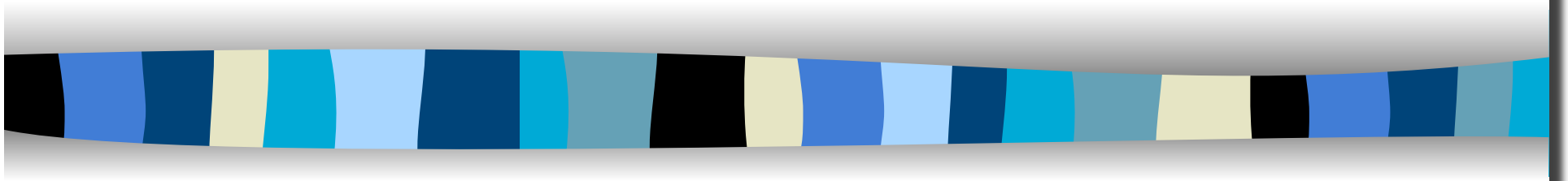
2b H&H: Tools of the Trade



2b H&H: Tools of the Trade

Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
50 minutes	Lecture:
15 minutes	15-minute break
50 minutes	Lecture:
15 minutes	15-minute break
50 minutes	Lecture:
15 minutes	Closing circle
3 hours, 15 minutes	Total

2b H&H: Tools of the Trade
Reminders

Assignments:

- 3a Student Handbook Review Questions (A: 115-118)
- 4a Autobiography and Photo (B-4)
- 7a Review Questions (A: 119-130)

Quizzes:

- 5b Kinesiology Quiz (A: 73 and 75-80 for more information)

Preparation for the next class:

- 3a H&H: Self Care - Health, Wellness, Nutrition, and Stress Reduction
  - –Trail Guide: latissimus dorsi and teres major
  - –Salvo: Chapter 4
  - –Packet H: 1-6
  - –Packet A: 122-123

- 3b Swedish: Body Mechanics, Client Positioning, and Draping
  - –Salvo: Chapter 7
  - –Packet F: 17-24
  - –Packet A: 124-125

Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

Introduction

Page F-3

Your career as a massage therapist depends on many things:

- Education
- Knowledge
- Skills
- Wise use of the Tools of the Trade

Introduction

Tools of the Trade:

- Massage table or massage chair
- Related accessories
- Linens
- Lubricants
- The environment where the massage takes place

Massage Tables

Massage Tables:

- Will outlast the life of your automobile so choose wisely
- $200-$600 price range
- 95% of all massage tables sold are portable
- Hinged in the middle to be folded in half
- Primary advantage is portability

Selecting a Table Manufacturer

Feeling Confident in your Purchase:

- Major expenditure (second only to your massage education)
- Professional-grade equipment provides comfort, safety, and security

Selecting a Table Manufacturer

Well-established and reputable companies:

- Great customer service
- Trial period to make sure you are satisfied
- Best warranties
- Good resale value if you need to sell it
- Easy to buy the right replacement parts

Massage Table Features

Guiding principles:

- The table should suit your body
- The accessories should accommodate the multitude of clients that you will encounter

Massage Table Features

Width:

- Most are 28 inches wide, but range from 28 to 33 inches
- Difficult to reach across and apply pressure? TOO WIDE!
- Arms of large-framed clients hang off the table? TOO NARROW!

Massage Table Features

Height:

- Range from 22 to 34 inches
- Adjusting table height is done by raising or lowering the legs in 1-inch increments
- Aluminum table legs have nested tubes with spring-loaded adjustment buttons
- Wooden legs are attached with one or two bolts

Massage Table Features

Length:

- Most are 72-73 inches long
- The face rest adds 10-12 inches of length when prone (face down)
- A 6-8 inch bolster will shorten the leg length when placed under the knees or ankles

Massage Table Features

Frames:

- Made of wood or aluminum
- Aluminum frames: lighter, easier to transport, quicker leg length adjustment

Massage Table Features

Padding:

- It should adapt to and support your client's body
- Density: higher density last longer and are more durable
- Loft: ranges from 1.5 to 4 inches. Thinner for deep pressure
- Durability: high-quality padding can last 10 years or more
- Some table have recesses for breast comfort

Massage Table Features

Table Fabric:

- This is the skin that covers your table or accessories
- Lower quality: vinyl
- Higher quality: polyurethane fabrics, long-lasting, easy to clean
- A fitted table pad can reduce slipperiness and protect the fabric

Table Fabric Maintenance

Keep it Covered:

- When it's set up, protect it with a sheet or table pad
- When it's folded up, keep it in a carrying case

Table Fabric Maintenance

Keep it Cool:

- Temperatures above 95° F and below 32°F will lead to brittleness, cracking, and stretch marks
- Allow it to come back to room temperature before using it

Table Fabric Maintenance

Cleaning Table and Accessory Fabric:

- Use a non-abrasive and non-alcohol cleanser, but not at full strength because it will damage the fabric
- Combine 4 parts water and 1 part cleanser such as green Windex, 409, Fantastik
- Vinegar is also an acceptable cleanser
- Citrus oil-based cleansers will degrade most polyurethane fabrics

Table Fabric Maintenance

Disinfecting Table and Accessory Fabric:

- Disinfect when fabric comes into contact with body fluids
- Combine 10 parts water and 1 part household bleach
- Wear disposable gloves
- After disinfection, wash the fabric with mild soap and water to remove residue

Table Accessories

Face Rest:

- Also called a face cradle
- Keeps the head and neck relatively straight while lying prone (face down)
- The cushion is attached to the frame with Velcro
- It can be widened and narrowed to accommodate a range of facial structures
- Adjustable face cradle frames allow comfort for a wider range of clients
- Designed to only hold the weight of the head and neck
- Instruct clients to scoot down before turning over to prevent face rest damage

Table Accessories

Arm Shelf

- Provides a place for arms to rest while lying prone (face down)
- They are more stable if attached to the table frame than to the face rest
- Not intended to be pressed down on with heavy pressure
- Instruct clients to scoot down before turning over to prevent arm shelf damage

Table Accessories

Bolsters and Cushions

- Enhance client comfort and relaxation
- Support the neck, knees, and ankles

- Behind the knees: reduces lower back strain by decreasing the lordotic curve
- Front of the ankles: relieves hip, knee, and foot strain

- Shapes: tubular, half-moon, square, rectangle, wedged, and wavy
- Materials: foam, feathers, buckwheat, flaxseed
- Sizes: 6 inch knee and ankle bolster is most popular, but range from 3 to 8 inches

- Use a protective drape over the bolster that is changed with each session
- Side-lying massage: use 4-6 standard size pillows with pillowcases

Table Accessories

Stool

- Easy to sit and move will working
- Large inflatable physioball is another option

Table Accessories

Carrying Case

- Protects table fabric from damage
- Easier to lift and carry the table
- Zippered pockets for supplies

Table Accessories

Table Carts

- Roll your table instead of carrying it

Massage Linens

Sheets

- Top and bottom sheets for the table (flat and fitted, or 2 flat sheets)
- Bolster and face rest covers, including pillowcases

- Fabrics: flannel, cotton, cotton blends, and percale
- Sizes: Twin or specially made massage table size
- Colors: white or light colors wash and wear best. Dark colors show stains easily
- Weight and thickness: thin sheets are see-thru

Massage Linens

Towels

- Some therapists bath-size towels instead of sheets
- Can provide easier access and maneuverability
- We will only use towels/pillowcases for breast draping

Massage Linens

Blankets and Table Warmers

- Body temperature drops as clients relax
- Feeling chilled will inhibit further relaxation

- A table warmer can be placed under all of the table coverings
- Turn it on low before the session begins
- Check in with the client so that the temperature can be adjusted

- A woven cotton or woolen blanket does not replace the top sheet
- Use a blanket from the beginning of the session if the client is not hot
- The warmth and the weight provide comfort and a sense of security
- Use a blanket made from a heavier fabric that is machine washable

Massage Linens Care

Normal Linen Care

- Launder linens after each use
- Replace linens that are stained, odorous, or threadbare
- Even if they are clean, they may appear unclean to the client

Massage Linens Care

If Linens Become Contaminated

(contamination can come from sneezing, blood, or breast milk)

1. Wash and dry your hands
2. Remove the linens with gloved hands
3. Wash linens in hot water; use laundry detergent and 1/4 cup of household bleach. Dry linens using hot air.
4. After donning a new pair of disposable gloves, clean the table and accessory fabric with soap and water, and then disinfect using paper towels and 1 part bleach mixed with 10 parts water
5. Discard the gloves and paper towels
6. Finally re-wash and dry your hands

Types of Lubricants

Purpose

- Reduces friction between your hands (forearms and elbows) and the client's skin

Types of Lubricants

Cream

- Best selling lubricant since the 1990s
- Moisturizing and hydrating. Very good staying power (glide lasts a long time)
- Less likely to spill because its thick, and less likely to stain linens

Types of Lubricants

Butter

- Made from fruits, nuts, or seeds such as cocoa, shea, and jojoba
- Thicker than cream

Types of Lubricants

Oil and Gel

- Excellent value
- Nuts and seeds such as sesame, grape, and hemp
- Vitamin E: often added as a preservative to delay rancidity
- Not to be used on oily skin
- Sensitive skin: gel is better because it doesn't contain mineral oil or alcohol
- Messy especially when spilt

Types of Lubricants

Lotion

- Quickly absorbed results in reduced staying power and more control
- Rehabilitation or deep tissue formula: least glide, most control
- Spa or hydrating formula: used as a finishing treatment after exfoliation and mineralization

Types of Lubricants

Powder

- Cornstarch
- Reduces friction without leaving a greasy residue. Not good for hairy areas
- Uses: lymphatic massage or during labor
- Apply carefully to avoid triggering sneezing and coughing

Types of Lubricants

Liniment

- Not a lubricant
- Analgesic properties (pain reducer)
- Rubefacient (irritation causes reddening of the skin and increased local circulation)
- Avoid applying to hands, feet, near mucous membranes, or before hot or cold treatments

Choosing a Lubricant

Ingredients

- Mineral oils and isopropyl alcohol can clog pores and deplete skin nutrients
- Avoid parabens (may mimic the hormone estrogen which plays a role in the development of breast cancer)
- Stearyl and cetyl alcohols are emulsifiers and stiffeners that are found to be safe

Choosing a Lubricant

Skin Reaction

- Fair-complexion is more likely to react negatively to lubricant ingredients
- Ask clients about any allergens to avoid skin problems
- Always have a hypoallergenic option available

Choosing a Lubricant

Scented Versus Unscented

- Before using a scented lubricant, place a small amount on the back of your client's hand and allow them to smell it. Once approved, proceed with the massage

Choosing a Lubricant

Linen Reaction

- Replace any sheets that are stained or that emit an unpleasant, rancid odor

Choosing a Lubricant

Cost

- Quality lubricants are expensive, but may be worth the cost to you and your client

Dispensing Lubricant

Cross-contamination

- Dispensing massage lubricant from an open container contaminates the lubricant if the same container is used for multiple clients.
- Containers that help prevent cross-contamination: single-use, pump, or flip-top
- The container and holster must be cleaned after each client

Dispensing Lubricant

How Much Lubricant

- Warm the lubricant before applying it. Wipe off any excess with a small towel
- Creams, butters, oils, and gels require less lubricant and reapplication
- Skin Dryness: requires more lubricant and reapplication
- Lots of body Hair: hair requires more lubricant and reapplication
- Relaxation/Non-specific Massage: usually more lubricant and reapplication
- Orthopedic/Specific Massage: requires less lubricant and reapplication
- Less is Better; adding more is easier than removing it

Dispensing Lubricant

Lubricant Storage and Shelf Life

- Store lubricants in a cool, dark location out of direct sunlight
- 18 months shelf life

Supplies

Checklist

- Lubricant
- Liquid soap
- Vinyl gloves and finger cots
- Cleaning and disinfectant supplies
- Facial tissues
- Paper towels
- Toilet paper
- Cotton balls
- Disposable cups
- Contact lens solution
- Makeup remover
- Cleansing cream
- Toner/astringent
- Moisturizing cream
- Clay masque

Supplies for Massage Class

- For each “b” class bring 2 clean sheets, 2 pillowcases, a hand towel, and some type of waterless hand cleaner in a pump dispenser.
- Beginning with class 4b Swedish: Posterior Upper Body, also bring your own massage lubricant (preferably cream), and a holster.
- Beginning with class 16b Swedish: Neck, Face, and Scalp, also bring facial toner (for sensitive skin) cotton squares or balls, and facial massage cream.
- Some type of kit for holding all of this stuff will be a good idea.

Professional Dress

Below are the requirements for working in our internship clinic

- TLC standards require Black Pants and White shirts – Yoga pants, slacks, jeans, scrubs. Black shorts are permitted- Cargo length only! No “Cut offs” or Sweat pants are permitted. White tee shirts, Scrub tops, Collared Polo without any emblems, images, or sayings.

Professional Dress

Below are the requirements for working in our internship clinic

- No facial piercings and no spaghetti strap tops. If your leggings or yoga pants are too tight or your shorts are too short, we will ask you to change. Remember the purpose of having a dress code is to present one's self as a professional therapist. These expectations help set clear boundaries for both client and therapist.

Professional Dress

Below are the requirements for working in our internship clinic

- Clothing should be neat, unwrinkled, clean, and in good repair, nothing see through. Clothing may be loose but not billowy or provocative.

- Sleeveless shirts may be worn only if armpits are shaved. No halters or bare midriffs. Collared shirts are preferred and should be tucked in if so designed. Cleavage must be covered at all times. Please dress specifically for the clinical setting, do not wear any slogans or advertising.

- Women are required to wear a bra that is not visible through their shirt.

Professional Dress

Below are the requirements for working in our internship clinic

- Feet must always be covered; closed toe shoes only. Shoes are required outside of the massage bay (greeting the client and after the session), socks are acceptable during the session. No bare feet at any time. Sandals, Flip-flops and bedroom slippers are not acceptable footwear.

Professional Dress

Below are the requirements for working in our internship clinic

- Shorts are required to be “Cargo” length.
- Workout clothing is not acceptable, including sweat pants and running shorts. (Yoga pants are fine.)

Professional Dress

Below are the requirements for working in our internship clinic

- Rings, watches and bracelets are not worn during massage. Long necklaces are removed or tucked into the shirt.

- Hair should be neat, clean and pulled back (or up) if long. A sweatband may be worn only during the session, not when greeting or interviewing clients.

Professional Dress

Below are the requirements for working in our internship clinic

- Because many people (clients and interns) are allergic or sensitive to strong scents, interns are asked to use only lightly scented bath and body products and to avoid perfume or aftershave on massage days.

- Breath and body odor should be pleasant or absent.

Dress Code Golden Rule: If in doubt, don't wear it.

Furnishings

Introduction

- These items help to create the proper massage atmosphere

Furnishings

Mirror

- For clients to groom and for therapists to aid in posture assessment

Furnishings

Clocks

- To time sessions and treatments such as ice packs for body masques

Furnishings

Wastebasket

- For disposal of paper towels, facial tissues, and gloves

Furnishings

Supply Cabinet

- Storage of massage linens, supplies, and lubricant

Furnishings

Chairs

- A place to sit while undressing or dressing
- Point out to the client that the chair is them and the rolling stool is for you

Furnishings

Place for Personal Items

- Hooks or hangers for clothing
- Small dish or basket for eyeglasses, jewelry, and cell phones

Massage Room Environment

Introduction

- The atmosphere of your massage room sets the tone for your client experience
- Sports and rehabilitative massage or relaxation and wellness massage?
- Be sure that you and your client to turn off your cell phones

Massage Room Environment

Light

- For several purposes and differing amounts of light
- Filling out paperwork, getting undressed, and safely maneuvering around the table, getting on and off the table, getting dressed, and exiting the office
- Assessing the skin's condition before and during the massage
- Natural light or indirect lighting is good and adjustable
- Candles are a fire hazard; consider flameless candles

Massage Room Environment

Music

- Soft and slow music helps clients relax and helps you maintain a soothing rhythm when applying massage movements
- Keep an assortment of music selections on hand
- Trickling water may stimulate the urge to void in some clients

Massage Room Environment

Wall Decor

- For ambiance: warm/soft colors are calming, bright/intense colors are stimulating
- For educational reference: anatomy or trigger point charts for the client and therapist
- For a sense of professionalism: framed diplomas, certifications, and awards

Massage Room Environment

Window Treatments

- Blinds, shades, or drapery for decoration, sound and light reduction, and privacy

Massage Room Environment

Flooring

- Carpet: non-slip, and insulates sounds and warmth

Massage Room Environment

Temperature

- Approximately 72° to 75° F is comfortable
- Too cool for the client: difficult to relax. Use a blanket or heating blanket
- Too warm for the therapist: wear fabrics that breathe like cotton

Massage Room Environment

Color

- Warm colors: red, brown, yellow, and orange are cozy but overly stimulating if too bright
- Cool colors: blue, violet, and green are soothing but can make the room feel cool

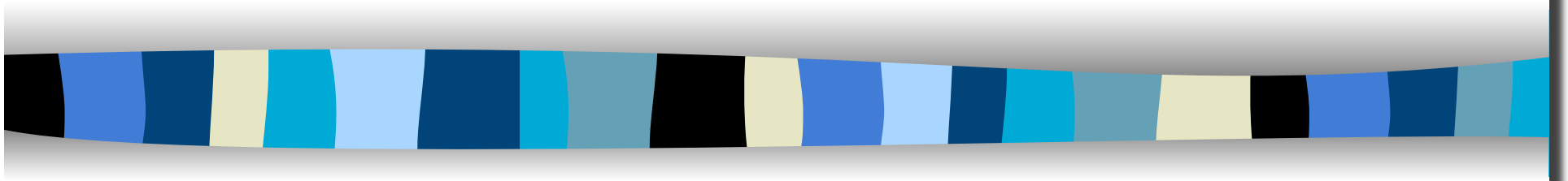
Safety Guidelines

Checklist

- Comply with building codes for fire and safety
- Current liability insurance
- Maintaining a working fire extinguisher and heat/smoke detectors
- Have a fire escape route posted with building exits clearly marked
- Provide safe and unobstructed passageways for people in public areas
- No slipping or tripping hazards such as area rugs
- Choose only non-slip flooring

Safety Guidelines

Checklist

- Bathrooms should be accessible to individuals with disabilities and should include a wheelchair-height lavatory with lever-style faucets. Grab bars should be located near the toilet for transferring to and from the toilet seat
- Use lever-style door handles
- Designated handicapped-accessible parking space. Slopes and ramps, not steps.
- Public telephones should have adjustable volume control
- The street address should be outside the building in clear view so that it is easy to locate your business in an emergency
- Maintain all massage equipment in safe condition: this includes checking and tightening massage table hinges, knobs, and locks

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