

Instructional Framework

Therapeutic Massage

51.3501.00

This Instructional Framework identifies, explains, and expands the content of the standards/measurement criteria, and, as well, guides the development of multiple-choice items for the Technical Skills Assessment. This document corresponds with the Technical Standards endorsed on January 25, 2018.



Domain 1: Clinical Skills	
Instructional Time: 45-50%	
STANDARD 6.0 PERFORM SWEDISH MASSAGE	
6.1 Describe the history and origins of massage	<ul style="list-style-type: none">● Origins● History● Organizations● Cultures and practices● Key individuals<ul style="list-style-type: none">○ Pehr Henrik Ling○ Johann Mezger
6.2 Identify the benefits of massage	<ul style="list-style-type: none">● Mechanical● False claims● Physiological benefits● Psychological benefits● Common Massage Endangerment Sites
6.3 Demonstrate the proper body mechanics for a Swedish massage	<ul style="list-style-type: none">● Body mechanics● Energy conservation● Stances● Leverage
6.4 Describe when to use creams vs. oils vs. lotions	<ul style="list-style-type: none">● Lubricant use● Indications of use● Contraindications● Storage and shelf life● Cross contamination
6.5 Utilize massage equipment	<ul style="list-style-type: none">● Proper and safe use of equipment and supplies● Table accessories● Types of equipment

	<ul style="list-style-type: none"> ● Ergonomics ● Maintenance
6.6 Determine appropriate environment for massage (e.g., room and layout, temperature, lighting, music, client comfort, and minimal distractions)	<ul style="list-style-type: none"> ● Room and layout ● Temperature ● Lighting ● Music ● Client comfort ● Minimal distractions ● Safety
6.7 Utilize appropriate client positioning	<ul style="list-style-type: none"> ● Positioning clients for comfort and safety <ul style="list-style-type: none"> ○ Supine ○ Prone ○ Side-lying ○ Semi-reclined ○ Types and use of bolsters
6.8 Demonstrate draping techniques	<ul style="list-style-type: none"> ● Industry standard draping practices <ul style="list-style-type: none"> ○ Secure draping for each position
6.9 Perform basic strokes of Swedish massage (e.g., effleurage, petrissage, tapotement, vibration, and friction)	<ul style="list-style-type: none"> ● Effleurage ● Petrissage ● Tapotement ● Vibration ● Friction
6.10 Communicate with clients to assess comfort level through verbal and nonverbal cues	<ul style="list-style-type: none"> ● Client communication ● Informed consent ● Effective client questioning <ul style="list-style-type: none"> ○ Pre-session ○ During session ○ Post-session ● Recognizing nonverbal cues
6.11 Perform massage in industry-recognized time allotments (i.e., 30, 60, 90 minutes, etc.)	<ul style="list-style-type: none"> ● 30, 60, 90 minutes ● Time management skills

STANDARD 7.0 PERFORM THERMOTHERAPY	
7.1 Recognize the general effects of thermotherapy through indications and contraindications	<ul style="list-style-type: none"> ● Indications ● Contraindications ● Effects on the body
7.2 Perform hot, cold, and contrast treatments	<ul style="list-style-type: none"> ● Hot, cold, and contrast therapy <ul style="list-style-type: none"> ○ Indications ○ Contraindications ○ Effects on the body ● Safe applications <ul style="list-style-type: none"> ○ Timing ○ Informed consent ○ Effective communication
7.3 Perform a Hot Stone massage in industry-recognized time allotments (i.e., 60, 90 minutes, etc.)	<ul style="list-style-type: none"> ● 30, 60, 90 minutes ● Time management skills
STANDARD 8.0 PERFORM SPORTS MASSAGE	
8.1 Explain R.I.C.E. (Rest, Ice, Compression, and Elevation)	<ul style="list-style-type: none"> ● Rest ● Ice ● Compression ● Elevation
8.2 Assess the relationship between compensation, balance, and mechanics of the body	<ul style="list-style-type: none"> ● Assess compensation, balance and mechanics of the body ● Posture assessment ● Gait analysis
8.3 Demonstrate pre- and post-event massage	<ul style="list-style-type: none"> ● Pre-event massage <ul style="list-style-type: none"> ○ Range of motion ○ Warming the tissue ○ Stretching ● Post-event massage <ul style="list-style-type: none"> ○ Broadening ○ Relaxing ○ Light stretching ● Contraindicated techniques ● Timeframe

	<ul style="list-style-type: none"> ○ Pre-event ○ Post-event ○ Maintenance
8.4 Perform appropriate injury assessment and treatment techniques	<ul style="list-style-type: none"> ● Injury assessment <ul style="list-style-type: none"> ○ Visual ○ Verbal ● Injury treatment <ul style="list-style-type: none"> ○ Lymphatic facilitation ○ Cramp relief
8.5 Demonstrate the use of hot and cold treatments	<ul style="list-style-type: none"> ● Hot, cold, and contrast therapy <ul style="list-style-type: none"> ○ Indications ○ Contraindications ○ Effects on the body ● Safe applications <ul style="list-style-type: none"> ○ Timing ○ Informed consent ○ Effective communication
8.6 Demonstrate various stretching techniques (i.e., passive, assistive, active, etc.)	<ul style="list-style-type: none"> ● Passive ● Assistive ● Active
8.7 Determine physical range of motion of the joint (e.g., passive, active, and assisted)	<ul style="list-style-type: none"> ● Passive ● Assistive ● Active
8.8 Perform techniques to increase and decrease range of motion	<ul style="list-style-type: none"> ● Increase and decrease range of motion <ul style="list-style-type: none"> ○ Traeger ○ Stretch ○ Mobilization ○ Proprioceptive Neuromuscular Facilitation (PNF)
8.9 Perform various techniques of joint mobilization (i.e., PNF, Traeger, etc.)	<ul style="list-style-type: none"> ● Increase and decrease range of motion <ul style="list-style-type: none"> ○ Traeger ○ Stretch ○ Mobilization ○ Proprioceptive Neuromuscular Facilitation (PNF)

8.10 Identify actions of muscles	<ul style="list-style-type: none"> ● Muscle actions ● Major upper and lower extremity muscles
STANDARD 9.0 PERFORM DEEP TISSUE MASSAGE	
9.1 Identify the attachment of muscles	<ul style="list-style-type: none"> ● Muscle attachments <ul style="list-style-type: none"> ○ Origin ○ Insertion ● Fiber direction
9.2 Identify the benefits and contraindications of Deep Tissue massage	<ul style="list-style-type: none"> ● Contraindications of deep tissue ● Benefits
9.3 Describe when to use creams vs. oils vs. lotions	<ul style="list-style-type: none"> ● Lubricant use ● Deep tissue lubricant types
9.4 Explain trigger points	<ul style="list-style-type: none"> ● Explain trigger points <ul style="list-style-type: none"> ○ Active ○ Latent ● Trigger point cycle
9.5 Locate trigger point	<ul style="list-style-type: none"> ● Locate a trigger point ● Identify trigger point ● Identify referral pattern ● Deactivate trigger point
9.6 Perform a Deep Tissue massage in industry-recognized time segments (i.e., 30, 60, 90 minutes, etc.)	<ul style="list-style-type: none"> ● Perform a Deep Tissue massage ● 30, 60, 90 minutes ● Time management skills
9.7 Communicate with clients to assess comfort level through verbal and nonverbal cues	<ul style="list-style-type: none"> ● Client communication ● Informed consent ● Effective client questioning <ul style="list-style-type: none"> ○ Pre-session ○ During session ○ Post-session ● Recognizing nonverbal cues
9.8 Demonstrate effective and appropriate palpation techniques	<ul style="list-style-type: none"> ● Palpation techniques <ul style="list-style-type: none"> ○ Locating muscle attachments

	<ul style="list-style-type: none"> ○ Locating muscle belly ○ Following muscle fiber direction
9.9 Demonstrate postural analysis and assessment	<ul style="list-style-type: none"> ● Assessment <ul style="list-style-type: none"> ○ Posture ○ Movement ○ Tone
9.10 Distinguish the relationship between muscle and fascia as it relates to Deep Tissue massage	<ul style="list-style-type: none"> ● Structural and functional relationship between muscle and fascia <ul style="list-style-type: none"> ○ Superficial fascia ○ Deep fascia
STANDARD 11.0 DEMONSTRATE THE APPLICATION OF SPECIAL MASSAGE TECHNIQUES TO SPECIFIC POPULATIONS	
11.1 Demonstrate geriatric massage techniques	<ul style="list-style-type: none"> ● Geriatric massage techniques <ul style="list-style-type: none"> ○ Positioning and bolstering ○ Treatment modifications
11.2 Demonstrate infant massage techniques	<ul style="list-style-type: none"> ● Infant massage techniques <ul style="list-style-type: none"> ○ Positioning and bolstering ○ Infant massage routine
11.3 Demonstrate pregnancy massage techniques	<ul style="list-style-type: none"> ● Pregnancy massage techniques <ul style="list-style-type: none"> ○ Positioning and bolstering ○ Treatment modifications
11.4 Demonstrate massage techniques for physically challenged clients	<ul style="list-style-type: none"> ● Physically challenged techniques <ul style="list-style-type: none"> ○ Positioning and bolstering ○ Treatment modifications ○ Treatment room modifications
11.5 Demonstrate massage techniques for terminally ill clients	<ul style="list-style-type: none"> ● Terminally ill massage techniques <ul style="list-style-type: none"> ○ Positioning and bolstering ○ Treatment modifications <ul style="list-style-type: none"> ▪ Time ▪ Pressure ○ Treatment room modifications

11.6 Explain adaptations needed for clients who have mental health issues	<ul style="list-style-type: none"> ● Adaptations ● Treatment modifications <ul style="list-style-type: none"> ○ Time ○ Pressure ● Treatment room modifications <ul style="list-style-type: none"> ○ Sound/Light
11.7 Perform seated massage	<ul style="list-style-type: none"> ● Seated massage techniques <ul style="list-style-type: none"> ○ Basic strokes ○ Stretches/Range of motion ● Client communication ● Ergonomics ● Body mechanics

Domain 2: Anatomy, Physiology, and Pathologies
Instructional Time: 30-35%

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	<ul style="list-style-type: none"> ● Accessory organs of the skin ● Anatomic Structure: skin, glands, hair, nails ● Function: protection, absorption, temperature regulation, excretion, immunity, vitamin D synthesis
1.2 Identify basic structure and describe the function of the skeletal system	<ul style="list-style-type: none"> ● Anatomic Structure: bones, joints ● Function: protection, blood cell production, movement, mineral and fat storage
1.3 Identify basic structure and describe the function of the muscular system	<ul style="list-style-type: none"> ● Anatomic Structure: muscles, tendons, aponeurosis, fascia ● Function: movement, shapes, heat production
1.4 Identify basic structure and describe the function of the digestive system	<ul style="list-style-type: none"> ● Anatomic Structure: mouth, pharynx, esophagus, stomach, small and large intestines, accessory organs ● Function: ingestion, digestion, absorption, elimination
1.5 Identify basic structure and describe the function of the circulatory system	<ul style="list-style-type: none"> ● Anatomic Structure: heart, blood vessels, blood ● Function: transportation, protection, clotting mechanism

1.6 Identify basic structure and describe the function of the respiratory system	<ul style="list-style-type: none"> ● Anatomic Structure: lungs, nasal, pharynx, larynx, trachea, bronchi, alveoli ● Function: gas exchange, sound production, olfaction
1.7 Identify basic structure and describe the function of the urinary system	<ul style="list-style-type: none"> ● Anatomic Structure: kidneys, ureters, bladder, urethra ● Function: waste removal, regulate blood, pH, fluid, blood pressure
1.8 Identify basic structure and describe the function of the nervous system	<ul style="list-style-type: none"> ● Anatomic Structure: brain, spinal cord, neurons, nerves ● Function: sensor input, motor output, mental functions, emotional responses
1.9 Identify basic structure and describe the function of the sensory system	<ul style="list-style-type: none"> ● Anatomic Structure: receptors ● Function: general senses, special senses
1.10 Identify basic structure and describe the function of the endocrine system	<ul style="list-style-type: none"> ● Anatomic Structure: major glands ● Function: hormone production and secretion, metabolism, reproduction, chemical regulation, stressors
1.11 Identify basic structure and describe the function of the reproductive system	<ul style="list-style-type: none"> ● Anatomic Structure: reproductive organs and accessory organs ● Function: hormone production and secretion, producing offspring
1.12 Identify basic structure and describe the function of the immune system	<ul style="list-style-type: none"> ● Anatomic Structure: lymphatic cells, lymph, lymph vessels, lymph organs ● Function: immunity, transportation
1.13 Define commonly used root words, prefixes, and suffixes	<ul style="list-style-type: none"> ● Basic medical terminology ● Basic anatomy and physiology terminology ● Body system specific terminology ● Root words ● Prefixes ● 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	<ul style="list-style-type: none"> ● Common integumentary pathologies and conditions <ul style="list-style-type: none"> ○ Skin injuries ○ Inflammatory skin disorders

	<ul style="list-style-type: none"> ○ Contagious skin disorders ● Contraindication
2.2 Identify common contraindications for the skeletal system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindication ● Common skeletal pathologies and conditions <ul style="list-style-type: none"> ○ Bone disorders ○ Joint disorders
2.3 Identify common contraindications for the muscular system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common muscular pathologies and conditions <ul style="list-style-type: none"> ○ Fascial disorders ○ Muscular disorders
2.4 Identify common contraindications for the digestive system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common digestive pathologies and conditions <ul style="list-style-type: none"> ○ Upper GI disorders ○ Intestine disorders ○ Accessory organs
2.5 Identify common contraindications for the circulatory system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common circulatory pathologies and conditions <ul style="list-style-type: none"> ○ Vascular conditions ○ Blood disorders ○ Heart conditions
2.6 Identify common contraindications for the respiratory system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common respiratory pathologies and conditions <ul style="list-style-type: none"> ○ Upper tract respiratory disorders ○ Lower tract disorders
2.7 Identify common contraindications for the urinary system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common urinary pathologies and conditions <ul style="list-style-type: none"> ○ Kidney disorders ○ Bladder/Urinary tract disorders
2.8 Identify common contraindications for the nervous system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common nervous system pathologies and conditions <ul style="list-style-type: none"> ○ Movement disorders ○ Neurologic disorders

2.9 Identify common contraindications for the sensory system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common sensory pathologies and conditions <ul style="list-style-type: none"> ○ General senses ○ Special senses
2.10 Identify common contraindications for the endocrine system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common endocrine pathologies and conditions <ul style="list-style-type: none"> ○ Glandular ○ Metabolic
2.11 Identify common contraindications for the reproductive system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common reproductive pathologies and conditions <ul style="list-style-type: none"> ○ Male reproductive disorders ○ Female reproductive disorders
2.12 Identify common contraindications for the immune system to determine if a massage is appropriate	<ul style="list-style-type: none"> ● Contraindications ● Common immune system pathologies and conditions <ul style="list-style-type: none"> ○ Lymph system conditions ○ Immune system conditions ○ Autoimmune disorders
2.13 Identify situations when a client should be referred for a medical consultation	<ul style="list-style-type: none"> ● Signs and symptoms ● Local vs. absolute contraindications

Domain 3: Professional Practices Instructional Time: 15-20%	
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.)	<ul style="list-style-type: none"> ● Business applications <ul style="list-style-type: none"> ○ Word processing ○ Spreadsheets ● Health records <ul style="list-style-type: none"> ○ SOAP documentation ○ Practice management software

3.2 Define local, state, and federal laws and regulations for licensure for massage therapy	<ul style="list-style-type: none"> ● Complete license application ● Local ordinances ● State requirements and regulations ● Federal regulations
3.3 Identify current advertising and marketing techniques (i.e., business cards, brochures, social media, etc.)	<ul style="list-style-type: none"> ● Business cards ● Brochures ● Social media
STANDARD 4.0 DEMONSTRATE APPROPRIATE SAFETY AND HYGIENE PRACTICES	
4.1 Maintain CPR and First Aid certifications	<ul style="list-style-type: none"> ● CPR certification ● First-aid certification
4.2 Use proper sanitation practices to ensure health and safety (i.e., handwashing techniques, equipment sanitation, etc.)	<ul style="list-style-type: none"> ● Handwashing techniques ● Equipment sanitation
4.3 Use proper attire for safety and hygiene (i.e., OSHA regulations, hair, nails, shoes, etc.)	<ul style="list-style-type: none"> ● OSHA regulations ● Hair ● Nails ● Shoes ● Clothing
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.)	<ul style="list-style-type: none"> ● Confidentiality ● Nudity ● Draping techniques ● Privacy ● Termination of treatment ● Boundaries <ul style="list-style-type: none"> ○ Emotional ○ Physical ○ Environmental ○ Financial ○ Intellectual ○ Time

5.2 Respect client rights (i.e., HIPAA, privacy, confidentiality, right of refusal, etc.)	<ul style="list-style-type: none"> ● HIPAA ● Privacy ● Confidentiality ● Right of refusal
5.3 Analyze ethical scenarios that align with industry and legal standards (i.e., professional and personal, etc.)	<ul style="list-style-type: none"> ● Professional <ul style="list-style-type: none"> ○ Misconduct ● Personal <ul style="list-style-type: none"> ○ Dual relationships ○ Misconduct ● Cultural competency ● Biases

Domain 4: Eastern Modalities Instructional Time: 5-10%	
STANDARD 10.0 RECOGNIZE EASTERN MODALITIES AT AN INTRODUCTORY LEVEL	
10.1 Define various cultural approaches to the massage therapy profession	<ul style="list-style-type: none"> ● Cultural approaches ● Cultural history ● Integration and adaptation
10.2 Explain various energy theories (e.g., 5 Element, Yin/Yang, and Reiki)	<ul style="list-style-type: none"> ● 5 Element ● Yin/Yang ● Reiki
10.3 Define a point, a meridian, a chakra, and an organ	<ul style="list-style-type: none"> ● Meridian theory and organs ● Acu-points ● Ayurvedic chakras
10.4 Define modality specific terminology (i.e., moxibustion, cupping, scraping, tuina, shiatsu, etc.)	<ul style="list-style-type: none"> ● Moxibustion ● Cupping ● Scraping ● Tuina ● Shiatsu
10.5 Explain polarity	<ul style="list-style-type: none"> ● Polarity

	<ul style="list-style-type: none"> ● History ● Theory
10.6 Demonstrate various techniques of polarity (basic positions)	<ul style="list-style-type: none"> ● Polarity techniques <ul style="list-style-type: none"> ○ General session basic positions
10.7 Identify factors contributing to imbalance and inefficient mechanics of the body	<ul style="list-style-type: none"> ● Contributing factors of Eastern massage modalities to imbalance and inefficient mechanics of the body <ul style="list-style-type: none"> ○ 5 Elements ○ Root causes ○ Chakras
10.8 Demonstrate Techniques of Reflexology (e.g., reflex zones, lines, and inching)	<ul style="list-style-type: none"> ● Reflex zones ● Lines ● Inching <ul style="list-style-type: none"> ○ Thumb and finger walking

