

## **ANATOMY & PHYSIOLOGY (11%)**

### **A. System structure**

- Cardiovascular
- Digestive
- Endocrine
- Integumentary
- Lymphatic & Immune
- Musculoskeletal
- Nervous
- Reproduction
- Respiratory
- Sensory
- Urinary

### **B. System function**

- Cardiovascular
- Digestion
- Endocrine
- Integumentary
- Lymphatic & Immune
- Musculoskeletal
- Nervous
- Reproduction
- Respiratory
- Sensory
- Urinary

### **C. Tissue injury and repair**

### **D. Concepts of energetic anatomy**

## **KINESIOLOGY (12%)**

- A. Skeletal muscle components & characteristics
- B. Concepts of skeletal muscle contractions
- C. Proprioceptors
- D. Skeletal muscle locations, attachments (origins, insertions), & actions
- E. Joint structure and function
- F. Range of motion
  - Active
  - Passive
  - Resisted

## **PATHOLOGY, CONTRAINDICATIONS, AREAS OF CAUTION, SPECIAL POPULATIONS (14%)**

- A. Overview of Pathologies
- B. Contraindications
  - Site specific
  - Pathology related
  - Special populations
  - Tools
  - Special applications
- C. Areas of caution
- D. Special populations
- E. Classes of medications

## **BENEFITS AND EFFECTS OF SOFT TISSUE MANIPULATION (15%)**

- A. Physiological effects of soft tissue manipulation
- B. Psychological effects of soft tissue manipulation
- C. Effects of soft tissue manipulation for specific client populations
- D. Soft tissue techniques
  - Types of strokes
  - Sequence of application
- E. Hot/cold applications
- F. Overview of massage/bodywork modalities

## **CLIENT ASSESSMENT, REASSESSMENT & TREATMENT PLANNING (17%)**

- A. Organization of a massage/bodywork session
- B. Client consultation and evaluation
  - Verbal intake
  - Health history form
- C. Written data collection
- D. Visual assessment
  - General
  - Postural
  - Gait
- E. Palpation assessment
- F. Range of motion assessment
- G. Clinical reasoning
  - Ability to rule out contraindications
  - Client treatment goal setting
  - Evaluation of response to previous treatment
  - Formulation of treatment strategy

## **ETHICS, BOUNDARIES, LAWS, REGULATIONS (16%)**

- A. Ethical behavior
- B. Professional boundaries
- C. Code of ethics violations
- D. The therapeutic relationship
- E. Dual relationships
- F. Sexual misconduct
- G. Massage/bodywork-related laws and regulations
- H. Scope of practice
- I. Professional communication
- J. Confidentiality
- K. Principles

## **GUIDELINES FOR PROFESSIONAL PRACTICE (15%)**

- A. Proper and safe use of equipment and supplies
- B. Practitioner hygiene
- C. Sanitation and cleanliness
- D. Safety practices
  - Facilities
  - Practitioner safety
  - Client safety
- E. Practitioner care
  - Body mechanics
  - Personal protective equipment (PPE)
  - Self-care
  - Injury prevention
- F. Draping
  - Safe and appropriate
  - Communication
- G. Business Practices
  - Business planning
  - Strategic planning
  - Office management
  - Marketing
  - Hiring/Interviewing
  - Documentation & Records
    - Client records
    - Business records
- H. Healthcare and business terminology