

INTEGRATED ASSESSMENT

Fundamentals of Massage

Assessment Tasks

This integrated assessment module will be composed of six written assessment tasks.

You must complete & submit each of the tasks to either

- the massage therapy drop box outside the lifts on the 3rd floor of H-Block
- your tutor by email

by the due date listed below.

Task	Subject	Due Date
1	Record keeping	29-Jun
2	The massage process	6-Apr
3	Contraindications & endangerment sites	20-Apr
4	The effects of massage strokes	11-May
5	Historical, cultural and philosophical approaches to massage	1-Jun
6	Professional Practice	29-Jun
7	Sustainable Massage Practice	29-Jun

You will be given written feedback on completion of each of the written assignments.

If you are unsuccessful, the resit policy will be applied.

Resources

Class notes & readings
 Bill Robertson Library
 Textbooks
 Internet

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Task 1 – Record Keeping

Due Date: 29-Jun

To complete this assessment task you will be required to

- Create a Client Details form
- Provide us with completed client details forms for four clients you have worked with.
- Provide us with evidence of at least six relaxation massage treatments provided to these clients which have been recorded using the S.O.T.A.P. process

Please hand in anonymised (name blanked out) photocopies of your complete records for each of these six treatments as evidence for this assessment. Staple these records together with a cover-page that states your name and the name of the assessment.

Your client details form must be significantly different from the Otago Polytechnic client details form.

Your records will be assessed against the judgements listed in the assessment schedule *Fund3.pdf* which is stored at www.wikieducator.org/Therapeutic_massage/Year_1_Assessment.

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Task 2 – The massage process

Due Date: 6-Apr

Name: _____

1. Describe three ways you might prepare your massage environment before a massage session and explain the benefit of each method of preparation.

Preparation	Benefit

2. Describe three ways you might prepare yourself before a massage session and explain the benefit of each method of preparation.

Preparation	Benefit

3. Explain the purpose of each of the following aspects of the massage process

Aspect	Purpose
Medical Screening	
Consultation	
Informed Consent	
Treatment	
Seeking feedback during treatment	
Post-treatment	
Record Keeping	

4. What is a pathogen?

5. Give one example of the following types of pathogen that may be encountered in massage practice

Viruses:

Bacteria:

Fungi:

Protozoa:

6. Describe the pathway of infection that may occur if each of the following elements of environmental hygiene is neglected in the clinic. The answer to the first part of this question is given to illustrate how you are expected to answer the remaining questions.

a. Cleaning massage table between massage treatments

Client

→ Massage table

→ Next client

b. Replacing drapes between massage treatments

c. Keeping dirty drapes in a separate storage area from clean drapes

d. Cleaning lubricant containers between massage treatments

7. Describe how you would deal with linen that was contaminated with client blood or body fluids.

8. What regular practices should you as a therapist have to maintain the following aspects of personal hygiene?

a. Hand cleanliness

b. Nail length & hygiene

c. Breath

d. Body odour

e. Clothing hygiene

f. Hair

9. If a massage therapist has long hair, why must they tie it back when performing a massage?

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Task 3 – Contraindications & Endangerment Sites

Due Date: 20-Apr

Name: _____

1. Define the following four types of contraindication to massage *and* list two specific examples of each type of contraindication

ABSOLUTE CONTRAINDICATION

Definition:

Example 1:

Example 2:

RELATIVE CONTRAINDICATION

Definition:

Example 1:

Example 2:

GENERAL CONTRAINDICATION

Definition:

Example 1:

Example 2:

LOCAL CONTRAINDICATION

Definition:

Example 1:

Example 2:

2. Identify three conditions for which relatively contraindicated massage may be modified to provide safe treatment. For each condition briefly describe how a massage therapist might modify their massage so that it was safe for them to treat a client presenting with that condition.

(i)

(ii)

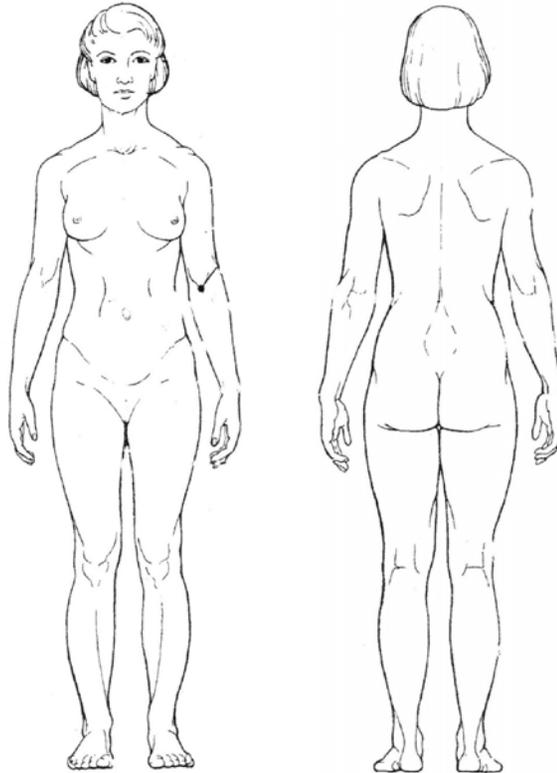
(iii)

3. Define the term ENDANGERMENT SITE in massage practice.

4. Endangerment Sites

- Locate the following endangerment sites on the diagram by shading the area of the endangerment site
- Draw a line joining the name of each site with the appropriate shaded area
- Identify one significant anatomical structure that is vulnerable to damage at each of the sites

Abdominal region	●
Structure:	
Inguinal/femoral triangle	●
Structure:	



●	Suboccipital Region
	Structure:
●	Lumbar Region
	Structure:
●	Sciatic notch
	Structure:
●	Coccyx
	Structure:
●	Popliteal fossa
	Structure:

Anterior triangle of the neck	●
Structure:	
Posterior triangle of the neck	●
Structure:	

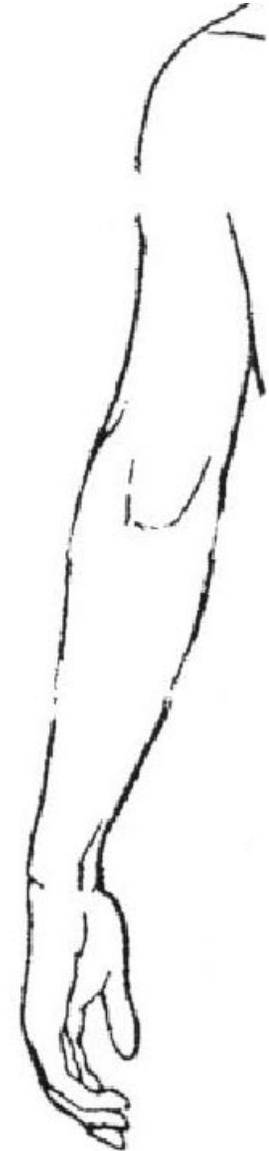


●	Face
	Structure:
●	Anterior Throat
	Structure:



Anterior Arm

•	Medial humerus Structure:	
•	Medial epicondyle Structure:	
	Lateral epicondyle Structure:	•
•	Anticubital fossa Structure:	
	Anterior wrist Structure:	•



Posterior Arm

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Task 4 – The effect of massage strokes

Due Date: 11-May

Name: _____

1. For each of the massage techniques following, describe one or more of the effects that the technique has on the body

Technique	Description
Touch/holding	
Petrissage	
Effleurage	
Tapotment	
Vibration	
Compression	

2. Describe each of the following conditions. What distinguishes stress from tension?

Condition	Description
Soft-tissue dysfunction	
Psychological Stress	
Tension	

3. What are the effects of massage believed to be on the following?

Physiology / Psychology	Effect
Blood flow	
Lymph flow	
Muscle tension	
Connective tissue	
Sleep patterns	
Digestion	
Blood pressure	
Pain	
Mood	
Concentration	
Satiety	
Bonding	

4. Why should you tell your client to stay seated on the edge of the table after the massage for a while before getting off the table?

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Task 5 – Historical, cultural and philosophical approaches to massage

Due Date: 1-Jun

Name: _____

1. Define the following

RELAXATION MASSAGE:

CLINICAL MASSAGE:

BODYWORK:

ENERGY WORK:

2. What are three characteristics of Miri miri (Maori massage) that distinguish it from western massage?

-
-
-

3. What are three characteristics of Lomi lomi (Polynesian massage) that distinguish it from western massage?

-
-
-

4. What are the main similarities and differences between massage in the western tradition and massage in the eastern tradition?

Similarities:

Differences:

5. What is Amma (or Anmo), and what effect has the development of Amma had on the development of modern massage practice?

6. What were the primary themes of “the renaissance” & “the enlightenment” periods, and what effects did they have on the development of modern massage practice?

7. Describe the massage scandals of the 1800s.

8. What effects did the massage scandals of the 1800s have on the development of modern massage practice?

9. Jim Sanford established the New Zealand Association of Therapeutic Massage Practitioners in 1989. What was the role of NZATMP?

10. NZATMP's name changed to the Therapeutic Massage Association in the late 1990s. With the associated change in membership structure, and the later development of NZQA unit standards (based primarily on the TMA's learning competencies) the role of TMA changed. How did the association's role change?

11. Massage New Zealand was incorporated in 2006 from the merger of two professional massage associations. What are the names of these associations?

12. Identify which of the following influential figures within the history of massage are associated with each role, by placing the letter of the role in the column marked **U**.

Person	U	Role
Hippocrates (460 – 377 BC)		A - Influential in the promotion of the therapeutic benefits of massage to the medical community in the 19 th C
Galen (129 – 199 AD)		B - Contributed much of the early written material on massage
Pehr Henrik Ling (1776 – 1836)		C - Developed the manual lymphatic drainage technique of massage with his wife Estrid
Johann Metzger (1839 – 1909)		D - Studied trigger point phenomena in depth and published two seminal works on the subject in partnership with D Simons.
Kellogg (1852 – 1943)		E - “The father of medicine” – First Greek physician to describe the medical benefits of massage
Emil Vodder (1896 – 1986)		F - Described the technique of deep transverse friction to break up adhesions and bring circulation to lesions/ injuries. Created the first comprehensive system for soft-tissue diagnosis which utilised AROM, PROM, resisted muscle testing and palpation.
Janet Travell (1902 – 1997)		G - Used the knowledge of the circulation of blood & lymph to develop a system of therapeutic movements & massage. Was a major influence on physicians throughout Europe & Russia.
James Cyriax (1940 – 1950)		H - Wrote many books & articles that helped to popularize massage in the USA.

13. Please indicate which of the following statements is aligned with the “body”, “body-mind” and “body-mind-spirit” approach to massage by placing a tick in the appropriate box.

Statements	B	BM	BMS
I use frictions to break adhesions in scar tissue.			
Providing a soothing environment helps my client to relax.			
Asking my client to focus on breathing & relaxing the muscles that I am working with enhances the effects of the massage.			
Compressive massage moves blood & lymphatic fluids out of the tissues, and back into circulation.			
I am able to feel my client’s pain or discomfort.			
I frequently send my client’s good energy when I know they are going through difficult times.			
I know that my client’s impression of me affects their massage experience			

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Task 6 – Professional Practice

Due Date: 29-Jun

Name: _____

Ethical Requirements

1. Re-state in your own words the four ethical prescriptions of the MNZ Code of ethics that are listed under the heading *Client Relationships*.

i

ii

iii

iv

2. Re-state in your own words the six ethical prescriptions of the MNZ Code of ethics that are listed under the heading *Professionalism*

i

ii

iii

iv

v

vi

3. Re-state in your own words the four ethical prescriptions of the MNZ Code of ethics that are listed under the heading *Scope of Practice/Appropriate Techniques*.

i

ii

iii

iv

4. Re-state in your own words the two ethical prescriptions of the MNZ Code of ethics that are listed under the heading *Image / Advertising Claims*.

i

ii

5. Tick any of the following boxes that identify what a relaxation massage therapist should do if their client presents with an injury & asks them to work with it?

<input type="checkbox"/>	Action
<input type="checkbox"/>	Deep tissue massage over the injury site
<input type="checkbox"/>	Refer the client to a remedial therapist
<input type="checkbox"/>	Stretch the injured tissues, then refer them onto a remedial therapist

8. Tick any of the following boxes that identify what a massage therapist should do if their client presents with a condition that is relatively contraindicated such as hypertension.

<input type="checkbox"/>	Action
<input type="checkbox"/>	Massage the client and consult with their primary care provider after treatment
<input type="checkbox"/>	Discuss the risks with their client, and allow the client to make the decision
<input type="checkbox"/>	Rebook the client on another day and ask for permission to consult with their primary care provider before providing any treatment

9. Describe three situations where referral to another healthcare provider may be advisable. At least one situation must involve sexual attraction, and at least one must involve scope of practice.

i

ii

iii

Legal Requirements

The following two questions cover the requirements of the Dunedin City Council regarding the operation of massage clinics within Dunedin city. Local body requirements in other areas may vary.

10. Without resource consent, a massage clinic may only be established in which of the following (circle the most correct answer)
 - i Permitted areas (e.g. commercial zones)
 - ii The massage therapist's own home
 - iii Residential areas
 - iv (i) & (ii)
 - v (ii) & (iii)

11. Under what condition are massage therapists allowed to work within a home in which they do not live? (circle the answer which is most correct)
 - i They are in a relationship with the owner of the home containing the massage clinic
 - ii They get resource consent from the council
 - iii They are registered with Massage New Zealand

12. What type of penalty is likely to be imposed by the DCC if these conditions are not met?

13. As a self-employed massage therapist or as a massage therapist working as an employee, what does OSH require you to take responsibility for?

14. As an employer of massage therapists, OSH requires you to take all practical steps to ensure
 - i That your employees have knowledge about how to avoid harm to their clients
 - ii That your employees have knowledge about how to avoid harm to themselves
 - iii That your employees are provided with a work environment that minimizes the likelihood of harm to your employees

15. What are three steps that you could take as an employer to ensure these things?

i

ii

iii

16. What are the three most important implications of the Privacy Act 1993 to the practice of massage therapy?

i

ii

iii

17. What are the two most important implications of the Health and Safety in Employment Regulations Act 1995 to the practice of massage therapy?

i

ii

18. What are the four primary rights of a consumer of massage therapy services provided for under the Consumer Guarantees Act 1993?

i

ii

iii

iv

19. What is the major implication of the Medicines Act 1981 to the practice of massage therapy?

20. What products are specifically exempted from this implication?

21. What are the 10 rights of health & disability consumers as defined by the Health & Disability Commissioner Act 1994?

i

ii

iii

iv

v

vi

vii

viii

ix

x

22. Please tick the boxes which indicate the responsibilities of a healthcare provider under this act.

<input type="checkbox"/>	Responsibility
<input type="checkbox"/>	A healthcare provider must ensure that they promote awareness of these rights to consumers
<input type="checkbox"/>	A healthcare provider must discount services for disabled clients
<input type="checkbox"/>	A healthcare provider must provide a service which respects these rights
<input type="checkbox"/>	A healthcare provider must keep their room smelling nice

23. What are the two most important implications of the Health Practitioner's Competency Assurance Act 2003?

i

ii

24. Why do these implications not apply to massage therapists?

25. What type of benefit does the Injury Prevention, Rehabilitation and Compensation Act 2001 define eligibility for?

26. Why is this not relevant to massage therapists?

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Task 7 – Sustainable Massage Practice

Due Date: 29-Jun

Write an essay describing how principles of sustainability relate to massage practice.

Massage practice is considered here as the complete context of massage practice including your massage sessions with clients, the operation of your business, relationships with other parties and use of equipment and materials.

In your essay you should consider relationships between massage practice and principles of environmental, social and economic sustainability. You should also outline at least three ways in which your massage practice could be made more sustainable.

Your essay must be formatted according to these guidelines

- Approximately 1000 words
- Typed in Times Roman or Arial (size 12)
- Double-spaced

Remember what you've learnt in *Study Skills - Academic Writing* about essay form, and remember to reference your work using APA style. You'll need to include at least 3 references.

Your essay will be assessed against the judgements listed in the assessment schedule Fund7.pdf which is stored at [www.wikieducator.org/Therapeutic massage/Year 1 Assessment](http://www.wikieducator.org/Therapeutic_massage/Year_1_Assessment).

Your essay can be submitted either via the massage therapy assignment box or by attachment to an email.

Remember to include your name, the name of the assignment, and the date of submission on a cover-sheet.