



Oregon

Oregon Board of Massage Therapists
728 Hawthorne NE
Salem, OR 97301
Phone: (503) 365-8657
Fax: (503) 385-4465
www.oregon.gov/OBMT

APPLICATION FOR CLASS OR PROGRAM CERTIFICATION & RE-CERTIFICATION

Please print or type the following information:

1. Name of School _____
2. President/Owner of School _____
3. School Address _____

4. School web site _____
5. School Phone _____ School Fax _____
6. Massage Program Director's Name & E-mail address _____

7. School's accreditation status: Accredited with no issues Not accredited On watch list
8. Accrediting Body: _____
9. Date of last visit or review by accrediting body: _____

The following items must be included with your packet:

- Verification of licensure as a private vocational school, community college, or accredited college or university.
- Written course outline and detailed course description, including number of contact hours of instruction and verification of meeting the Model Curriculum
- Copy of your institutions Code of Ethics
- Explanation of your institutions method of evaluation to determine the student's successful completion of a class
- Attendance requirements for students to successfully complete each class
- Minimum qualifications required for selecting instructors
- Sample copy of any final examination

Further clarification of the requirements for class certification can be found in our administrative rules, OAR 334-010-0046 and OAR 334-010-0047.

Enclosures:

- ✓ Class Certification Check List
- ✓ Board Policies
- ✓ Oregon Administrative Rules
- ✓ Oregon Revised Statutes
- ✓ Model Curriculum



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Because various topics may be integrated throughout a program, we would like you to please provide the following information (if you have multiple programs, please provide information for each program):

Total number of hours in –

Anatomy & Physiology	_____
Kinesiology	_____
Pathology	_____
Science Sub Total	_____
Massage Theory & Practical Application	_____
Clinical Practice	_____
Business Development	_____
Communication	_____
Sanitation	_____
Ethics	_____
Massage Sub Total	_____

Total Program Hours _____

- **Does your school offer more than one massage program?** If yes, please include information for each program you offer.
- **Do you have multiple campuses that utilize the same curriculum or is your school part of a family of schools that utilize the same curriculum?** If yes, please include contact information and location of those other campuses or schools.

Please complete and return the Class Certification Check List with the application. If you have any questions or need any assistance, please call the Board office at 503-365-8657.

The Board appreciates your endeavor to provide classes that are certified in this state. Based upon approval, your school will be recognized as having a certified program. Written notification of the Board's decision will be provided when it becomes available.

Class Certification Check List

Standard I – Communicate and record plans for safe and individualized massage and bodywork sessions

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
<p>Conduct a thorough client intake, including;</p> <ul style="list-style-type: none"> a. health history b. client interview c. postural assessment d. range of motion evaluation 	<ol style="list-style-type: none"> 1. Identify relevant science, application, philosophy, legal and ethical factors involved in client assessment 2. Obtain and discuss client's health history 3. Determine client's expectations for session 4. Demonstrate basic functional postural assessment and range of motion evaluation 5. Evaluation client posture, symmetry and compensatory movement patterns 6. Demonstrate effective speaking communication skills to document assessment findings and treatment plan 7. Demonstrate effective speaking communication skills to explain assessments, treatments and obtain consent 8. Demonstrate effective listening communication skills to establish rapport and understand client's requests 	
<p>Develop a plan for a safe and individualized initial massage and bodywork session, based on client goals and intake information</p>	<ol style="list-style-type: none"> 1. Identify science, application, philosophy, legal and ethical factors involved in formulating a treatment plan 2. Interpret intake and health history forms 3. Evaluate physiological and pathological conditions of client 4. Research current information about physiological and pathological conditions to support assessment findings 5. Determine appropriate treatments based on intake and consultation 6. Formulate treatment plan 	
<p>Explain through discussion session plan to the client in order to obtain informed consent, including:</p> <ul style="list-style-type: none"> a. describing the technique to be used; b. identifying the areas to be worked; c. explaining intended outcomes; d. explaining plans for effective and safe ongoing massage and bodywork sessions 	<ol style="list-style-type: none"> 1. Explain to client what the treatment plan will be 2. Explain to the client the intended outcome of the treatment plan 3. Explain how the treatment plan will be performed 4. Explain clearly to the client the risks and benefits of specific massage/bodywork techniques 5. Obtain legal written informed consent prior to beginning session 6. Describe how to refer client to appropriate healthcare provider when client's needs exceed therapist's skills or scope of practice 7. Understand the treatment planning protocol when establishing short term and long term goals 8. Modify treatment plan during subsequent sessions based on changes in client's health or desired outcomes 	
<p>Conduct a thorough exit interview to evaluate client satisfaction and assess effectiveness of the massage and bodywork session.</p>	<ol style="list-style-type: none"> 1. Demonstrate professional communication within the parameters of the exit interview protocol 2. Discuss the effects of the session with client 3. Perform assessments as needed to determine efficacy of session 	

Class Certification Check List

Standard I (con't) – Communicate and record plans for safe and individualized massage and bodywork sessions

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Summarize and securely maintain written records of massage and bodywork sessions, including: <ol style="list-style-type: none"> a. Health history; b. Assessments completed; c. Treatments completed; d. Goals; e. Recommendations for self-care, referrals to other healthcare providers, and plans for future sessions 	<ol style="list-style-type: none"> 1. Demonstrate effective writing communication skills to document assessment findings and treatment plan 2. Chart results of session 3. Maintain documentation securely 	

Class Certification Check List

Standard II – Perform appropriate, safe and effective massage and bodywork sessions

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Apply thorough knowledge and understanding of anatomy and physiology to selection of safe, appropriate and effective massage and bodywork technique.	<ol style="list-style-type: none"> 1. Identify anatomical structures, locations and functions relevant to application of massage and bodywork 2. Identify patho-physiological terms and processes resulting in/from injury and disease as they relate to massage and bodywork 3. Apply knowledge of the structure (anatomy) and function (physiology) of all the systems of the body to determine appropriate bodywork applications to obtain intended physiological outcomes 	
Apply thorough knowledge and understanding of kinesiology to the selection of safe, appropriate and effective massage and bodywork technique.	<ol style="list-style-type: none"> 1. Explain the principles of the movement of the body (kinesiology) including anatomical structures, physiological concepts and terminology 2. Classify joints by structure and function with knowledge of type and location 3. Describe principles of range of motion 4. Describe principles of postural assessment 5. Demonstrate actions of muscled and joints (see Muscle List) 6. Describe use of ROM principles for the purposes of assessment and treatment planning 7. Demonstrate use of passive and restrictive actions for the purposes of assessment and treatment 	
Apply current information and research to determine safe massage and bodywork treatment options for pathologies commonly encountered in the practice of massage and bodywork.	<ol style="list-style-type: none"> 1. Identify common pathologies along with their etiology, signs/symptoms, complications and massage/bodywork treatment considerations (see pathologies list) 2. Describe inflammatory process including stages of soft tissue healing and relevance to massage/bodywork treatment plan 3. Understand pain patterns, pain pathways and relevant pain-control practices as they relate to application of massage/bodywork 4. Identify standard precautions and sanitary practices for infection control 5. Outline strategies for determining safe treatment options for individuals with pathologies not commonly encountered in the practice of massage and bodywork 6. Demonstrate when and how to refer clients to appropriate healthcare providers 	
Demonstrate safe and appropriate methods of sanitation and personal hygiene in the performance of massage and bodywork sessions, including the use of universal precautions	<ol style="list-style-type: none"> 1. Safely apply standard precautions and procedures of infection control for individuals 2. Safely apply standard precautions and procedures of infection control for equipment 3. Safely apply standard precautions and procedures of infection control for the practice environment 	

Class Certification Check List

Standard II (con't) – Perform appropriate, safe and effective massage and bodywork sessions

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Demonstrate safe and effective use of equipment (e.g., massage tables, massage chairs, bolsters, mats, hydrocollator packs, tools, etc.) and supplies (e.g. linens, lubricants, gels, gloves, etc.)	<ol style="list-style-type: none"> 1. Correctly set up and adjust massage/bodywork table, chair and/or mats 2. Describe the effects of thermal applications and contraindications for use 3. Describe the effects of topical substances and contraindications for use 4. Demonstrate safe application of thermal techniques and topical substances 5. Demonstrate the safe application of tools and describe the contraindications for use 	
Apply safe and appropriate client positioning techniques	<ol style="list-style-type: none"> 1. Explain the purpose of client positioning techniques 2. Demonstrate safe and appropriate client positioning based on specific client needs 	
Apply safe and appropriate client draping techniques	<ol style="list-style-type: none"> 1. Explain the use of safe and functional draping 2. Demonstrate appropriate and professional draping techniques 	
Apply techniques and treatment protocols that are within the scope of practice and training of massage therapy and bodywork	<ol style="list-style-type: none"> 1. Describe types of manual soft tissue techniques and their functions/purposes 2. Describe basic energy theories and systems of bodywork 3. Palpate tissue with appropriate speed, direction, depth and intention to identify and engage multiple layers of tissue 4. Apply the use of manual soft tissue techniques by demonstrating varying rhythms/pace, depth, stroke sequence and flow/continuity for specific applications and adjust for intended outcomes 5. Apply techniques based on treatment plan as determined from evaluation of the assessment findings or as directed by referring provider(s) 	
Apply techniques that are appropriate for each body area, including endangerment sites	<ol style="list-style-type: none"> 1. Discuss sites of caution and their relevancy to massage/bodywork techniques 2. Locate and palpate accessible anatomic structures relevant to massage/bodywork techniques 3. Demonstrate functional palpation and tissue assessment skills 4. Palpate skeletal attachments, muscle bellies, tendon and ligaments 	
Regularly assess client preference and soft tissue response, and modify the techniques or treatment protocols as needed	<ol style="list-style-type: none"> 1. Demonstrate use of professional communication about specific applications and their intended outcomes to respond to client feedback 2. Demonstrate use of non-verbal communication about specific applications and their intended outcomes to respond to client feedback 3. Modify treatment plan to accommodate physiological and pathological changes in tissue and/or client's condition 	

Class Certification Check List

Standard III – Develop and implement self-care strategies for the therapist and client

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Demonstrate biomechanical skills necessary for the safe and effective performance of massage and bodywork techniques	<ol style="list-style-type: none"> 1. Identify principles of optimum body mechanics including posture, positioning, use of leverage and injury prevention for the therapist and client 2. Identify body mechanics in the use of massage/bodywork tables, chairs and mats based on size/shape of client; type of bodywork; intended outcomes; and injury prevention for the therapist 3. Describe the safe use of massage/bodywork equipment and tools to prevent injury of the therapist and client 4. Demonstrate safe, efficient and effective body mechanics during session 	
Implement self-care activities to support well-being for and prevent injury to the therapist	<ol style="list-style-type: none"> 1. Identify self-care practices, which support personal and professional goals and prevent injury 2. Demonstrate self-care practices which support well-being 	
Explain self-care activities to the client, including: <ol style="list-style-type: none"> a. Purpose and proposed benefit; b. Instructions for the self-care activity; c. Addressing client's questions and concerns 	<ol style="list-style-type: none"> 1. Differentiate between types of appropriate self-care recommendations 2. Explain the treatment planning protocol including assessment, short term and long term goals 3. Demonstrate self-care recommendations, plan and follow-up care for outcomes 4. Observe and confirm client's understanding of self-care recommendations 	

Class Certification Check List

Standard IV – Develop successful, ethical and therapeutic professional relationships

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Demonstrate effective communication within the therapist's scope of practice	<ol style="list-style-type: none"> 1. Define the value of empathic listening 2. Define the value of developing rapport 3. Demonstrate active listening and reflection 4. Demonstrate constructive feedback skills 5. Demonstrate rapport building skills 6. Use clear professional language when communicating with clients, colleagues and other healthcare providers 	
Demonstrate strategies within the therapist's scope of practice for effectively dealing with emotional and behavioral client responses to massage therapy and bodywork	<ol style="list-style-type: none"> 1. Explain how clear communication is important to successful therapeutic relationships 2. Acknowledge and provide support for client's experience during treatment 3. Identify differences in cultural interpretations of therapeutic touch 4. Create and maintain an environment of emotional and physical safety and trust for the client 	
Establish and maintain safe and respectful professional boundaries with clients, co-workers and other healthcare providers	<ol style="list-style-type: none"> 1. Describe the purpose of professional boundaries with clients, co-workers and other healthcare providers 2. Identify concepts of dual relationships; transference/counter transference; and psychological defense mechanisms 3. Demonstrate appropriate physical boundaries/draping in respecting client's personal space 4. Demonstrate professional demeanor with co-workers and other healthcare providers 5. Demonstrate strategies for effectively addressing conflict with clients, co-workers and other healthcare providers 	
Demonstrate ethical behavior in interactions with clients, co-workers and other healthcare providers	<ol style="list-style-type: none"> 1. Identify the OBMT definition of unprofessional or dishonorable conduct 2. Recognize ethical and legal ramifications of unprofessional or dishonorable conduct 3. Identify ethical challenges relating to client misconduct 4. Apply OBMT's Standards of Conduct to professional interactions 5. Outline a process for resolving ethical challenges including reporting unethical or illegal behavior as required by law 6. Demonstrate professional communication skills needed to terminate a session or therapeutic relationship 	
Establish protocols for safeguarding client's confidentiality	<ol style="list-style-type: none"> 1. Explain the value and principles of confidentiality 2. Demonstrate written and verbal skills necessary to request client's release of information 	

Class Certification Check List

Standard V – Develop strategies for a successful practice or employment situation

COMPETENCIES	BROAD LEARNING OBJECTIVES	WHERE IS THIS COVERED IN YOUR PROGRAM?
Create a comprehensive business/employment plan including: <ol style="list-style-type: none"> a. Resume; b. Business/employment goals; c. Financial plan 	<ol style="list-style-type: none"> 1. Describe requirements and responsibilities for operating a professional massage/bodywork practice 2. Identify goals for initial professional practice of massage/bodywork 3. Write a comprehensive business plan 4. Write a resume 5. Outline the purpose of and plan for ongoing education and skill development as a professional 	
Analyze federal, state and local regulations that apply to a massage and bodywork practice, including: <ol style="list-style-type: none"> a. Professional license requirements; b. Business license requirements; c. Zoning requirements; d. Tax requirements; e. Basic insurance billing; f. Recordkeeping and privacy requirements 	<ol style="list-style-type: none"> 1. Demonstrate practical and theoretical knowledge of ORS Chapter 687 and OAR Chapter 334 2. Develop professional practice policies and procedures that reflect OBMT Standards of Professional Conduct 3. Identify applicable state and local licenses, certification and registration laws 4. Identify basic self-employment tax requirements 5. Determine applicable HIPAA regulations 6. Recognize terms and conditions for insurance billing practices 7. Explain the purposes of professional organizations to the massage/bodywork profession 	
Plan marketing strategies and tools for massage/bodywork practice	<ol style="list-style-type: none"> 1. Identify basic and ethical marketing principles for the massage/bodywork profession 2. Create marketing tools for massage/bodywork professional 3. Develop networking skills 	
Determine when and how to obtain support from other professionals regarding professional practice, including: <ol style="list-style-type: none"> a. Financial or tax advisors b. Insurance billing advisors c. Legal advisors d. Marketing consultants e. Massage and bodywork mentors f. Regulatory or licensing agency professionals 	<ol style="list-style-type: none"> 1. Identify personal limitations and need for consultation 2. Demonstrate the ability to contact and use appropriate professionals when needed to address issues of massage/bodywork professional practice 3. Demonstrate effective professional communication skills 	



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Communicable Disease Guidelines* Adopted June 12, 1998

There are a number of infectious agents causing disease, which can be transmitted in person-to-person contact. Massage therapists work in close physical contact with their clients and thus are potentially at risk for both contacting and transmitting disease-causing organisms. Transmission routes are numerous and an organism can be conveyed from one person to another by more than one route. The examples listed below describe common disease entities and modes of transmission. The examples do not represent an all-inclusive list.

ROUTE OF TRANSMISSION	DISEASE
Skin to skin contact	Staphylococcal infection; Streptococcal infection; Lice; Scabies; Herpes
Skin contact with object contaminated with infectious agents (i.e. clothing, handles on faucets, doorknobs, etc.)	Lice (clothing); Measles; Upper respiratory; Viruses (i.e. cold); Conjunctivitis
Skin contact with infected secretions (i.e. runny noses, rubbing eyes or skin when an infectious agent is present)	Upper respiratory; Viruses (i.e. cold); Conjunctivitis; Streptococcal infection
Fecal contamination of food/fluids followed by oral ingestion (i.e. failure to wash hands after using the toilet followed by food handling)	Hepatitis A; Candida (yeast)
Inhalation of airborne organisms	Many bacteria and viruses (i.e. cold, whooping cough)
Impaired skin integrity or mucosal skin exposure to infected body fluids (i.e. contact with infected body fluids allow organisms to enter the body through a break in the skin such as a cut or through mucous membranes such as found in the mouth and genitalia)	Hepatitis B (saliva, semen, blood, vaginal fluids); Human immunodeficiency virus (H.I.V.) (blood, semen, vaginal fluids); Herpes

In the vast majority of instances transmission is preventable with the use of basic hygienic practices available to anyone. The following guidelines were developed to address such concerns:

General Recommendations

- A. Give rigorous attention to hand-washing practices. Washing is the primary protection against acquiring and transmitting infectious organisms. Wash fingertips to elbows prior to and after every massage activity, paying special attention to the area around & under fingernails. Use warm water with liquid soap and paper towels or a single use towel.
- B. Provide antibacterial liquid soap and paper towels for client use in the restrooms.
- C. Encourage client hand-washing after use of the toilet via signs in the restrooms.
- D. Practice hand-washing after personal use of the toilet
- E. Practice, and encourage client practice, of turning off water taps with a paper towel after washing and drying hands.



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- F. Follow guidelines detailed in administrative rules regarding proper care and cleaning of equipment and linen.
- G. Seek health care attention for diagnosis and treatment of symptoms that indicate an infectious process in the L.M.T.
- H. Encourage client to seek health care attention for diagnosis and treatment of symptoms that indicate an infectious process.
- I. Conduct simple verbal and/or written assessments of client's health and presence of symptoms of possible infectious conditions that are transmissible through ordinary massage activities, especially respiratory or skin conditions (i.e. coughing, sneezing, severe itching of scalp or other area, rashes, wounds, skin lesions). Ask the client if he/she has a known communicable disease.
- J. If in doubt about potential for transmission, refrain from massage and request client to obtain evaluation of health from a licensed health-care provider. Do not risk infecting yourself or transmitting infection to another client. Use good judgment based on principles of healthful living, sanitation, and disease control.

Specific Recommendations

- A. If an L.M.T. is displaying symptoms of an upper respiratory infection (fever, coughing, sneezing, green or yellow nasal discharge), refrain from massage until the symptoms are controlled. Wash your hands frequently, especially after blowing your nose or contact between hand and face.
- B. If an L.M.T. has an infectious skin rash, lesions, or an open wound of any kind on the hands or arms, do not massage until skin integrity is restored.
- C. If an L.M.T. has an infectious body rash, do not massage until the infection is absent.
- D. If an L.M.T. has an infectious lesion or wound present on body areas other than hands and forearms, adequately bandage the area so no infective secretions come into contact with clothes or hands. Be thorough about hand washing after bandaging and before massaging.
- E. Individual L.M.T.s who are carriers of Hepatitis B, H.I.V., or any other infectious organisms transmitted by body fluids must refrain from giving massages if there are any areas of the hands or forearms which, for any reason, are subject to bleeding or have open and/or draining areas in the skin. The practice of massage may be resumed once skin integrity is restored to the hands and arms.

* The OBMT has adopted various policies/guidelines to provide additional clarification and information for both licensees and the general public. This policy is supplemental to the Oregon Revised Statutes and Oregon Administrative Rules and as such does not supersede or replace information contained in the Statues or Rules that govern massage. Should you have any questions regarding this policy please contact the Board office.



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Topical Preparations Policy* **Adopted March 9, 2006**

Topical preparations may be used for the purposes of massage as defined in ORS 687.011 (4). Topical preparations are used for but not limited to:

- lubricating and minimizing friction,
- warming or cooling an area,
- minimizing pain,
- addressing inflammation,
- promoting the healthy function of organs and systems of the body.

The Oregon Board of Massage Therapists expects that any LMT using a topical preparation understand the safe application, indications, and contraindications as they apply to each client. Informed consent protocol must be followed.

LMTs are reminded that they need appropriate knowledge and education that may be beyond their initial training when utilizing topical preparations.

* The OBMT has adopted various policies to provide additional clarification and information for both licensees and the general public. This policy is supplemental to the Oregon Revised Statutes and Oregon Administrative Rules and as such does not supersede or replace information contained in the Statutes or Rules that govern massage. Should you have any questions regarding this policy please contact the Board office.

OBMT MODEL CURRICULUM

Adopted 10/15/2012

Standard I - Communicate and record plans for safe and individualized massage and bodywork sessions.

Competencies:

1. Conduct a thorough client intake, including:
 - a. health history
 - b. client interview
 - c. postural assessment
 - d. movement assessment
 - e. range of motion evaluation

Broad Learning Objectives

1. Identify relevant science, application, philosophy, legal and ethical factors involved in client assessment.
 2. Obtain and discuss client's health history.
 3. Determine client's expectations for session.
 4. Demonstrate basic functional postural assessment and range of motion evaluation.
 5. Evaluate client posture, symmetry and compensatory movement patterns.
 6. Demonstrate effective writing communication skills to document assessment findings and treatment plan.
 7. Demonstrate effective speaking communication skills to explain assessments, treatments and obtain consent.
 8. Demonstrate effective listening communication skills to establish rapport and understand client's requests.
2. Develop a plan for a safe and individualized massage and bodywork session, based on client goals and intake information.

Broad Learning Objectives

1. Identify science, application, philosophy, legal and ethical factors involved in formulating treatment plan.
2. Interpret intake and health history forms.
3. Evaluate physiological and pathological conditions of client.
4. Research current information about physiological and pathological conditions to support assessment findings.
5. Determine appropriate treatments based on intake and consultation.
6. Formulate treatment plan.

OBMT MODEL CURRICULUM

Adopted 10/15/2012

3. Explain through discussion the session plan to the client in order to obtain informed consent, including:
 - a. describing the techniques to be used
 - b. identifying the areas to be worked
 - c. explaining intended outcomes
 - d. making adjustments to the plan as requested
 - e. explaining plans for effective and safe on-going massage and bodywork sessions

Broad Learning Objectives

1. Explain to client what the treatment plan will be.
 2. Explain to client the intended outcomes of the treatment plan.
 3. Explain how the treatment plan will be performed.
 4. Explain clearly to the client the risks and benefits of specific massage/bodywork techniques.
 5. Obtain legal written informed consent prior to beginning session.
 6. Describe how to refer client to appropriate healthcare provider when client's needs exceed therapist's skills or scope of practice.
 7. Describe the treatment planning protocol when establishing short term and long term goals.
 8. Modify treatment plan during subsequent sessions based on changes in client's health or desired outcomes.
4. Conduct a thorough exit interview to evaluate client satisfaction and assess effectiveness of the massage and bodywork session.

Broad Learning Objectives

1. Demonstrate professional communication within the parameters of the exit interview protocol.
 2. Discuss the effects of the session with client.
 3. Perform assessments as needed to determine efficacy of session.
5. Summarize and securely maintain written records of massage and bodywork sessions, including:
 - a. health history
 - b. assessments completed
 - c. treatment completed
 - d. goals
 - e. recommendations for self-care, referrals to other healthcare providers, and plans for future sessions

Broad Learning Objectives

1. Demonstrate effective writing communication skills to document assessment findings and treatment plan.
2. Chart results of session.
3. Maintain documentation securely.

OBMT MODEL CURRICULUM

Adopted 10/15/2012

Standard II - Perform appropriate, safe and effective massage and bodywork sessions

Competencies:

1. Apply thorough knowledge and understanding of anatomy and physiology to the selection of safe, appropriate and effective massage and bodywork techniques.

Broad Learning Objectives

1. Identify anatomical structures, locations, and functions relevant to application of massage/bodywork.
 2. Identify patho-physiological terms and processes resulting in/from injury and disease as they relate to massage/bodywork.
 3. Apply knowledge of the structure(anatomy) and function (physiology) of all the systems of the body to determine appropriate bodywork applications to obtain intended physiological outcomes.
2. Apply thorough knowledge and understanding of kinesiology to the selection of safe, appropriate and effective massage and bodywork techniques.

Broad Learning Objectives

1. Explain the principles of the movement of the body (kinesiology) including anatomical structures, physiological concepts and terminology.
 2. Classify joints by structure and function with knowledge of type and location.
 3. Describe principles of range of motion.
 4. Describe principles of postural assessment.
 5. Demonstrate actions of muscles and joints. (See Muscle List)
 6. Demonstrate use of ROM principles for the purposes of assessment and treatment planning.
 7. Demonstrate use of passive and resistive actions for the purposes of assessment and treatment.
3. Apply current information and research to determine safe massage and bodywork treatment options for pathologies commonly encountered in the practice of massage and bodywork.

Broad Learning Objectives

1. Identify common pathologies along with their etiology, signs/symptoms, complications and massage/bodywork treatment considerations. (See Pathologies List)
 2. Describe inflammatory processes including stages of soft tissue healing and relevance to massage/bodywork treatment plan.
 3. Identify pain patterns, pain pathways and relevant pain-control practices as they relate to application of massage/bodywork.
 4. Identify standard precautions and sanitary practices for infection control.
 5. Outline strategies for determining safe treatment options for individuals with pathologies not commonly encountered in the practice of massage and bodywork.
 6. Demonstrate when and how to refer clients to appropriate healthcare providers.
4. Demonstrate safe and appropriate methods of sanitation and personal hygiene in the performance of massage and bodywork sessions, including the use of universal precautions.

OBMT MODEL CURRICULUM

Adopted 10/15/2012

Broad Learning Objectives

1. Safely apply standard precautions and procedures of infection control for individuals.
 2. Safely apply standard precautions and procedures of infection control for equipment.
 3. Safely apply standard precautions and procedures of infection control for the practice environment.
5. Demonstrate safe and effective use of equipment (e.g., massage tables, massage chairs, bolsters, mats, hydrocollator packs, tools, etc.) and supplies (e.g., linens, lubricants, gels, gloves, etc.)

Broad Learning Objectives

1. Correctly set up and adjust massage/bodywork table, chair and/or mats.
 2. Describe the effects of thermal applications and contraindications for use.
 3. Describe the effects of topical substances and contraindications for use.
 4. Demonstrate safe application of thermal techniques and topical substances.
 5. Demonstrate the safe application of tools and describe the contraindications for use.
6. Apply safe and appropriate client positioning techniques.

Broad Learning Objectives

1. Explain the purpose of client positioning techniques.
 2. Demonstrate safe and appropriate client positioning based on specific client needs.
7. Apply safe and appropriate client draping techniques.

Broad Learning Objectives

1. Explain the use of safe and functional draping.
 2. Demonstrate appropriate and professional draping techniques.
8. Apply techniques and treatment protocols that are within the scope of practice and training of massage therapy and bodywork.

Broad Learning Objectives

1. Describe types of manual soft tissue techniques and their functions/purposes.
 2. Describe basic energy theories and systems of bodywork.
 3. Palpate tissue with appropriate speed, direction, depth and intention to identify and engage multiple layers of tissue.
 4. Apply the use of manual soft tissue techniques by demonstrating varying rhythms/pace, depth, stroke sequence and flow/continuity for specific applications and adjust for intended outcomes.
 5. Apply techniques based on treatment plan as determined from evaluation of the assessment findings or as directed by referring provider(s).
9. Apply techniques that are appropriate for each body area, including endangerment sites.

Broad Learning Objectives

1. Discuss sites of caution and their relevancy to massage/bodywork techniques.

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Adopted 10/15/2012

2. Locate and palpate accessible anatomic structures relevant to massage/bodywork techniques.
 3. Demonstrate functional palpation and tissue assessment skills.
 4. Palpate skeletal attachments, muscle bellies, tendons and ligaments.
10. Regularly assess client preferences and soft tissue response, and modify the techniques or treatment protocols as needed.

Broad Learning Objectives

1. Demonstrate use of professional communication about specific applications and their intended outcomes to respond to client feedback.
2. Demonstrate use of non-verbal communication about specific applications and their intended outcomes to respond to client feedback.
3. Modify treatment plan to accommodate physiological and pathological changes in tissue and/or client's condition.

OBMT MODEL CURRICULUM

Adopted 10/15/2012

Standard III - Develop and implement self-care strategies for the therapist and client.

Competencies:

1. Demonstrate biomechanical skills necessary for the safe and effective performance of massage and bodywork techniques.

Broad Learning Objectives

1. Identify principles of optimum body mechanics including posture, positioning, use of leverage and injury prevention for the therapist and client.
 2. Identify body mechanics in the use of massage/bodywork tables, chairs and mats based on size/shape of client; type of bodywork; intended outcomes and injury prevention for the therapist.
 3. Describe the safe use of massage/bodywork equipment and tools to prevent injury of the therapist and client.
 4. Demonstrate safe, efficient and effective body mechanics during session.
2. Implement self-care activities to support well-being for and prevent injury to the therapist.

Broad Learning Objectives

1. Identify self-care practices, which support personal and professional goals and prevent injury.
 2. Demonstrate self-care practices, which support well-being.
3. Explain self-care activities to the client, including:
 - a. purpose and proposed benefit
 - b. instructions for the self-care activity
 - c. addressing client's questions and concerns

Broad Learning Objectives

1. Differentiate between types of appropriate self-care recommendations.
2. Explain the treatment planning protocol including assessment, short term and long-term goals.
3. Demonstrate self-care recommendations, plan and follow-up for outcomes.
4. Observe and confirm client's understanding of self-care recommendations.

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Standard IV - Develop successful, ethical and therapeutic professional relationships.

Competencies:

1. Demonstrate effective communication within the therapist's scope of practice.

Broad Learning Objectives

1. Define the value of empathic listening.
 2. Define the value of developing rapport.
 3. Demonstrate active listening and reflection.
 4. Demonstrate constructive feedback skills.
 5. Demonstrate rapport building skills.
 6. Use clear professional language when communicating with clients, colleagues and other healthcare providers.
2. Demonstrate strategies within the therapist's scope of practice for effectively dealing with emotional and behavioral client responses to massage therapy and bodywork.

Broad Learning Objectives

1. Explain how clear communication is important to successful therapeutic relationships.
 2. Acknowledge and provide support for client's experience during treatment.
 3. Identify differences in cultural interpretations of therapeutic touch.
 4. Create and maintain an environment of emotional and physical safety and trust for the client.
3. Establish and maintain safe and respectful professional boundaries with clients, co-workers and other healthcare providers.

Broad Learning Objectives

1. Describe the purpose of professional boundaries with clients, co-workers and other healthcare providers.
 2. Identify concepts of dual relationships; transference/counter transference; and psychological defense mechanisms.
 3. Demonstrate appropriate physical boundaries/draping in respecting client's personal space.
 4. Demonstrate professional demeanor with co-workers and other health care providers.
 5. Demonstrate strategies for effectively addressing conflict with clients, co-workers and other healthcare providers.
4. Demonstrate ethical behavior in interactions with clients, co-workers and other healthcare providers.

Broad Learning Objectives

1. Identify the OBMT definition of unprofessional or dishonorable conduct.
2. Recognize ethical and legal ramifications of unprofessional or dishonorable conduct.
3. Identify ethical challenges relating to client misconduct.
4. Apply OBMT's Standards of Conduct to professional interactions.

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5. Outline a process for resolving ethical challenges including reporting unethical or illegal behaviors as required by law.
 6. Demonstrate professional communication skills needed to terminate a session or therapeutic relationship.
5. Establish protocols for safeguarding client's confidentiality.

Broad Learning Objectives

1. Explain the value and principles of confidentiality.
2. Demonstrate written and verbal skills necessary to request client's release of information.

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Standard V - Develop strategies for a successful practice or employment situation.

Competencies:

1. Create a comprehensive business/employment plan including:
 - a. resume
 - b. business/employment goals
 - c. financial plan

Broad Learning Objectives

1. Describe requirements and responsibilities for operating a professional massage/bodywork practice.
 2. Identify goals for initial professional practice of massage/bodywork.
 3. Write a comprehensive business plan.
 4. Write a resume.
 5. Outline the purpose of and a plan for ongoing education and skill development as a professional.
2. Analyze federal, state and local regulations that apply to a massage and bodywork practice, including:
 - a. professional license requirements
 - b. business license requirements
 - c. zoning requirements
 - d. tax requirements
 - e. basic insurance billing
 - f. recordkeeping and privacy requirements

Broad Learning Objectives

1. Demonstrate practical and theoretical knowledge of ORS Chapter 687 and OAR Chapter 334.
 2. Develop professional practice policies and procedures that reflect OBMT Standards of Professional Conduct.
 3. Identify applicable state and local licenses, certification and registration laws.
 4. Identify basic self-employment tax requirements.
 5. Determine applicable HIPAA regulations.
 6. Recognize terms and conditions for insurance billing practices.
 7. Explain the purposes of professional organizations applicable to the massage/bodywork profession.
3. Plan marketing strategies and tools for massage/bodywork practice.

Broad Learning Objectives

1. Identify basic and ethical marketing principles for the massage/bodywork profession.
 2. Create marketing tools for massage/bodywork professional.
 3. Develop networking skills.
4. Determine when and how to obtain support from other professionals regarding professional practice, including:

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- a. financial or tax advisors
- b. insurance billing advisors
- c. legal advisors
- d. marketing consultants
- e. massage and bodywork mentors
- f. regulatory or licensing agency professionals

Broad Learning Objectives

- 1. Identify personal limitations and need for consultation.
- 2. Demonstrate the ability to contact and use appropriate professionals when needed to address issues of massage/bodywork professional practice.
- 3. Demonstrate effective professional communication skills.

Muscle List

Model Curriculum skills:

1. Palpate skeletal attachments, muscle bellies, tendons and ligaments.
2. Demonstrate actions of muscles and joints.
3. Apply stretch and isometric resistance for muscles.

Abductor pollicis brevis	Flexor pollicis brevis	Quadratus femoris
Abductor pollicis longus	Flexor pollicis longus	Quadratus lumborum
Anconeus	Gastrocnemius	Rectus abdominis
Adductor brevis	Gemellus inferior	Rectus femoris
Adductor longus	Gemellus superior	Rhomboids
Adductor magnus	Gluteus maximus	Sartorius
Adductor pollicis	Gluteus medius	Scalenes
Biceps brachii	Gluteus minimus	Semimembranosus
Biceps femoris	Gracilis	Semitendinosus
Brachialis	Iliacus	Serratus anterior
Brachioradialis	Infraspinatus	Serratus Posterior Inferior
Coracobrachialis	Intercostals	Serratus Posterior Superior
Deltoid	Internal obliques	Soleus
Diaphragm	Latissimus dorsi	Splenius capitis
Erector spinae	Levator scapula	Splenius cervicis
Extensor carpi radialis brevis	Masseter	Sternocleidomastoid
Extensor carpi radialis longus	Obturator externus	Suboccipitals
Extensor carpi ulnaris	Obturator internus	Subscapularis
Extensor digitorum (communis)	Occiputofrontalis (epicranium)	Supinator
Extensor digitorum longus	Opponens pollicis	Supraspinatus
Extensor hallucis longus	Palmaris longus	Temporalis
Extensor pollicis brevis	Pectineus	Tensor fascia latae
Extensor pollicis longus	Pectoralis major	Teres major
External obliques	Pectoralis minor	Teres minor
Flexor carpi radialis	Peroneus (fibularis) brevis	Tibialis anterior
Flexor carpi ulnaris	Peroneus (fibularis) longus	Tibialis posterior
Flexor digitorum longus	Piriformis	Transverse abdominus
Flexor digitorum profundus	Plantaris	Trapezuis
Flexor digitorum superficialis	Popliteus	Triceps brachii
Flexor hallucis longus	Pronator quadratus	Vastus intermedius
	Pronator teres	Vastus lateralis
	Psoas Major	Vastus medialis

Pathology List

Adhesive Capsulitis (Frozen shoulder)
Allergic Reactions (hives, anaphylaxis)
Alzheimer's Disease/Dementia
Ankylosing spondylitis
Anxiety disorders & Depression
Arteriosclerosis/Atherosclerosis
Arthritis / septic / rheumatoid
Artificial joints / plates / screws
Asthma
Bell's Palsy
Bleeding/Clotting Disorders -
 Thrombocytopenia/Thrombophilia
Bunions
Bursitis
Carpal Tunnel Syndrome
Cancer General
Cellulitis
Cerebral Palsy
Chronic Fatigue Syndrome
Common Cold/Flu
Compartment Syndrome
Congestive Heart Failure
Contusions
COPD (chronic bronchitis, emphysema)
Crohn's Disease
Crusiate and Meniscal injuries
Deep Vein Thrombosis
Degenerative disc disease
Dermatitis/Eczema
Diabetes Mellitus
Dislocations
Edema
Embolism, Thrombus
Endometriosis
Fever
Fibromyalgia
Fractures
Fungal infections
Gout
Headaches
Hematoma
Hepatitis
Hernia
HIV/AIDS
Hypertension/Hypotension
Hypermobility/Hypomobility
Inflammation
Irritable Bowel Syndrome
Lice and mites
Low Back Pain
Lupus (autoimmune)
Lymphedema
Multiple Sclerosis
Myocardial Infarction (heart attack)
Myofascial Pain Syndrome
Osteoarthritis
Osteoporosis
Parkinson's Disease
Patellofemoral Syndrome
Peripheral Neuropathy
Piriformis Syndrome
Plantar Fasciitis
Pneumonia
Postural Deviations
Postoperative Situations
Post Traumatic Stress Disorder
Pregnancy/ Ectopic Pregnancy
Psoriasis
Raynaud's Syndrome
Scar tissue
Sciatica
Seizure Disorders
Shingles – herpes zoster
Shin Splints
Skin Cancer
Skin Conditions (Boils, Acne rosacea, acne vulgaris,
herpes simplex, warts)
Spasms, cramps
Spondylosis
Sprains/Strains
Stroke
Temporomandibular Joint Disorder
Tendinopathies
Tenosynovitis
Thoracic Outlet Syndrome
Thrombophlebitis
Torticollis / Spasmodic Torticollis (dystonia)
Traumatic Brain Injury
Trigeminal Neuralgia
Varicose Veins
Whiplash
Wounds and burns