

Program Specifications – THERAPEUTIC MASSAGE PROGRAM

Function Number	Essential Functions	THERAPEUTIC MASSAGE
1	Articulate the roles and relationships of massage therapists to the public and other health care professionals.	
2	Adhere to guidelines pertaining to universal precautions and for infection control.	
3	Able to lift/carry up to 40 lbs. and set up portable massage table.	
4	Able to participate as a client or therapist during lab/clinic sessions.	
5	Safely and reliably aid clients on and off the massage table on an as needed basis.	
6	Provide massage therapy for individuals of all ages and gender.	
7	Respect values and beliefs of individual from a variety of social, emotional, cultural and intellectual backgrounds.	
8	Make independent decisions within the guidelines of the profession.	
9	Maintain client confidentiality and privacy.	
10	Demonstrate ability to work in close quarters with peers.	
11	Responsive to client cues.	
12	Assess client condition to determine if massage is indicated.	
13	Apply time management skill effectively.	
14	Teach client stretches to maintain a healthy body.	
15	Teach proper use of thermo agents.	
16	Document all massage sessions using various documentation formats.	
17	Demonstrate the ability to use proper table and body mechanics.	
18	Ability to use and maintain upper body strength.	
19	Demonstrate proper use of range of motion with client.	
20	Represent the massage profession by demonstrating the abilities to dress appropriately, communicate clearly and professionally using medical terminology, and using time efficiently.	

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Physical Factors	YES	NO	Essential Function/s Numbers
Standing	◆		2, 4-6, 10, 14-15, 17
Walking	◆		4-6, 10, 17
Sitting	◆		15, 17, 19
Lifting			
10 lbs.	◆		3, 5-6, 14-15, 17-19
20 lbs.	◆		3, 5, 14, 17-18
50 lbs.	◆		3, 5, 17-18
100 lbs.	◆		5
100 lbs. +	◆		5
Carrying			
10 lbs.	◆		3, 6, 15, 17-18
20 lbs.	◆		3, 17-18
50 lbs.	◆		3, 17-18
100 lbs.		◆	
100 lbs. +		◆	
Pushing/Pulling			
10 lbs.	◆		3, 5-6, 14, 17-19
20 lbs.	◆		3, 5-6, 14, 17-19
50 lbs.	◆		3, 5, 17-18
100 lbs.	◆		5
100 lbs. +	◆		5
Climbing		◆	
Balancing	◆		2-6, 10-11, 14-15, 17-19
Bending	◆		2-6, 10-11, 14-15, 17
Stooping	◆		4-6, 10, 17
Crouching		◆	
Kneeling		◆	
Crawling		◆	
Running		◆	

Physical Factors	YES	NO	Essential Function/s Number
Twisting	◆		5, 14, 19
Turning	◆		2-6, 10-11, 14, 17, 19
Jumping		◆	
Grasping-Firm/Strong	◆		3-6, 10-11, 14-15, 18-19
Grasping-Light	◆		2, 4, 6, 10-11, 15-16, 18
Finger Dexterity	◆		2-4, 6, 10-11, 15-16, 18
Reaching Forward	◆		2-6, 10-11, 14-15, 17-18
Reaching Overhead	◆		14, 18
Pinching	◆		2, 4, 6, 10, 18
Simultaneous use of Hand, wrist, fingers (e.g. typing, data entry)	◆		2-4, 6, 10-11, 14-16
Coordination			
Eye-hand	◆		2-6, 10-11, 14-16, 19
Eye-hand-foot	◆		4-6, 10-11, 14
Driving		◆	
Vision			
Acuity, Near	◆		3, 8, 10-12, 15-16, 19
Acuity, Far		◆	
Depth perception	◆		3-4, 8, 10-12, 15
Accommodation	◆		3-4, 10-12, 15-16
Color vision		◆	
Field of vision	◆		3-4, 10-11
Face-to-face conversation	◆		1, 4, 6, 8-12, 14, 19-20
Verbal conversation with others	◆		1, 4, 6, 8-12, 14, 19-20
Public speaking	◆		1, 20
Hear normal conversation	◆		1, 4-6, 8-12, 19-20
Hear telephone conversation	◆		1, 11, 20

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Environmental Factors	YES	NO	Essential Function/s Number
Works indoors	◆		1, 3-6, 9, 14-19
Works outdoors	◆		3, 17-18
Exposure to extreme hot or cold temp		◆	
Working at unprotected heights		◆	
Being around moving machinery		◆	
Exposure to marked changes in temperature/humidity		◆	
Exposure to dust, fumes, smoke, gases, odors, mists or other irritating particles (<i>specify</i>)		◆	
Exposure to toxic or caustic chemicals		◆	
Exposure to excessive noises		◆	
Exposure to radiation or electrical energy		◆	
Exposure to solvents, grease, or oils		◆	
Exposure to slippery or uneven walking surfaces		◆	
Working in confined spaces		◆	
Using computer monitor		◆	
Working with explosives		◆	
Exposure to vibration		◆	
Exposure to flames or burning items		◆	
Works around others	◆		10
Works alone	◆		2-3, 8-9, 11, 13, 16-18, 20

Environmental Factors	YES	NO	Essential Function/s Number
Works with others	◆		4-7, 10-12, 14, 19-20
Safety Equipment (<i>Required to wear</i>)			
Safety glasses		◆	
Face mask/face shield		◆	
Ear plugs		◆	
Hard Hat		◆	
Protective Clothing		◆	

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Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Reasoning Deal with abstract and concrete variables, define problems, collect data, establish facts, and draw valid conclusions	◆		2, 8-9, 12, 16
Interpret instructions furnished in oral, written, diagrammatic, or schedule form	◆		2, 8, 15
Deal with problems from standard situations	◆		2, 5, 8-9, 12
Carry out detailed but uninvolved written or oral instructions	◆		15
Carry out one or two step instructions	◆		2-3, 14-15, 19
Mathematics Complex skills –Business math, algebra, geometry or statistics		◆	
Simple skills – add, subtract, multiply and divide whole numbers and fractions, calculate time and simple measurements		◆	
Reading Complex skills - Comprehend newspapers, manuals, journals, instructions in use and maintenance of equipment, safety rules and procedures and drawings	◆		2, 8, 16

Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Simple skills - Comprehend simple instructions or notations from a log book	◆		4, 16
Writing Complex skills – Prepare business letters, report summaries using prescribed form at and conforming to all rules of punctuation, spelling, grammar, diction and style	◆		2, 4, 16
Simple skills – English sentences containing subject, verb and object; names and addresses, complete job application or notations in log book	◆		2, 4, 16
Perception Spatial – ability to comprehend forms in space and understand relationships of plane and solid objects; frequently described as the ability to “visualize” objects of two or three dimensions, or to think visually of geometric forms	◆		5, 10-12
Form – ability to perceive pertinent detail in objects or in pictorial or graphic material; to make visual comparisons and discriminations and see slight differences in shapes and shadings of figures and widths and lengths of line	◆		2, 11-12

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Cognitive/Mental Factors	YES	NO	
Clerical – ability to perceive pertinent detail in verbal or tabular material; to observe differences in copy, to proof-read words and numbers, and to avoid perceptual errors in arithmetic computation	◆		4, 16
Data Synthesizing	◆		7-9, 11-13
Coordinating		◆	
Analyzing	◆		4, 7-9, 11-12
Compiling	◆		16
Computing	◆		4
Copying		◆	
Comparing	◆		12
Personal traits Ability to comprehend and follow instructions	◆		2, 4, 14-15, 17, 19
Ability to perform simple and repetitive tasks	◆		4, 6
Ability to maintain a work pace appropriate to a given work load	◆		4, 6, 13
Ability to relate to other people beyond giving and receiving instructions	◆		1, 4-7, 9, 11, 14-15, 19-20
Ability to influence people	◆		1, 4-5, 7, 11, 14-15, 19
Ability to perform complex or varied tasks	◆		13

Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Ability to make generalizations, evaluations or decisions without immediate supervision	◆		2, 4, 8-9, 11-15
Ability to accept and carry out responsibility for direction, control and planning	◆		4, 8, 12-14, 20