrate various techniques of polarity (basic positions)					
	9.3 - Demonstrate knowledge of compensation, balance and mechanics of the body					
STANDARD 10.0	DEMONSTRATE KNOWLEDGE OF REFLEXOLOGY					
	10.1 - Identify reflex zones on feet and hands					
	10.2 - Identify and demonstrate techniques: clockwise, counter-clockwise, efferent and afferent neural pathways					
	10.3 - Understand appropriate treatment sequence and duration					
	10.4 - Distinguish between sedating and stimulating techniques					
	10.5 - Distinguish between reflex zones and foot problems					
	10.6 - Explain various theories regarding reflexology: gate, acupressure anesthesia, ascending/descending neural pathways, internal energetic medians, myofascial relationships, nerve to organ					
STANDARD 11.0	DEMONSTRATE BASIC UNDERSTANDING OF TRIGGER POINTS					
	11.1 - Demonstrate an understanding of segment structure of the body (organ relation)					
	11.2 - Explain trigger points					
	11.3 - Locate trigger points					
STANDARD 12.0	APPLY CONCEPTS OF JOINT MOBILIZATION					
	12.1 - Determine physical range of motion of the joint: passive, active, assisted					

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	12.2 - Identify deviations of the norm					
	12.3 - Identify types of resistance to movement					
	12.4 - Perform techniques to increase/decrease range of motion					
	12.5 - Apply basic knowledge of the various techniques of joint mobilization: strain/counter-strain, PNF, Traeger, orthobionomy, manipulative massage					
	12.6 - Identify contraindications					
STANDARD 13.0	DEMONSTRATE AN UNDERSTANDING OF THE ORIENTAL MODALITIES AT AN INTRODUCTORY LEVEL					
	13.1 - Identify and define different cultural approaches					
	13.2 - Demonstrate knowledge of the energy flow circulation system: element theory and Yin and Yang					
	13.3 - Define a point, a meridian and an organ					
	13.4 - Demonstrate point location					
	13.5 - Demonstrate stimulation/sedation techniques					
	13.6 - Demonstrate understanding of specific modalities: moxibustion, cupping, scraping, tui-na, shiatsu					
STANDARD 14.0	DEMONSTRATE THE CONCEPTS OF SPORTS THERAPY AT AN INTRODUCTORY LEVEL					
	14.1 - Define R.I.C.E. (Rest, Ice, Compression and Elevation)					
	14.2 - Demonstrate pre/post event massage					
	14.3 - Demonstrate appropriate injury assessment and treatment techniques					
	14.4 - Demonstrate the use of hot/cold treatments					
	14.5 - Demonstrate a basic knowledge of sport-specific problems					
	14.6 - Identify and demonstrate various stretching techniques: passive, assistive, active					
	14.7 - Demonstrate basic knowledge of exercise physiology					
STANDARD 15.0	DISCUSS THE APPLICATION OF SPECIAL MASSAGE TECHNIQUES TO SPECIFIC POPULATIONS					

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	15.1 - Demonstrate massage techniques on geriatric clients					
	15.2 - Demonstrate massage techniques on infant clients					
	15.3 - Demonstrate massage techniques on pregnant clients					
	15.4 - Demonstrate massage techniques on physically challenged clients					
	15.5 - Demonstrate massage techniques on terminally ill clients					
	15.6 - Demonstrate massage techniques on mentally challenged clients					
	15.7 - Demonstrate massage techniques on psychologically challenged clients					
	15.8 - Perform seated massage					
	15.9 - Perform clothed massage					
	15.10 - Perform animal massage					
STANDARD 16.0	BUILD A CAREER AS A MESSAGE THERAPIST					
	16.1 - Apply basic business practices: computer software, bookkeeping, documentation/patient records, advertising/marketing, insurance, licenses and permits, government policies					
	16.2 - Participate in professional activities: membership and leadership in professional organization, continuing education, networking, community service, pro bono					