

## **THERAPEUTIC MASSAGE PROGRAM ABILITIES AND SKILLS RELATING TO ESSENTIAL JOB FUNCTIONS**

In compliance with the Americans with Disabilities Act, Illinois Central College and the Therapeutic Massage Program do not discriminate on the basis of disability in the administration of its educational policies, admission policies, student aid, and other college administered programs.

The massage therapist must have the abilities and skills necessary to provide competent patient care, which includes observation, communication, motor ability, intellectual-conceptual abilities, and behavior/social attributes. Technological compensation can be made for some disabilities in certain areas, but the massage therapist should be able to perform in a reasonably independent manner.

The following essential skills and abilities are necessary in order to perform the duties of a massage therapist:

**SENSORY/OBSERVATION:** A student must have sufficient sense of vision, hearing, and touch to perform palpation sufficient to note changes in soft tissue tone and consistency and visual observation capable of noting changes in skin and eye color, posture, and gait.

**COMMUNICATION:** A student must be able to speak, to hear, and to observe the client in order to elicit information, describe changes in mood activity, and posture, and perceive nonverbal communications. A student must be able to communicate effectively and sensitively in both oral and written form with clients and any other members of the health care team.

**MOTOR/STRENGTH/COORDINATION:** Students must have sufficient motor function and strength to elicit information and perform therapeutic massage procedures on clients by palpation, and by skillful movement of the limbs, head, and neck. Also, the strength and coordination to assist clients to assume comfortable positions, and the dexterity to handle equipment, devices and assistive materials such as sheets, lubricants, orthotic pillows, etc. A student must be able to execute motor movements required to provide emergency and first aid care to clients such as CPR, applying pressure to stop bleeding, and opening an obstructed airway. Such actions require coordination of both gross and fine muscular movements, equilibrium, and the sense of touch and vision.

**INTELLECTUAL-CONCEPTUAL ABILITIES:** The abilities include problem solving skills; recognizing patient goals from the intake evaluation; and the ability to recognize emergency situations and take appropriate actions in a timely manner.

**BEHAVIORAL AND INTERPERSONAL ATTRIBUTES:** Massage therapists must possess the emotional health required for full utilization of his or her intellectual abilities, the exercise of good judgment, and prompt completion of all responsibilities attendant to

the care of clients. Massage therapists must be able to function effectively under stress and retain confidential information. Compassion, integrity, concern for others, interpersonal skills, interest, and motivation are all personal qualities necessary for members of the health profession.