Arizona CTE

THERAPEUTIC MASSAGE, 51.3500.00

RECOGNIZE THE STRUCTURE AND FUNCTION OF THE HUMAN BODY SYSTEMS THE.1.0	**1.1** Identify basic structure and describe the function of the integumentary system THE.1.1
	1.2 Identify basic structure and describe the function of the skeletal system THE.1.2
	1.3 Identify basic structure and describe the function of the muscular system THE.1.3
	1.4 Identify basic structure and describe the function of the digestive system THE.1.4
	1.5 Identify basic structure and describe the function of the circulatory system THE.1.5
	1.6 Identify basic structure and describe the function of the respiratory system THE.1.6
	1.7 Identify basic structure and describe the function of the urinary system THE.1.7
	1.8 Identify basic structure and describe the function of the nervous system THE.1.8
	1.9 Identify basic structure and describe the function of the sensory system THE.1.9
	1.10 Identify basic structure and describe the function of the endocrine system THE.1.10
	1.11 Identify basic structure and describe the function of the reproductive system THE.1.11
	1.12 Identify basic structure and describe the function of the immune system THE.1.12
	1.13 Define commonly used root words, prefixes, and suffixes THE.1.13
EVALUATE THE PA[illegible]	**2.1** Identify common contraindications for the integumentary system to determine if a massage is appropriate THE.2.1

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	2.2	Identify common contraindications for the skeletal system to determine if a massage is appropriate THE.2.2
	2.3	Identify common contraindications for the muscular system to determine if a massage is appropriate THE.2.3
	2.4	Identify common contraindications for the digestive system to determine if a massage is appropriate THE.2.4
	2.5	Identify common contraindications for the circulatory system to determine if a massage is appropriate THE.2.5
	2.6	Identify common contraindications for the respiratory system to determine if a massage is appropriate THE.2.6
	2.7	Identify common contraindications for the urinary system to determine if a massage is appropriate THE.2.7
	2.8	Identify common contraindications for the nervous system to determine if a massage is appropriate THE.2.8
	2.9	Identify common contraindications for the sensory system to determine if a massage is appropriate THE.2.9
	2.10	Identify common contraindications for the endocrine system to determine if a massage is appropriate THE.2.10
	2.11	Identify common contraindications for the reproductive system to determine if a massage is appropriate THE.2.11
	2.12	Identify common contraindications for the immune system to determine if a massage is appropriate THE.2.12
	2.13	Identify situations when a client should be referred for a medical consultation THE.2.13
BUSINESS PRACTICES AND DOCUMENTATION THE.3.0	3.1	Perform basic computer applications (i.e. word processing, spreadsheets, health records, practice management soft-ware) THE.3.1
	3.2	Define local, state, and federal laws and regulations for licensure for massage therapy THE.3.2
	3.3	Identify current advertising and marketing techniques (i.e. business cards, brochures, social media, etc.) THE.3.3
DEMONSTRATE AP	4.1	Maintain CPR and First Aid certifications THE.4.1
AN PR		Use proper sanitation practices to ensure health and safety (i.e. handwashing techniques, equipment sanitation, etc.) THE.4.2

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	4.3 Use proper attire for safety and hygiene (i.e. OSHA regulations, hair, nails, shoes, etc.) THE.4.3
EXAMINE THE LEGAL AND ETHICAL STANDARDS OF THERAPEUTIC MASSAGE THE.5.0	**5.1** Recognize therapeutic relationship boundaries (i.e. confidentiality, nudity, draping techniques, privacy, termination of treatment, etc.) THE.5.1
	5.2 Respect client rights (i.e. HIPAA, privacy, confidentiality, right of refusal, etc.) THE.5.2
	5.3 Analyze ethical scenarios that align with industry and legal standards (i.e. professional and personal) THE.5.3
PERFORM SWEDISH MASSAGE THE.6.0	**6.1** Describe the history and origins of massage THE.6.1
	6.2 Identify the benefits of massage THE.6.2
	6.3 Demonstrate the proper body mechanics for a Swedish massage THE.6.3
	6.4 Describe when to use creams vs. oils vs. lotions THE.6.4
	6.5 Utilize massage equipment THE.6.5
	6.6 Determine appropriate environment for massage (e.g. room and layout, temperature, lighting, music, client comfort, minimal distractions) THE.6.6
	6.7 Utilize appropriate client positioning THE.6.7
	6.8 Demonstrate draping techniques THE.6.8
	6.9 Perform basic strokes of Swedish massage (e.g. effleurage, petrissage, tapotement, vibration, friction) THE.6.9
	6.10 Communicate with clients to assess comfort level through verbal and nonverbal cues THE.6.10
	6.11 Perform massage in industry-recognized time allotments (i.e. 30, 60, 90 minutes) THE.6.11
PERFORM THERMOTHERAPY THE.7.0	**7.1** Recognize the general effects of thermotherapy through indications and contraindications THE.7.1
	7.2 Perform hot, cold, and contrast treatments THE.7.2
	7.3 Perform a Hot Stone massage in industry-recognized time allotments (i.e. 60, 90 minutes) THE.7.3
PE MA	Explain R.I.C.E. (Rest, Ice, Compression, and Elevation) THE.8.1

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	8.2 Assess the relationship between compensation, balance, and mechanics of the body THE.8.2
	8.3 Demonstrate pre- and post-event massage THE.8.3
	8.4 Perform appropriate injury assessment and treatment techniques THE.8.4
	8.5 Demonstrate the use of hot and cold treatments THE.8.5
	8.6 Demonstrate various stretching techniques (i.e. passive, assistive, active, etc.) THE.8.6
	8.7 Determine physical range of motion of the joint (e.g. passive, active, assisted) THE.8.7
	8.8 Perform techniques to increase and decrease range of motion THE.8.8
	8.9 Perform various techniques of joint mobilization (i.e. PNF, Traeger, etc.) THE.8.9
	8.10 Identify actions of muscles THE.8.10
PERFORM DEEP TISSUE MASSAGE THE.9.0	**9.1** Identify the attachment of muscles THE.9.1
	9.2 Identify the benefits and contraindications of Deep Tissue massage THE.9.2
	9.3 Describe when to use creams vs. oils vs. lotions THE.9.3
	9.4 Explain trigger points THE.9.4
	9.5 Locate trigger point THE.9.5
	9.6 Perform a Deep Tissue massage in industry-recognized time segments (i.e. 30, 60, 90 minutes) THE.9.6
	9.7 Communicate with clients to assess comfort level through verbal and nonverbal cues THE.9.7
	9.8 Demonstrate effective and appropriate palpation techniques THE.9.8
	9.9 Demonstrate postural analysis and assessment THE.9.9
	9.10 Distinguish the relationship between muscle and fascia as it relates to Deep Tissue massage THE.9.10
RECOGNIZE EASTERN MODALITIES AT AN INTRODUCTORY LE	**10.1** Define various cultural approaches to the massage therapy profession THE.10.1
	10.2 Explain various energy theories (e.g. 5 Element, Yin/Yang, Reiki) THE.10.2
	3 Define a point, a meridian, a chakra, and an organ THE.10.3

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	10.4 Define modality specific terminology (i.e. moxibustion, cupping, scraping, tui-na, shiatsu) THE.10.4
	10.5 Explain polarity THE.10.5
	10.6 Demonstrate various techniques of polarity (basic positions) THE.10.6
	10.7 Identify factors contributing to imbalance and inefficient mechanics of the body THE.10.7
	10.8 Demonstrate Techniques of Reflexology (e.g. reflex zones, lines, inching) THE.10.8
DEMONSTRATE THE APPLICATION OF SPECIAL MASSAGE TECHNIQUES TO SPECIFIC POPULATIONS THE.11.0	**11.1** Demonstrate geriatric massage techniques THE.11.1
	11.2 Demonstrate infant massage techniques THE.11.2
	11.3 Demonstrate pregnancy massage techniques THE.11.3
	11.4 Demonstrate massage techniques for physically-challenged clients THE.11.4
	11.5 Demonstrate massage techniques for terminally ill clients THE.11.5
	11.6 Explain adaptations needed for clients who have mental health issues THE.11.6
	11.7 Perform seated massage THE.11.7