



Checklist of MTBOK Knowledge, Skills and Abilities Coverage

For Schools: This checklist is designed to help massage and bodywork schools help judge how well their curriculum is aligned with the Massage Therapy Body of Knowledge. It is designed to be done internally, perhaps by school's faculty and staff in a group to (relatively) quickly get a sense of the state of alignment.. It also serves as a handy place to identify any gaps in a curriculum that could be addressed through your update cycles.

For Individuals: The checklist is an easy way to self identify subjects that you would like to get continuing education or training in to help you keep the body of knowledge fresh where it needs to be – in your head!

Important concepts:

- Keep in mind that the MTBOK version 1 is focused on what an **entry level** massage therapist needs to know and be able to do – it doesn't address the many additional things that experienced practitioners and those that have advanced training need to know and be able to do.
- Likewise, the MTBOK is focused on the **core knowledge, skills and abilities (KSA)** of a massage therapist, and does not address the myriad of additional things a massage therapist may with additional training is authorized to do under the laws and regulations governing where they practice. Schools (and individuals) must be knowledgeable about the laws and regulations in the areas they operate to be sure they meet the needs of students and the community.
- **The MTBOK does not have force of law, and does not change any laws or regulations that apply to schools or massage therapists.** However, it was compiled by a panel of experts from within the profession, and represents a comprehensive view of the massage body of knowledge as it applies to entry level therapists. With the joint sponsorship of 5 of the major organizations in massage therapy the continued evolution and integration of the MTBOK is assured.
- **A living document.** The MTBOK is designed to be a living document – that is, it will continue to evolve to stay current and to meet the needs of the profession.

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Section 210.1 Overview of Massage Therapy and Bodywork History / Culture		
Knowledge, Skills and Abilities relating to origins and the development of the massage therapy and bodywork professions:		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand origins and the developments of the massage therapy and bodywork professions.		
Understand the history of massage therapy and bodywork.		
Global and local developments of massage therapy and its historical applications		
Integration of massage therapy into Eastern and Western medicine and culture.		
Countries and cultures that influenced the development of massage therapy and related practices.		
Knowledge of founders of massage therapy methods [9, 60].		
Understand the overview of influences involved in the development of massage therapy.		
Practice setting/environmental.		
Cultural.		
Social awareness and acceptance of massage therapy.		
Manual therapy techniques by other allied health professions. - Relationships between these different groups. - Legal overlaps and potential areas of friction between professions.		
Skills: None applicable.		
Abilities: Describe the historical, cultural and social influences of massage therapy as it relates to today's practice.		

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Section 210.2 Anatomy and Physiology		
Knowledge, skills and abilities relating to anatomic structures and their locations along with their functions, interactions and relative medical terminology.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Know and understand the anatomic structures and their locations along with their functions, interactions and relevant medical terminologies and relate this information to the practice of massage therapy, indications, contraindications, cautions and benefits.		
Anatomic organization		
<ul style="list-style-type: none"> • Levels of organization. <ul style="list-style-type: none"> - Chemical / elements. - Molecular. - Cellular. <ul style="list-style-type: none"> ○ Structures and their functions. ○ Types. ○ Cell division. - Tissues. <ul style="list-style-type: none"> ○ Structure, organization and location of types of tissues. <ul style="list-style-type: none"> ▪ Epithelial. ▪ Muscular. ▪ Nervous. ▪ Connective. - Membranes, their descriptions and functions. - Organs. <ul style="list-style-type: none"> ○ Types. ○ Structures and functions. - Organ systems. - Organism. 		
Anatomic structures and their functions.		
<ul style="list-style-type: none"> • Body systems. <ul style="list-style-type: none"> - Skeletal System. 		

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- Muscular System.		
- Cardiovascular System.		
- Nervous System.		
- Endocrine System.		
- Lymphatic System.		
- Respiratory System.		
- Integumentary System.		
- Digestive System.		
- Urinary System.		
- Reproductive System.		
Metabolic function		
• Anabolism.		
• Catabolism.		
Homeostasis		
• Homeostatic mechanisms.		
- Negative feedback.		
- Positive feedback.		
• Hormonal and neural homeostatic regulators.		
Structural identification		
• Body cavities.		
• Body sections.		
• Body regions.		
• Directional terminology.		
Body positions and movements		
• Anatomic position.		
• Body plane/axes.		
• Types of joint movement.		
• Joint structures.		
- Joint locations, anatomic name, structure and classification.		
- Relationships between joint structures and types of movement allowed.		
Human development and special populations		
• Stages of development.		

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<ul style="list-style-type: none"> • Understand how the body changes and develops during normal life stages in the following populations. 		
<ul style="list-style-type: none"> - Prenatal and trimesters of pregnancy [73, 103, 108]. 		
<ul style="list-style-type: none"> - Birth and infancy [46]. 		
<ul style="list-style-type: none"> - Adolescence. 		
<ul style="list-style-type: none"> - Adult. 		
<ul style="list-style-type: none"> - Elderly. 		
<ul style="list-style-type: none"> - End of life. 		
<u>Skills</u>		
<ul style="list-style-type: none"> • Locate and palpate accessible massage relevant anatomic structures. 		
<ul style="list-style-type: none"> • Palpate tissue with the appropriate speed, direction, depth and intention to sense and engage multiple layers of tissues. 		
<ul style="list-style-type: none"> • Modify massage treatment plan to accommodate the body changes of individuals in special populations. 		
<u>Abilities</u>		
<ul style="list-style-type: none"> • Recognize and modify massage in endangerment sites and areas of caution. 		
<ul style="list-style-type: none"> • Classify joints by type and location. 		
<ul style="list-style-type: none"> • Discuss anatomic structures, their functions and interactions using current medical terminology. 		
<ul style="list-style-type: none"> • Demonstrate informed interactions about client/patient status with colleagues and other healthcare providers (maintaining appropriate confidentiality). 		
<ul style="list-style-type: none"> • Apply knowledge of anatomy and physiology to determine appropriate massage applications to obtain desired and intended physiologic outcomes. 		

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Section 210.3 Kinesiology		
Knowledge, skills and abilities of movement as it relates to the anatomy and physiology of the human body.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand movement, relevant anatomic structures and physiological concepts as well as terminology.		
Body positions and movements		
• Anatomic position.		
• Relative positions.		
• Body planes.		
• Axes.		
• Levers.		
• Types of joint movement.		
- Single joint movements.		
- Complex movements.		
Body mechanics of the client/patient		
• Awareness of posture, use of body weight and movement and their effect on determining massage therapy techniques and application.		
• Balance, equilibrium and stability as they relate to movement and function.		
• Activities of Daily Living (ADLs) and their relation to the client's /patient's quantity and quality of movement and tissue status/tension.		
Joint structure and function in relation to kinesthetic theories		
Terms of motion		
• Force.		
• Line of force.		
• Motions such as flexion, extension, rotation, abduction, adduction and circumduction.		
Components and characteristics of skeletal muscle tissue and the resulting effect on posture and movement		
• Types of skeletal muscle contractions.		
• Locations, attachments, origin and insertion (See Appendix A: Muscle List).		

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• Actions of skeletal muscles.		
• Skeletal muscle size, shape and fiber direction.		
• Stretch reflexes and responses.		
• Elasticity.		
• Contractility.		
• Excitability.		
• Extensibility.		
Muscular interaction		
• Agonists/prime movers.		
• Antagonists.		
• Synergists.		
• Fixators/stabilizers.		
• Impact of influences, such as imbalance of length and strength between agonist, antagonist, fixators/stabilizers or synergists		
Fascia		
• Understand the anatomy, physiology and pathology of fascia.		
• Describe how fascia covers and connects all the structures of the human body.		
• Understand the characteristics of plasticity and tensegrity inherent in fascia [54, 55, 77].		
Range of motion (ROM)		
• Types of ROM-- active, passive, assisted and resistive.		
• Classification of joints.		
• Synovial joint movements.		
• Joint play and end feel.		
• End feel: hard, firm, soft, vacant.		
• Joint range of movement and considerations of normal limits.		
• Approximation of attachments by way of movement at the joint or by manual shortening of muscle.		
Stretching		
• Effects on tissue structure and function.		
• Purpose and uses.		
• Active.		

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• Passive.		
• Active assisted.		
• Active resisted.		
Resistive range of motion		
• Isometric.		
• Isotonic.		
• Eccentric action.		
• Concentric action.		
• Reciprocal inhibition.		
• Post-isometric relaxation or contract relax.		
• Effects on tissue structure and function.		
• Purpose and uses.		
Posture and movement		
• Healthy and pathologic.		
• Compensatory patterns.		
- Muscular adaptations.		
- Concept of symmetry.		
- Stability, instability and fixations.		
Biomechanics		
• Define kinematic and kinetic principles as they relate to the practice of massage therapy.		
Skills		
• Palpate bony attachments, muscle bellies, tendons and ligaments.		
• Demonstrate primary actions of muscles and joints.(see Appendix A: Muscle List).		
• Apply stretch and isometric resistance for all major muscles of the body.		
• Demonstrate appropriate mechanics to facilitate development of normal client/ patient posture and movement in their activities of daily living (ADLs).		
• Demonstrate use of ROM principles in properly mobilizing joints for purposes of assessment, treatment planning and treatment.		
• Demonstrate use of passive and resistive actions as assessment and		

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treatment applications.		
<ul style="list-style-type: none"> • Use techniques to sense and release restricted fascia. 		
Abilities		
<ul style="list-style-type: none"> • Evaluate general movement compensatory patterns and develop a treatment plan to address the findings. 		
<ul style="list-style-type: none"> • Evaluate posture, symmetry and movement patterns on a client/patient and apply appropriate massage treatments. 		
<ul style="list-style-type: none"> • Demonstrate verbally directing a client/patient to actively shorten/lengthen all major muscles of the body to support assessment and treatment. 		

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Section 210.4 Pathology		
Knowledge, skills and abilities related to the physiologic and psychological processes resulting from injury and/or illness as they relate to massage therapy.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand patho-physiological terms and processes resulting in/from injury and disease as they relate to massage therapy.		
Understand mental health illnesses and common associated terms as they relate to massage therapy.		
Common pathologies along with their etiology, signs/symptoms, complications and treatment considerations as they relate to massage therapy		
<ul style="list-style-type: none"> • Prevalent pathologies by body system. 		
<ul style="list-style-type: none"> • Indications for massage therapy. 		
<ul style="list-style-type: none"> • Local and absolute contraindications for massage therapy. 		
<ul style="list-style-type: none"> • Cautions, adaptations and limitations based on: <ul style="list-style-type: none"> - Specifics of condition. - Techniques/approaches. - Therapist's knowledge, skills and abilities. 		
<ul style="list-style-type: none"> • Proper sanitary procedures - their purpose and use. 		
<ul style="list-style-type: none"> • Knowledge of how to access authoritative information on pathological conditions and general medical information. 		
Common disabilities and their specific restricting characteristics and considerations in relation to massage therapy		
<ul style="list-style-type: none"> • Identify characteristics of common disabilities and impairments. 		
<ul style="list-style-type: none"> • Identify limitations presented by common disabilities and impairments. 		
Pharmacology		
<ul style="list-style-type: none"> • General classification and types of drugs, herbs, supplements, their effects and their side effects. 		
<ul style="list-style-type: none"> • Massage therapy considerations and potential responses to general classes of drugs, herbs and supplements. 		

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<ul style="list-style-type: none"> Use of authoritative, medically accepted drug reference to look up drugs, their effects and their side effects. 		
Chronic versus acute onset		
<ul style="list-style-type: none"> Definitions. 		
<ul style="list-style-type: none"> Massage therapy considerations and cautions. 		
Dysfunctions caused by improper body mechanics, posture and repetitive movements		
Inflammatory processes		
<ul style="list-style-type: none"> Functions, effects on tissues/structures, effect of treatments and contraindications and adaptive measures. 		
<ul style="list-style-type: none"> Wound/tissue repair process. 		
<ul style="list-style-type: none"> Stages of healing – acute, sub-acute and maturation stages. 		
<ul style="list-style-type: none"> Level of severity. 		
Muscular pain patterns		
<ul style="list-style-type: none"> Trigger point and referred pain. 		
<ul style="list-style-type: none"> Fascial planes and their relation to trigger or tender point pain/tenderness and referred pain. 		
Nociception and pain pathways, physiological processes, functions, effects on tissues/structures, client/patient response [76, 95, 120].		
Standard precautions and sanitary practices for infection control and special methods for handling biohazards		
<ul style="list-style-type: none"> Compliance with Operational Safety and Health Administration (OSHA) regulations relevant to the practice of massage therapy. 		
First Aid and CPR – American Red Cross or equivalent		
<ul style="list-style-type: none"> Emergency action plan. 		
Skills		
<ul style="list-style-type: none"> Conduct a client/patient health history and intake with an understanding of the implications of reported pathologies on a massage treatment. 		
<ul style="list-style-type: none"> Adapt massage treatments according to client's disabilities and impairments. 		
Abilities		
<ul style="list-style-type: none"> Demonstrate how to adapt massage therapy to clients/patients based on pathologies/conditions, stage of healing and level of severity 		

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present.		
<ul style="list-style-type: none"> Accommodate clients/patients who have disabilities resulting from diseases or injuries. 		
<ul style="list-style-type: none"> Apply standard precautions and procedures of infection control for the individual, the equipment and the practice environment. 		
<ul style="list-style-type: none"> Demonstrate when to refer a client to his/her physician because of potential for contraindication. 		
<ul style="list-style-type: none"> Demonstrate researching a pathological condition, medications and herbs and determine appropriateness of massage therapy. 		
<ul style="list-style-type: none"> Research information about common disabilities and impairments. 		
<ul style="list-style-type: none"> Identify and appropriately respond to medical emergencies using applicable first aid and CPR as needed. 		
<ul style="list-style-type: none"> Observe and identify signs of autonomic (sympathetic and parasympathetic) nervous system activation. 		

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Section 210.5 Assessment, Treatment Planning and Documentation

Knowledge, skills and abilities relating to practices, procedures and relative terminology of assessment, treatment planning and documentation.

Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand basic aspects of assessment process, treatment planning, documentation, procedures and relative terminology.		
Understand the science, application, philosophy and legal and ethical factors involved in client/patient assessment		
<ul style="list-style-type: none"> • Communication (verbal and nonverbal). 		
<ul style="list-style-type: none"> • Client/patient consultation, health history and intake procedures/documents. 		
<ul style="list-style-type: none"> • Subjective client/patient information. 		
<ul style="list-style-type: none"> • Objective findings gained through observation and palpation. 		
<ul style="list-style-type: none"> • Postural and functional evaluation. 		
<ul style="list-style-type: none"> • Plan of treatment based on client/patient assessment, client/patient goals (long and short term). 		
Physical assessment		
<ul style="list-style-type: none"> • Visual and palpatory assessment of tissue, skin, posture and movement. 		
Basic client/patient documentation components		
<ul style="list-style-type: none"> • Informed consent. 		
<ul style="list-style-type: none"> • Waiver of liability. 		
<ul style="list-style-type: none"> • Medical release. 		
<ul style="list-style-type: none"> • Medical clearance. 		
<ul style="list-style-type: none"> • Health history and current condition/status. 		
<ul style="list-style-type: none"> • Record of: <ul style="list-style-type: none"> - Client/patient name. - Session date. - Client/patient health concerns/considerations for treatment. - Assessments and findings, if applicable. - Treatment administered. 		

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- Treatment outcomes and goals.		
Treatment plan		
<ul style="list-style-type: none"> Purpose of the session(s). 		
<ul style="list-style-type: none"> Collection and interpretation of client information and assessment findings. 		
Health Insurance Portability and Accountability Act (HIPAA) regulations that apply to massage therapy		
<ul style="list-style-type: none"> Client /patient confidentiality. 		
<ul style="list-style-type: none"> Storage, maintenance/security, transport and release of client/patient personal health information (PHI). 		
Skills		
<ul style="list-style-type: none"> Demonstrate the ability to conduct a client/patient interview including a health history and client/patient consultation. 		
<ul style="list-style-type: none"> Perform assessment procedures including visual, auditory, verbal, written and physical evaluation/palpation. 		
<ul style="list-style-type: none"> Perform posture and movement analysis as they relate to the treatment plan. 		
<ul style="list-style-type: none"> Use palpation to locate, assess and treat tissues during pre-massage assessments and those used during the session. 		
<ul style="list-style-type: none"> Demonstrate effective communication skills including writing, listening and speaking. 		
Abilities		
<ul style="list-style-type: none"> Obtain legal written informed consent initiating the professional relationship and prior to administering massage therapy. 		
<ul style="list-style-type: none"> Read and interpret client/patient intake and health history form. 		
<ul style="list-style-type: none"> Determine appropriate treatments based on client/patient health history, intake form and client/patient consultations (initial and follow-up). 		
<ul style="list-style-type: none"> Formulate a treatment plan based on findings from a health history, an intake interview and an assessment process. 		
<ul style="list-style-type: none"> Explain the treatment plan, intended outcomes and potential adverse outcomes to the client/patient and gain consent, including framework for how to modify the plan based upon feedback, prior to administering massage therapy. 		

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<ul style="list-style-type: none"> • Generate relevant charting documentation for each session which meets legal requirements for health care and wellness practitioners. 		
<ul style="list-style-type: none"> • Prepare, maintain and safeguard client/patient records in accordance with federal, state and municipal laws. 		
<ul style="list-style-type: none"> • Explain chosen techniques and relate the choice back to the physiological, psychological and anatomical effectiveness of the technique. 		
<ul style="list-style-type: none"> • Describe how to refer client/patient to appropriate healthcare provider when client's/patient's needs exceed the skills and abilities of the therapist or are outside the massage therapy scope of practice. 		
<ul style="list-style-type: none"> • Modify a treatment plan during subsequent sessions based on changes in the client's/patient's health or desired outcomes [1, 13, 45, 67, 85, 112] 		

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Section 210.6 Research and Information Literacy		
Preface Qualitative and quantitative research heightens every aspect of massage therapy. Massage therapists informed by all domains of scientific research support the efficacy of the field. Evidence-based practice supported by research facilitates therapeutic outcomes and professional dialogue. Each of the sections within the Massage Therapy Body of Knowledge is informed by research		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand the necessity and process of scientific investigation, its importance to the massage therapy profession, literature review skills, information literacy and relevant terminology.		
<ul style="list-style-type: none"> • The professional necessity, importance and further development of the research body of literature regarding massage therapy. 		
<ul style="list-style-type: none"> • The scientific process relating to evidence-based knowledge, medicine and massage therapy practice. 		
<ul style="list-style-type: none"> • The importance of the peer review process and critical appraisal of published research. 		
<ul style="list-style-type: none"> • Electronic literacy skills, including the effective use of search engines, online databases and determination of information quality (i.e., accuracy of web-based information). 		
<ul style="list-style-type: none"> • Key components of research methodologies: <ul style="list-style-type: none"> - Scientific method (observation, hypothesis, experiment, conclusions). - Types of research studies and their importance. - Qualitative and quantitative methods. - The key parts of a scientific paper (abstract, introduction, methods, results, discussion and conclusion). 		
<ul style="list-style-type: none"> • Key terms relating to research. 		
<ul style="list-style-type: none"> • Impact of bias on research. 		
<ul style="list-style-type: none"> • Research ethics. 		
<ul style="list-style-type: none"> • Method of formulating a basic research question and creating a rigorous case study. 		

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<ul style="list-style-type: none"> • Differentiation between a case study and a case history. 		
<ul style="list-style-type: none"> • Identification of personal methods used to keep up to date on new research developments. 		
Skills		
<ul style="list-style-type: none"> • Demonstrate the ability to find and use scientific databases. 		
<ul style="list-style-type: none"> • Search the literature on a specific topic and obtain a complete copy of relevant and reliable articles. 		
Abilities		
<ul style="list-style-type: none"> • Develop an inquiring mind and question current massage therapy practice. 		
<ul style="list-style-type: none"> • Discuss the validity and reliability of literature sources. 		
<ul style="list-style-type: none"> • Read and assess current massage therapy and related literature for its strengths and weaknesses. 		
<ul style="list-style-type: none"> • Communicate current research knowledge to clients, colleagues and the public. 		
<ul style="list-style-type: none"> • Explain ways to support, collaborate and participate in massage therapy and/or related research. 		

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Section 210.7 Business Practices, Laws and Regulations		
Knowledge, skills and abilities relating to business practices, legal requirements and professionalism as related to massage therapy.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand business practices, legal requirements and professionalism.		
Municipal, state and national laws and regulations		
<ul style="list-style-type: none"> • Importance of regulation on massage practice, massage quality, professional reputation and growth of the profession. 		
<ul style="list-style-type: none"> • Applicable state and local licenses, certification and registration laws and certification as a profession status. 		
<ul style="list-style-type: none"> - Understand the difference between and expectations of legal versus profession status. 		
<ul style="list-style-type: none"> - Stay current with changes in laws and rules. 		
<ul style="list-style-type: none"> - Maintain fiduciary responsibility as a licensed/regulated profession. 		
<ul style="list-style-type: none"> - Understand legal differences and similarities between states. 		
<ul style="list-style-type: none"> - Identify differences among licensing, certification and registration. 		
<ul style="list-style-type: none"> - Identify differences among types of certification (e.g., legal, professional and educational). 		
Business practices		
<ul style="list-style-type: none"> • Employment overview. 		
<ul style="list-style-type: none"> - Types of business entities, venues and legal requirements. 		
<ul style="list-style-type: none"> - Responsibilities associated with being the employee and employer. 		
<ul style="list-style-type: none"> - Key components of contracts for sole proprietors versus employment agreements for employees and related legal differences between them. 		
<ul style="list-style-type: none"> - Job search and employment interviews. 		
<ul style="list-style-type: none"> • Marketing. 		
<ul style="list-style-type: none"> - Basic marketing principles, advertising, networking and their application to massage therapy. 		
<ul style="list-style-type: none"> - Common marketing tools – resume, cards, flyers, brochures and internet. 		

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- Ethical marketing considerations to reflect therapist's training, licensing and certification accurately.		
• Insurance for therapist and practice.		
- Liability and malpractice.		
- General or premise liability.		
• Insurance billing basics.		
- Recognize CMS1500, the universal billing form.		
- Understand terms and conditions.		
- Understand requirements for becoming a provider and contract considerations with being a preferred provider.		
- Define, recognize and avoid medical fraud.		
• Finances		
- Basic financial requirements and responsibilities for a therapist as an employee, as a sole proprietor engaged in independent contracting or as a business owner/ employer.		
- National, state and local tax requirements.		
- Fiscal accountability and integrity.		
• Administration		
- Responsibilities and requirements of running a massage practice.		
- Securing and maintaining records.		
o Client/patient records.		
o Practice records (i.e., schedules/appointment book).		
o Financial records.		
o Business license		
Scope of practice		
• Massage therapy regulations at the local, state and national level and how these affect a massage practice.		
• Awareness and avoidance of violation of state, national or local laws regarding the practice of massage therapy.		
Professional organizations		
• Understand the importance of professional organizations.		
• Understand their impact on the local, state and national levels.		
Professionalism in business		
• Awareness of business etiquette in verbal, non-verbal, written and		

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electronic communications.		
<ul style="list-style-type: none"> • Legal terminology as related to licensure and certification. 		
<ul style="list-style-type: none"> • Types of business communications. 		
<ul style="list-style-type: none"> • Benefits of networking among peers and between professions. 		
<ul style="list-style-type: none"> • Referrals. <ul style="list-style-type: none"> - Practices, legalities and ethics. - Risks and responsibilities. - Basic knowledge of scope of practice of other health care professions. 		
<ul style="list-style-type: none"> • Continuing Education. <ul style="list-style-type: none"> - Applicable legal and professional responsibilities and requirements. - Ethics relating to marketing and level of training received through continuing education. 		
Americans with Disabilities Act (ADA)		
<ul style="list-style-type: none"> • Compliance expectations. 		
<ul style="list-style-type: none"> • Reasonable accommodations. 		
<u>Skills</u>		
<ul style="list-style-type: none"> • Write a resume and basic business letter. 		
<ul style="list-style-type: none"> • Write a basic business plan and mission statement. 		
<ul style="list-style-type: none"> • Demonstrate basic employment interview skills 		
<u>Abilities</u>		
<ul style="list-style-type: none"> • Develop practice policies that reflect boundaries and expectations. 		
<ul style="list-style-type: none"> • Be aware of changes to and abide by laws and standards that govern the profession. 		
<ul style="list-style-type: none"> • Uphold professional standards of practice and standards of care. 		
<ul style="list-style-type: none"> • Demonstrate ethical and professional behavior and presentation consistent with standards in the massage therapy field. 		
<ul style="list-style-type: none"> • Behave in a trustworthy and responsible manner and be honest in all professional settings. 		
<ul style="list-style-type: none"> • Demonstrate and explain basic marketing techniques and methods. 		
<ul style="list-style-type: none"> • Read and interpret a contract or proposal or solicit the services of someone who can. 		
<ul style="list-style-type: none"> • Build a support network and develop a contact list for referrals. 		



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<ul style="list-style-type: none"> • Maintain basic financial records. 		
<ul style="list-style-type: none"> • Follow acceptable accounting, bookkeeping and monetary practices. 		
<ul style="list-style-type: none"> • Demonstrate compliance with current personal and/or business tax laws. 		
<ul style="list-style-type: none"> • Seek supervision/consultation/counseling/mentorship to deal with issues (business, personal, or therapeutic) that arise during practice. 		
<ul style="list-style-type: none"> • Discuss, during the initial meeting, therapist and client/patient boundaries and responsibilities in the business/therapeutic relationship. 		
<ul style="list-style-type: none"> • Continue education and expand knowledge of new and developing information and techniques that benefit clients/patients, practice and self. 		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

Section 210.8 Boundaries, Ethics and the Therapeutic Relationship

Preface The quality of the therapeutic relationship is based on ethical behavior, clear boundaries and the therapist’s capacity to pay attention to his or her own body and mind. According to research, this quality impacts the central nervous system of the client. Consequently, this section begins with a research-based understanding of therapeutic relationships from the field of social neuroscience. Research in this field has highlighted the need for massage therapists to integrate information on the neurobiology of interpersonal relationships at a clinical level. This research includes much more clarity on the neurobiology of empathy, altruistic love and kindness. To facilitate that understanding, some additional detail has been added, both in this section and in the terminology section. This is a new paradigm evolving from the research literature on interpersonal relationships that affect every helping profession [35, 43, 44, 47, 74, 96].

Knowledge, skills and abilities relating to professional boundaries and ethics in relation to the development and maintenance of therapeutic relationships.

Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge		
Therapeutic relationship		
<ul style="list-style-type: none"> • Description and components. • Therapist/client/patient interaction and communications. 		
<ul style="list-style-type: none"> - Differentiate between emotional and psychological processing (outside scope of practice for massage therapists) and handling emotions (in scope of practice). 		
<ul style="list-style-type: none"> - Understand that clear communication in the therapeutic relationship is important to successful health outcomes. 		
<ul style="list-style-type: none"> • Client/patient disclosure and confidentiality. 		
<ul style="list-style-type: none"> • Understand impact of therapist self disclosure on therapeutic relationship. 		
<ul style="list-style-type: none"> • Personal and professional boundaries. 		
<ul style="list-style-type: none"> • Professional boundary between massage therapy and psychotherapy. 		
<ul style="list-style-type: none"> • Trauma and shock. 		
<ul style="list-style-type: none"> - Understand that client/patients may hold stress, trauma and shock in their bodies and these can be sensed by the therapist [48, 50, 65, 66, 71, 87, 102]. 		

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• Dual relationships.		
• Transference/countertransference.		
• Psychological defense mechanisms.		
• Empathy.		
- Understand that empathy is generated in the brain and heart by mirror neurons in order for the therapist to feel what the client/patient is feeling.		
- Understand that the therapist's empathy develops the client/patient's felt sense of being nurtured [18, 31, 32, 94, 99-100].		
• Body language.		
- Understand that body language, postures and body shapes, forms and tissue patterns may be expressions of psychological history coupled with chronic stress, trauma and experiences of shock in the past. Tissue work may or may not impact these expressions.		
- Understand that when soft tissue does not respond to massage, the tension may be psychological or emotional in nature. Attempting to force this tissue to change may re-traumatize the client/patient [58, 68].		
• Therapeutic environment.		
• Self regulation.		
- Understand that self regulation is modulated by two pathways. One pathway is from the body and heart to the brain via sensation and feeling (bottom up). The second pathway is from the brain to the body via cognitive thinking and memory (top down) [62, 110].		
- Massage therapy strongly affects the first pathway, from the bottom up.		
- Understand that the quality of attention is based on self-regulation utilizing three simultaneous neurological pathways: attunement, intersubjectivity and nurturing touch [72, 89, 90, 92, 93].		
• <u>Attunement</u>		
- Understand that a therapeutic relationship based on safety and trust includes the process of <i>attunement</i> [96, 97].		
• <u>Intersubjectivity</u>		
- Understand that the client/patient and the therapist co-regulate each		

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other's nervous systems and cardiovascular systems through resonance, which builds emotional coherence.		
- Understand that each person in the therapeutic relationship is affecting the other's nervous and cardiovascular systems equally.		
- Understand that intersubjectivity involves the nervous systems of the client/patient and therapist seeking to remain oriented to the present rather than the past [6, 105, 106].		
• <u>Social Neuroscience</u>		
- Understand neurological self-regulation and integration of the mind-body has two components:		
• Internal self-regulation through <u>interoceptive</u> (self) awareness of the body from the inside of it.		
o Socially, in relationships, through <u>exteroceptive</u> processing with the special senses such as seeing, touching and hearing others.		
- Know that the therapist is responsible for building and maintaining a therapeutic relationship in which normal self regulation can manifest [5, 17, 21, 22, 24-27, 78, 79, 86].		
• <u>Altruistic love and kindness</u>		
- Understand that nurturing touch stimulates the release of the hormone oxytocin and deepens the empathetic response in both the therapist and the client/patient.		
- Understand that people who are suffering need compassion.		
- Having a warm and generous affect seems to bring reassurance and joy to others.		
- Understand that all human beings are of equal worth [37, 38, 75].		
Ethics		
• Code of ethics.		
• Ethical and legal considerations and ramifications of harassment, prejudice and discrimination in the workplace.		
• Ethical challenges relating to personal beliefs and biases.		
• Ethical challenges relating to misconduct of peers.		
Sexual misconduct		
• Definition.		
• Misconduct by the client/patient or the therapist.		

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<ul style="list-style-type: none"> • Power differentials. 		
<ul style="list-style-type: none"> • Recognition and appropriate responses. 		
<ul style="list-style-type: none"> • Ethical and legal ramifications. 		
<ul style="list-style-type: none"> • Preventive measures – behavior, communications, policies, boundaries and presentation. 		
<p>The mind, body and spirit connection</p>		
<ul style="list-style-type: none"> • Healing processes. 		
<ul style="list-style-type: none"> • Therapeutic processes. 		
<ul style="list-style-type: none"> - Understand that emotions may surface for a client/patient during a massage, that this is normal and that emotions are not harmful [10, 56]. 		
<p>Skills</p>		
<p>Therapeutic relationship</p>		
<ul style="list-style-type: none"> • Therapist/client/patient interaction and communication. 		
<ul style="list-style-type: none"> - Demonstrate active listening and reflection. 		
<ul style="list-style-type: none"> - Actively acknowledge the client/patient as he/she speaks using soft eye contact, head nodding, sounds of recognition and/or words of recognition. 		
<ul style="list-style-type: none"> - Acknowledge emotions when they arise. 		
<ul style="list-style-type: none"> - Provide support for a client/patient experiencing an emotional release during a massage therapy session. 		
<ul style="list-style-type: none"> • Personal and professional boundaries. 		
<ul style="list-style-type: none"> - Demonstrate maintenance of boundaries while applying massage therapy. 		
<ul style="list-style-type: none"> - Demonstrate supporting client/patient while experiencing and/or expressing thoughts and feelings. 		
<ul style="list-style-type: none"> - Terminate, in a professional manner, a session when a client/patient violates and is unwilling to respect a therapist's professional boundaries. 		
<ul style="list-style-type: none"> • Body language. 		
<ul style="list-style-type: none"> - Notice when soft tissue does not respond to massage. 		
<ul style="list-style-type: none"> - Move on to another area of the client's/patient's body if one area is unresponsive. 		
<ul style="list-style-type: none"> • Self regulation. 		

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- Maintain a steady pace during the massage that can be integrated by the client/patient.		
- Be able to refer to mental health professional when appropriate.		
• <u>Attunement.</u>		
- Use conscious breathing to center attention in the therapist's body.		
- When using deep or vigorous techniques, pause periodically and observe the client's/patient's breathing.		
• <u>Intersubjectivity.</u>		
- Regularly scan the whole body of the client/patient while in contact.		
- Observe signs of the client's/patient's autonomic nervous system seeking homeostasis, such as skin color tone, breathing, shaking or trembling, eyes glazing, etc.		
- Modulate input to the client/patient slowly while the autonomic nervous system is active.		
- Understand that feeling awkward or making an occasional mistake during a session can be a normal aspect of the therapeutic relationship.		
Ethics		
• Communicate with a fellow therapist about alleged or perceived unethical or illegal behavior(s).		
• Follow proper reporting processes relating to unethical or illegal behavior of other therapists and other health care professionals.		
Sexual misconduct		
• Demonstrate awareness of how therapist's body might touch client/patient and avoid incidental and/or inappropriate body contact.		
• Do not sexualize communications or initiate or engage in sexualized or sexual contact with clients/patients regardless of who initiates.		
• Communicate boundaries in appropriate professional manner without blaming or shaming the client/patient.		
Abilities		
Therapeutic relationship		
• Therapist/client/patient interaction and communications.		
- Therapist periodically attends to own sensations while in contact with the client/patient, acknowledging and addressing them as		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

appropriate.		
- Therapist provides non-judgmental support.		
- Therapist avoids probing questions that serve to elicit psychological or emotional information.		
- Therapist avoids interpreting or giving advice regarding client's personal issues.		
- Therapist conveys a sense of dignity and respect, in both actions and words, towards clients/patients, colleagues and the profession.		
- Therapist demonstrates consistent patience in dealing with others.		
- Therapist demonstrates appropriate communications during a session by remaining focused on client's/patient's intentions, rather than unfocused conversation.		
• Client disclosure and confidentiality.		
- Safeguard the client's/patient's confidentiality unless information is released by client/patient or compelled by law.		
• Personal and professional boundaries.		
- Respect boundaries of client/patient.		
- Respect professional boundaries of other health care providers involved in the client's/patient's care.		
- Establish, communicate and maintain healthy professional boundaries.		
• Boundary between massage therapy and psychotherapy.		
- Be willing to not know the source or cause of a client's/patient's pain and suffering.		
- Be thoroughly familiar and operate with a rigorous code of ethics.		
• Dual relationships.		
- Avoid situations that create conflicts of interest and dual relationships.		
• Psychological defense mechanisms.		
- Recognize client's/patient's psychological defense mechanisms and, when necessary, take appropriate steps to reduce adverse impact on the therapeutic relationship.		
• Empathy		
- Therapist periodically notices own sensations and feelings related to		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

empathy and compassion.		
<ul style="list-style-type: none"> • Therapeutic environment. 		
<ul style="list-style-type: none"> - Establish and maintain an environment of emotional safety and trust for the client/patient. 		
<ul style="list-style-type: none"> • Self regulation. 		
<ul style="list-style-type: none"> - Regularly sense both the therapist and the client/patient body systemically as one whole continuum of fluid, bone and membrane. 		
<ul style="list-style-type: none"> - Acknowledge (nonverbally) any personal feelings, such as fear and anxiety, during a massage and hold them as normal. 		
<ul style="list-style-type: none"> - Visualize the client/patient as one interconnected whole being during the massage. 		
<ul style="list-style-type: none"> - Maintain conscious awareness of the location of mental and physical attention while in relationship with the client/patient. 		
<ul style="list-style-type: none"> - Scan own body periodically in order to sense areas of tension and holding during a session and release when appropriate. 		
<ul style="list-style-type: none"> - Avoid judgment, withdrawal or psychological intervention when emotions surface for a client/patient. 		
<ul style="list-style-type: none"> - Stay present with client/patient, grounded and centered in self, when emotions surface for client/patient. 		
<ul style="list-style-type: none"> - Seek supervision if thoughts, feelings and emotions that come up for client/patient trigger personal history or a personal emotional process. 		
<ul style="list-style-type: none"> • Attunement. 		
<ul style="list-style-type: none"> - Stay mentally and emotionally present with the client/patient while working. 		
<ul style="list-style-type: none"> - Be aware of how attention moves periodically between the body-mind of the therapist and that of the client/patient. 		
<ul style="list-style-type: none"> - The therapist should be aware when attention is separated from self or client/patient for prolonged periods and regularly settle attention back into the therapist body. 		
<ul style="list-style-type: none"> - Be aware of impact of emotions on your ability to maintain a therapeutic relationship and perform massage therapy. 		
<ul style="list-style-type: none"> - Monitor the speed or tempo of own sensations, thoughts and feelings, slowing them down in order to achieve attunement. 		

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- Regulate the tempo of the massage to build resonance and sustain it over time.		
• <u>Intersubjectivity.</u>		
- Therapist periodically focuses attention on his/her heart, respiration rate and visceral sensations as a part of interoceptive awareness.		
- Therapist becomes aware of, acknowledges and releases, when appropriate, own mundane thoughts of the past or future while in contact with client/patient.		
• Altruistic Loving Kindness.		
- Periodically practice thoughts and feelings of loving kindness while in contact with the client/patient.		
Ethics		
• Demonstrate ethical behaviors with clients/patients, peers and other professions.		
• Operate under a professionally recognized code of ethics.		
• Practice with competence and within the individual knowledge, skills and abilities and the legal limits of the massage therapy profession.		
• Refrain from using substances that would interfere with the ability to provide safe and effective massage therapy and to make ethical decisions.		
• Avoid circumstances and situations where the ability to make ethical decisions is impaired or made difficult.		
• Do not discriminate against a client's/patient's race, color, religion, gender, sexual orientation, national origin, age, disability, handicap, health status, physical appearance (including size, shape and body art), marital status or veteran's status.		
• Represent credentials and training honestly.		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

Section 210.9 Body Mechanics and Self Care		
Knowledge, skills and abilities relating to body mechanics for self care and application of techniques.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand the body mechanics for self care and application of techniques.		
Body mechanics of the therapist to optimize application while minimizing adverse effects and supporting longevity in the field		
<ul style="list-style-type: none"> • Posture, balance and positioning. 		
<ul style="list-style-type: none"> • Structural alignment of bones and joints. 		
<ul style="list-style-type: none"> • Use of body weight and leverage. 		
<ul style="list-style-type: none"> • Application of various forms of force. 		
<ul style="list-style-type: none"> • Foot positions and stances. 		
<ul style="list-style-type: none"> • Understanding of the relationship among effective body mechanics, massage therapy applications and injury prevention. 		
<ul style="list-style-type: none"> • Injury prevention strategies. 		
Table and chair mechanics		
Self Care		
<ul style="list-style-type: none"> • Benefits and impact of self care in personal and professional arenas. 		
<ul style="list-style-type: none"> • Regular physical activity. 		
<ul style="list-style-type: none"> • Proper nutrition. 		
<ul style="list-style-type: none"> • Adequate rest. 		
<ul style="list-style-type: none"> • Structured breathing practices. 		
<ul style="list-style-type: none"> • Stress management. 		
<ul style="list-style-type: none"> • Self-awareness of muscle tension, pain and fatigue and state of mind. 		
<ul style="list-style-type: none"> • Self-massage techniques. 		
<ul style="list-style-type: none"> • Self-administered hot and cold hydrotherapy and related therapeutic modalities. 		
<ul style="list-style-type: none"> • Boundary practices (physical, mental, emotional, spiritual, energetic, etc.). 		
<ul style="list-style-type: none"> • Prevention of self-inflicted injuries resulting from improper body 		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

mechanics.		
Burnout		
<ul style="list-style-type: none"> Recognize, prevent and manage professional burnout. 		
<ul style="list-style-type: none"> Practice skills advancement and diversification through continuing education to manage burnout. 		
Skills		
<ul style="list-style-type: none"> Demonstrate efficient and effective body mechanics during massage therapy application. 		
<ul style="list-style-type: none"> Correctly set up and adjust a massage table, chair and other massage-related equipment. 		
<ul style="list-style-type: none"> Demonstrate appropriate and professional client/patient draping techniques. 		
<ul style="list-style-type: none"> Demonstrate correct client/patient positioning based on specific client/patient and therapist health and safety needs including appropriate positioning for pregnancy trimesters. 		
Abilities		
<ul style="list-style-type: none"> Use efficient and effective body mechanics for injury prevention of the massage therapist and the client/patient. 		
<ul style="list-style-type: none"> Identify and adopt self-care practices, which support personal and professional goals, prevent injury and burnout and enhance longevity in the field 		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

Section 210.10 Massage Techniques and Physiological and Psychological Effects		
Knowledge, skills and abilities relating to massage applications and the resulting physiologic and psychological effects.		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand massage applications and the resulting physiologic and psychological effects.		
Massage therapy applications		
<ul style="list-style-type: none"> • Theoretical context of the massage discipline(s) being taught. 		
<ul style="list-style-type: none"> • Types of soft tissue massage techniques and their functions/purposes. Techniques may include and is not limited to: 		
<ul style="list-style-type: none"> - Compression. 		
<ul style="list-style-type: none"> - Friction. 		
<ul style="list-style-type: none"> - Gliding/Stroking (effleurage). 		
<ul style="list-style-type: none"> - Holding. 		
<ul style="list-style-type: none"> - Kneading (petrissage). 		
<ul style="list-style-type: none"> - Lifting. 		
<ul style="list-style-type: none"> - Movement and mobilization (stretching, traction, range of motion and gymnastics). 		
<ul style="list-style-type: none"> - Percussion (tapotement). 		
<ul style="list-style-type: none"> - Vibration. 		
Physiological response		
<ul style="list-style-type: none"> • Anatomic structures. 		
<ul style="list-style-type: none"> • Physiological and biochemical processes. 		
<ul style="list-style-type: none"> • Psychological processes. 		
<ul style="list-style-type: none"> • Energy systems. 		
<ul style="list-style-type: none"> • Physiological and pathological processes of trauma, wound healing and tissue repair and their implications for the selection and application of a massage treatment. 		
<ul style="list-style-type: none"> • Contemporary pain-control theories as they relate to the application of massage therapy. 		
Client/patient positioning and draping		

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<ul style="list-style-type: none"> • Positioning – supine, prone, side-lying, semi-reclining and seated. 		
<ul style="list-style-type: none"> • Use of supportive devices, including bolsters, wedges and rolls in relation to client/patient position, comfort and support. 		
<ul style="list-style-type: none"> • Draping variations which maintain client/patient modesty, warmth and comfort while allowing appropriate access for massage therapy applications. 		
Assessment		
<ul style="list-style-type: none"> • Process/methods of assessing and reassessing the status of the client/patient, using standard assessment techniques to determine appropriate massage treatment. 		
Indications and benefits/cautions		
<ul style="list-style-type: none"> • Specific applications of massage techniques and their potential benefits, desired outcomes and specific precautions. 		
<ul style="list-style-type: none"> • Sequence of techniques application based on theoretical understanding, current tissue condition and intended outcomes. 		
<ul style="list-style-type: none"> • Pressure and depth. 		
<ul style="list-style-type: none"> • Rhythm and pacing. 		
<ul style="list-style-type: none"> • Direction. 		
<ul style="list-style-type: none"> • Duration. 		
<ul style="list-style-type: none"> • Flow, drag and continuity. 		
<ul style="list-style-type: none"> • Use of equipment, tools and appliances. 		
<ul style="list-style-type: none"> • Positioning for ease of applications to facilitate achievement of intended outcomes. 		
Psychophysiology		
<ul style="list-style-type: none"> • Chronic stress and trauma and their effects on all body systems [33, 42, 48, 66, 71, 80, 81, 115, 116]. 		
Energetic theory		
<ul style="list-style-type: none"> • Describe basic energetic theory from a common theoretical framework, such as: <ul style="list-style-type: none"> - Eastern Frameworks: <ul style="list-style-type: none"> ○ Chakras. ○ Body Currents. ○ Meridians. ○ Acupoints. 		

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- Western/Hybrid Frameworks		
o Aura fields.		
o Poles and zones.		
o Sound, vibration and color as energy expressions [121].		
Documentation		
• Appropriate healthcare and wellness documentation for recording each session, meeting minimum legal expectations.		
Skills		
• Formulate an appropriate treatment plan prior to each session, obtaining permission from the client before implementing the plan.		
• Demonstrate use of multiple massage techniques and describe their proper use and contraindications.		
• Demonstrate application of massage techniques using appropriate body structures with effective body mechanics, being self aware and client focused.		
• Demonstrate ability to palpate, using massage techniques, various body structures to include muscles, tendons, ligaments, fascia, bones, lymph nodes, vessels, scar tissue, adhesions, etc.		
• Demonstrate varying rhythms/pace, depth, stroke sequence and flow/continuity for specific applications and intended outcomes.		
• Demonstrate the use of massage tools/equipment as applicable. Explain any contraindications or indications for their use.		
• Demonstrate the use of verbal and non-verbal communication to gain client/patient feedback and explain its importance and the therapist's appropriate response.		
• Adjust the tempo, pace, rhythm, pressure, depth, direction and duration of the massage strokes and techniques to be appropriate to the desired response and current tissue condition in conjunction with client/patient requirements and feedback.		
• Position and drape the client/patient for the application of massage therapy.		
• Communicate and obtain informed consent prior to administering massage therapy.		
Abilities		

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<ul style="list-style-type: none"> Regularly observe the client's/patient's whole body for autonomic activation while working and adjust appropriately when overstimulation occurs. 		
<ul style="list-style-type: none"> Acknowledge the client/patient as he/she speaks without directing, leading or counseling. 		
<ul style="list-style-type: none"> Avoid disruptive personal disclosure during application of massage therapy. 		
<ul style="list-style-type: none"> Demonstrate active and reflective listening with minimal disruption to the flow of application and client's/patient's experience of the massage. 		
<ul style="list-style-type: none"> Ask open-ended and/or explorative questions when necessary to gain relevant information to ensure appropriate application of massage. 		
<ul style="list-style-type: none"> Avoid sharing personal interpretations of perceived underlying psychological issues with the client/patient and avoid personal interactions or disruptions to the client's/patient's experience. 		
<ul style="list-style-type: none"> Perform an assessment procedure and interpret the findings as they relate to the selection and application of massage techniques to address treatment goals. 		
<ul style="list-style-type: none"> Select and apply appropriate massage techniques according to evidence-based guidelines when they are available. 		
<ul style="list-style-type: none"> Apply techniques based on treatment plan as determined from evaluation of the assessment findings of the client/patient or as directed by referring provider(s). 		
<ul style="list-style-type: none"> Describe appropriate methods of assessing progress over time, interpret the results and project outcomes. 		
<ul style="list-style-type: none"> Document subjective and objective findings, treatment goals, treatment and treatment outcomes in accordance with minimum legal expectations for healthcare and wellness professionals. 		
<ul style="list-style-type: none"> Synthesize information obtained in a client/patient interview and assessment to determine the indications, contraindications and precautions for the evidence-based application of massage therapy as is appropriate for common pathologies and musculoskeletal issues and conditions, their location, onset, severity and stage of healing. 		
<ul style="list-style-type: none"> Formulate a progressive treatment addressing long- and short-term 		



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goals (when applicable) and appropriately apply the massage to obtain intended outcomes.		
<ul style="list-style-type: none">• Identify personal perception of energy		

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.Section 210.11 Therapeutic Modalities		
Knowledge, skills and abilities relating to the physiological response to the application of therapeutic modalities, proper application, indications and contraindications and safety considerations		
Knowledge, Skill or Ability	Subject Coverage (F)ull, (P)artial or (N)one	Notes
Knowledge: Understand the physiological response to the application of therapeutic modalities, proper application, indications and contraindications and safety considerations.		
Physiological response		
<ul style="list-style-type: none"> • Physiological and pathological processes of trauma, wound healing and tissue repair and their implications for the selection and application of therapeutic modalities as used in conjunction with a massage treatment [87]. 		
<ul style="list-style-type: none"> • Contemporary pain-control theories as they relate to the application of a therapeutic modality 		
<ul style="list-style-type: none"> • Body's physiological responses during and following the application of therapeutic modalities 		
<ul style="list-style-type: none"> • Understand that massage lubricants and essential oils can have a physiological impact on the client/patient and therapist. 		
Assessment		
<ul style="list-style-type: none"> • Process and methods of assessing and reassessing the status of the client/patient using standard techniques and documentation strategies to determine appropriate modality treatment. 		
Applications		
<ul style="list-style-type: none"> • Indications, contraindications and precautions applicable to the use of therapeutic modalities. 		
<ul style="list-style-type: none"> • Manufacturers' and, if applicable, institutional, state and federal, standards for the operation and safe application of therapeutic modalities and related supplies and equipment. 		
Skills		
<ul style="list-style-type: none"> • Apply heat and cold safely and appropriately. 		
<ul style="list-style-type: none"> • Inspect the equipment and supplies used when applying therapeutic 		

Checklist of MTBOK Knowledge, Skills and Abilities Coverage

modalities.		
<ul style="list-style-type: none"> Inspect treatment environment to ensure compliance with hygienic practices for standard precautions and for potential safety hazards. 		
<ul style="list-style-type: none"> Select and apply appropriate therapeutic modalities according to evidence-based guidelines. 		
<ul style="list-style-type: none"> Position and prepare the client/patient for the application of therapeutic modalities. 		
<ul style="list-style-type: none"> Document treatment goals, expectations and treatment outcomes. 		
Abilities		
<ul style="list-style-type: none"> Describe and interpret appropriate measurement and assessment procedures as they relate to the selection and application of therapeutic modalities. 		
<ul style="list-style-type: none"> Interpret the results of assessment and determine an appropriate therapeutic modality program for achievement of the treatment goals. 		
<ul style="list-style-type: none"> Determine the appropriate therapeutic modality application, progressive plan and appropriate therapeutic goals and objectives based on the initial assessment and regular reassessments. 		
<ul style="list-style-type: none"> Describe appropriate methods of assessing progress when using therapeutic modalities and interpret the results. 		
<ul style="list-style-type: none"> Obtain and interpret baseline and post-treatment objective physical measurements to evaluate and interpret results. 		
<ul style="list-style-type: none"> Synthesize information obtained in a client/patient interview and assessment to determine the indications, contraindications and precautions for the selection, client/patient set-up and evidence-based application of therapeutic modalities for injuries in the acute, sub-acute and maturation stages of healing. 		
<ul style="list-style-type: none"> Formulate a progressive treatment plan and appropriately apply the modalities. 		
<ul style="list-style-type: none"> Document subjective and objective findings, treatment goals, treatment and treatment outcomes in accordance with minimum legal expectations for healthcare and wellness professionals. 		
<ul style="list-style-type: none"> Demonstrate the ability to use massage lubricants safely within a massage practice. 		