



# Oregon

John A. Kitzhaber, MD, Governor

## Board of Massage Therapists

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## Education Committee Meeting

October 7, 2011

## Oregon School of Massage

### Attendance

#### Committee Members:

Lisa Barck Garofalo, Chair

Nick Chrones, LMT

Pam Pennington, LMT

Steve Davis, LMT

#### Board Members & Staff:

Kathy Calise, Board Chair

Kate Coffey, Executive Director

Christine West, Policy Analyst

**By Phone:** David Fredrickson, LMT

**Absent:** Jen Brady, LMT and John Combe, LMT

**Public:** None in attendance

**CALL TO ORDER - Barck Garofalo** called the meeting to order at 10:05 am.

**INTRODUCTIONS:** Present at time of introductions Barck Garofalo, Chrones, Pennington, Davis, Calise and Coffey. Fredrickson by phone.

**MINUTES** - September 9 minutes were approved with the correct spelling of gait, in the public comments.

**PUBLIC COMMENTS** - None in attendance

### MODEL CURRICULUM REVIEW

#### AMENDMENTS STANDARD VI:

##### KNOWLEDGE:

1. Understand principles of optimum body mechanics including posture, positioning, use of leverage and injury **prevention for the therapist and client.**
2. **Understand 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 and client.**
3. **Understand the safe use of massage/bodywork equipment and tools to prevent injury to the therapist and client.**
4. ~~Recognize, manage, and prevent professional burnout.~~

##### SKILLS:

1. Demonstrate **safe**, efficient and effective body mechanics during session.
2. Correctly set up and adjust a massage/bodywork table, chair, and mats.
3. **Demonstrate safe, efficient and effective use of massage/bodywork equipment and tools.**

## **ABILITIES:**

1. Use **safe**, efficient and effective body mechanics for injury prevention of therapist and client.
2. Identify and adopt **body mechanics and use** self-care practices, which support personal and professional goals and prevent injury.

Break returned at 11:00.

## **AMENDMENTS STANDARD VII: Demonstrate competency in Health Sciences necessary to insure client safety.**

### **KNOWLEDGE:**

1. Understand anatomical structures, locations, and functions relevant to application of **massage/bodywork**.
2. Classify joints by **structure and function with knowledge of** type and location.
3. Discuss anatomical structures **and systems**, their functions and interactions using **relevant** medical terminology.
4. Understand movement of the body (kinesiology) including anatomical structures, physiological concepts and terminology.
5. **Understand anatomy, physiology and pathology of soft tissues.**
6. Describe **principles** of range of motion.
7. Understand **principles and physiological effects** of stretching.
8. Understand patho-physiological terms and processes resulting in/from injury and disease as they relate to **massage/bodywork**.
9. Understand mental health illnesses and common **relevant** terms as they relate to **massage/bodywork**.
10. Identify common pathologies along with their etiology, signs/symptoms, complications and **massage/bodywork** treatment considerations.
11. Define and understand inflammatory processes including stages of **soft tissue** healing and relevance to **massage/bodywork** treatment plan.
12. Understand pain patterns, pain pathways, and **relevant pain-control practices as they relate to application of massage/bodywork**.
13. **Comprehend** physiological and pathological processes of **soft tissue trauma and** repair and implications for the selection and application of **massage/bodywork**.
14. Understand **soft tissue** dysfunctions caused by **client** body mechanics, posture, and repetitive movements.
15. ~~Understand contemporary pain-control theories as they relate to application of **massage/bodywork**.~~
16. **Comprehend** standard precautions and sanitary practices for infection control.

**OTHER BUSINESS** – Jaylene Lewis is unable to serve on the committee and will be removed from the member list.

Reviewed new Board assignments to be completed after the model curriculum:

1. Should the Board accept only Board approved continuing education classes? If so, what topics should be accepted and approved by the Board?
2. Should the Board set standards for Continuing Education for providers? If so, what should the credentials/standards be for providers?

Next meeting 10-12pm, November 4, 2011

Homework - review Standard VII Skills & Abilities.

Adjourned at 11:53