

Pueblo Community College Massage Therapy – Essential Functions

The following contains information regarding technical standards and essential functions for massage therapy students/professionals. The physical abilities and behavioral characteristics necessary to successfully participate and complete the massage therapy training program are outlined. **These standards should be considered conditions for admission into the PCC Massage Therapy program; they reflect the characteristics necessary for success as a student, and to become a registered massage therapist in Colorado.**

The applicant should carefully review these standards and ask questions if not familiar with the activities and functions listed. It is the applicant’s responsibility to decide if he or she has any limitations that may restrict or interfere with their ability to perform satisfactorily and/or meet the required standards. When a disability/handicap is documented requests for reasonable accommodation will be considered. Contact the Program Chair if you have any questions about this matter.

General Physical/Sensory Requirements: The student therapist must have manual dexterity and tactile ability sufficient to apply massage strokes and to assess muscle tone and changes to physiological status (i.e. skin temperature, edema, etc.). Student must be able to move freely to observe and assess client and perform emergency client care. This includes having full manual dexterity of the upper extremities (hands, arms, shoulders) and unrestricted movement of both lower extremities, the back and hips. Massage therapy requires standing for varying lengths of time throughout the day, using proper body mechanics, frequent bending, reaching and occasional sitting or kneeling. Massage therapists must be physically able to perform CPR.

Specific Physical/Sensory Requirements:

Circle one:

1. Ability to use digital, fine motor skills with both hands for varying lengths of time throughout the day.	Yes	No	Not Known
2. Ability to adjust body mechanics, adjust massage techniques and the application of pressure as the situation or tissue condition requires.	Yes	No	Not Known
3. Tolerate frequent hand washing and/or use of disinfectants including hand sanitizing agents. Able to wear protective gloves when indicated.	Yes	No	Not Known
4. Possess the physical capacity to participate in required events, classes, demonstrations, laboratory activities and clinical experiences.	Yes	No	Not Known
5. Possess sufficient motor function, strength, endurance and balance to deliver therapeutic manual massage techniques in multiple and consecutive treatment sessions for varying lengths of time. Includes application sustained pressure using thumbs, wrists, and hands.	Yes	No	Not Known
6. Ability to lift and carry a massage table or massage chair and to assist clients on and off a massage therapy table.	Yes	No	Not Known
7. Utilize auditory ability and sensory perception sufficient to monitor and assess client needs.	Yes	No	Not Known
8. Possess normal or corrected visual ability sufficient to receive video instruction, observe and assess client’s condition from varying distances, and assess joint range of motion.	Yes	No	Not Known

9. Utilize tactile ability sufficient to discriminate abnormalities in muscle tonus and soft tissue temperature and to detect soft tissue changes. Tactile ability sufficient to discern soft tissue tolerance to pressure and make adaptations.	Yes	No	Not Known
10. Possess sufficient limb length and chest/girth circumference so that massage can be delivered in a manner that only the therapists' hands or forearms come into contact with the client's body.	Yes	No	Not Known

General Cognitive Requirements: Massage therapy training requires the ability to read and cognitively understand written course materials, client care documents and all student policies/ procedures. In a timely manner, students must write utilizing legible and concise documentation style (SOAP notes) in English. Students must demonstrate cognitive learning in relation to new procedures in both clinical application and written formats. Students must exhibit critical thinking and problem solving ability sufficient for clinical judgment to deliver safe, effective and appropriate massage therapy and to develop and propose client treatment plans and maintain treatment records.

Specific Cognitive Requirements:

Circle one:

1. Focus attention on instruction and/or client and/or client needs and comfort for varying time intervals.	Yes	No	Not Known
2. Use good judgment to seek assistance when needed and make appropriate referrals to other health care professionals when indicated.	Yes	No	Not Known
3. Apply safety, sanitary and infection control standards learned in the program to maintain a hygienic environment for clients and self.	Yes	No	Not Known
4. Ability to utilize self-care practices learned as part of program including ability to set and maintain ethical boundaries between client and self.	Yes	No	Not Known

General Personal Temperament Requirements: The massage therapy student must be mature, neat and well groomed, reliable, discreet, flexible, cooperative and ethical. The student must demonstrate the capacity for calm and reasoned judgment, be free of health or medical disorders (physical or mental) that limit the ability to completely and efficiently perform duties, be emotionally stable and demonstrate integrity, honesty and professionalism in all matters. Massage therapy students are required to wear appropriate/professional dress in classroom and clinical settings when massage is being performed.

Specific Personal Temperament Requirements:

Circle one:

1. Interact professionally with clients, peers, instructors and clinical staff and present a professional appearance during events, laboratory massage exchanges, and clinical experiences.	Yes	No	Not Known
2. Accept constructive criticism and utilize criticism and instruction in an effort to maximize individual potential as a manual therapist.	Yes	No	Not Known
3. Fulfill commitments, honor agreements and be held accountable for actions and outcomes.	Yes	No	Not Known
4. Utilize interpersonal skills to work collaboratively and effectively with diverse populations.	Yes	No	Not Known
5. Work under time constraints while performing multiple tasks.	Yes	No	Not Known
6. Tolerate and react calmly to stressful situations	Yes	No	Not Known
7. Demonstrate flexibility and team work with class mates, instructors and clinical supervisors.	Yes	No	Not Known
8. Demonstrate concern and empathy for others while maintaining appropriate boundaries.	Yes	No	Not Known
9. Demonstrate an ability to maintain professional conduct in the clinical setting.	Yes	No	Not Known
10. Maintain a level of functioning unimpaired by substances such as alcohol, prescription or illegal drugs.	Yes	No	Not Known

General Communication/Language Requirements: Massage therapy requires the ability to express oneself professionally with spoken words; it requires the ability to discuss medical conditions and contraindications for massage with clients. Massage therapists must be able to read and understand information provided in the client health history and able to communicate and interact with medical/health care professionals.

The characteristics listed above are the essential functions for massage therapy that will be encountered by the student in the classroom, laboratory, clinical experiences as well as in private practice as a professional massage therapist. By signing below I affirm that I have read the above statements and understand that these are the expectations and requirements for the PCC massage therapy program. By signing below, I am affirming that I am able to meet and maintain these standards. In addition, I understand that as part of massage therapy training, I will be required to give and receive massage therapy on a regular basis. I am willing to undress to my comfort level and be draped by a sheet while receiving massage from my classmates and instructors. I understand that massage therapy training includes massage on all regions of the body (except the breasts and genitals) and that the abdomen and gluteal areas are included. I am willing and able to give verbal feedback to my peers and instructors and am able to receive and integrate feedback from them.

Signature of Massage Therapy student

Date

