

# OBMT MODEL CURRICULUM

Revised 5/21/2016

## **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.

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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.

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## 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 relevant to massage and bodywork techniques.
  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 relevant to massage and bodywork techniques along with their etiology, signs/symptoms, complications and massage/bodywork treatment considerations.
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.

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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.

## 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.

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### Broad Learning Objectives

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, 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.

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## 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.