

Massage Therapy Essential Qualifications

The following list contains information regarding technical standards and essential functions outlining the physical abilities and behavioral characteristics necessary for the student to successfully participate in and complete the massage therapy training program. These standards are conditions of admission and reflect the performance abilities and characteristics necessary to successfully complete requirements of massage therapy training.

The applicant should carefully review the technical standards for the program and ask questions if not familiar with the activities or functions listed. The applicant must decide if he or she has any limitations that may restrict or interfere with satisfactory performance of any of the requirements. It is ultimately the applicant's responsibility to meet these technical standards if accepted into the massage therapy training program.

The applicant should consult with the program director to discuss any individual situation if he or she may not be able to meet these essential performance requirements. Requests for reasonable accommodation will be considered. Contact the program director if you have any questions about this matter.

MESSAGE THERAPY ESSENTIAL FUNCTIONS

1. Set up treatment area; may include transporting portable massage table and supplies.
2. Confer with client about client health history.
3. Assist clients on and off the massage table as needed.
4. Assess client's soft tissue condition, joint quality and function, muscle strength and range of motion.
5. Massage and/or provide static pressure to the muscles and soft tissue of the human body in order to provide course of treatment for conditions and injuries or wellness maintenance.
6. Develop and propose client treatment plans.
7. Maintain treatment records.
8. Refer clients to other professionals as necessary.

MINIMUM QUALIFICATIONS NECESSARY TO PERFORM ESSENTIAL FUNCTIONS

Physical Requirements: The student massage therapist must have manual dexterity and tactile ability sufficient to apply massage strokes and to assess a client's muscle tonicity as well as changes in client's physiological status (i.e. skin temperature, edema, etc.) The student must be able to move freely to observe and assess the client and to perform emergency client care. This includes having full manual dexterity of the upper extremities including hands, arms and shoulders and unrestricted movement of both lower extremities, back and hips. The student massage therapist's position involves standing for a period of one hour or more using proper body mechanics, frequent bending and reaching and occasional sitting or kneeling. Must be physically able to perform CPR.

Data Conception: Requires the ability to read and cognitively comprehend written course materials, client care documents and all student policies and procedures. Students must write utilizing legible and concise documentation style (SOAP notes) which is readable, in the English language, and in a timely manner. Students must demonstrate cognitive learning in relation to new procedures in both clinical application and written formats. Students must exhibit critical thinking and problem solving ability sufficient for clinical judgment.

Communication/Language: Requires the ability to speak and hear (express self by spoken words and perceive sounds by ear). Requires the ability to read and understand information provided in the client health history and to discuss medical conditions and contraindications for massage with clients. The student therapist must be prepared to interact with individuals from a variety of social, cultural, and intellectual backgrounds including clients, peers, and other health care professionals.

Personal Temperament: The massage therapy student must be mature, neat and well groomed, reliable, discreet, flexible, cooperative, and ethical. The student must demonstrate the capacity for calm and reasoned judgment, be free of health or medical disorders (physical or mental) that limit the ability to completely and efficiently perform duties, be emotionally stable, and demonstrate integrity, honesty, and professionalism in all matters.

In addition, I understand that as part of massage therapy training, I will be giving and receiving massage on a daily basis. I am willing to be undressed to my comfort level and be draped by a sheet while receiving massage from my peers and instructors. I understand that the training includes giving and receiving massage on all body regions except breasts and genitals. Abdomen and gluteal areas are included. I am willing and able to give verbal feedback to my peers and instructors and am able to receive and integrate feedback from them.

I have read and understand the technical standards and essential functions for the massage therapy training program. By signing below, I am affirming that I am able to meet and maintain these standards.

Signature _____ Date _____

6/16/08