

NoRTEC JOB SPECIFIC SKILLS COMPETENCY

MASSAGE THERAPIST/PHYSICAL-INTEGRATION PRACTITIONER

DOT: 076.264-010

CORE SKILL COMPETENCIES/INDICATORS:

1. Can demonstrate understanding of the principles of human anatomy and physiology. (IN, S)
2. Can identify skeletal, muscular, and circulatory systems using a skeleton and diagrams. (IN, S)
3. Can identify the standard techniques used in a physical integration program to stimulate blood circulation, relax contracted muscles, facilitate elimination of waste matter, or to relieve other common muscular function/flexibility conditions. (R, IN, S, T)
4. Can demonstrate proper techniques used to apply alcohol, lubricants, or other rubbing compounds to various sections of a body. (R, IN, S, T)
5. Can demonstrate with hand held tools and/or manually, the proper muscle massage techniques used to release subclinical adhesions. (R, IN, S, T)
6. Can demonstrate proper techniques used to administer steam, dry heat, or water treatments. (R, IN, S, T)
7. Can demonstrate proper techniques used to increase circulation in specific area of body through the use of massage and/or applying heat packs. (R, IN, S, T)
8. Can demonstrate proper techniques used to photograph a client for the purpose of obtaining different views of body posture. (R, IN, S, T)
9. Can demonstrate proper procedure for recording and evaluating client medical histories regarding accidents, operations, or chronic health complaints. (IN, S)
10. Can identify proper procedures involved in preparing a client for examination, including treatment room set-up. (R, I, S)
11. Can instruct client to demonstrate arm and leg movement and flexion of spine, and can observe and evaluate client against established program norms. (IN, I, S)
12. Can demonstrate ability to plan objectives of a program, determine program activities or treatments, and discuss goals of program with a client. (R, IN, I, S, T)
13. Can demonstrate and direct client participation in specific exercises designed to fatigue desired muscle groups and release tension. (IN, I, S)
14. Can identify factors that are indicative of client progress during program, such as increased joint movement, improved posture, or coordination. (IN, S)
15. Can recognize a clinical problem that would make massage contraindicated. (IN, S)
16. Can demonstrate understanding of, and can provide directions to a client regarding fluid intake following massage. (IN, I, S)
17. Can demonstrate understanding of, and can provide directions to a client regarding reducing or remedial exercises. (IN, I, S)
18. Can demonstrate understanding of, and can instruct, motivate, and assist a client in various stress management techniques, such as deep breathing and concentration activities. (IN, I, S)
19. Can demonstrate proper techniques for recording client treatment, response, and progress data. (IN, S)
20. Can demonstrate ability to inventory and order supplies and equipment. (R, IN, S)
21. Can demonstrate ability to clean and maintain a work area in an orderly fashion. (R, T)
22. Can demonstrate ability to deal with people beyond giving and receiving instructions. (I)