



Massage Therapist Association of Alberta

Standards of Practice

Standard 10

Category: COMMUNICATION / PUBLIC HEALTH

Ratified: September 13, 2008

Amended:

Rescinded:

Pre / Post Treatment Protocol

Conditions:

Given a client who has given consent to proceed with treatment.

Instruct the Client

Task:

Instruct client on undressing/dressing procedures.

Standard:

Quality / Technical & Interpersonal:

- So that you explain to the client the reasons for the removal of clothing.
- So that you instruct the client to remove the clothing and items which he / she is comfortable removing.
- So that you provide the client with an opportunity to ask questions.
- So that you provide the client an opportunity to dress/ undress out of the view of the therapist and other people.
- So that you get permission from the client to re-enter the area.
- If the client requires assistance to dress / undress themselves the following procedures are followed:
 - So that you inform the client of those pieces of clothing you will need to remove.
 - So that you remove only those pieces of clothing the client wants to remove.
 - So that you inform the client of where you might touch him/her and why.
 - So that you touch only those areas of the client's body needed to remove the client's clothing.
 - So that you record the client's consent and the assistance provided.
 - So that all efforts are made to maintain respectful privacy of the client by use of covering, while assisting him/her to dress/undress.

Task:

Instruct client on treatment positioning and covering.

Standard:

Quality / Technical:

- So that you obtain client agreement to the treatment position.
- So that the instructions include how the client should position his /her body for treatment.
- So that the client is advised as to use of the sheets to cover him/herself once he/she is in position for treatment, if he/she is undressed. (Please see Communication / Public Health Standard regarding undraping).
- If the client requires assistance on or off the massage table.
- So that you modify the assistance approach so as to minimize the client's physical discomfort.



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- So that all efforts are made to maintain respectful privacy of the client by use of covering, while assisting him/her in getting on or off the table.

Quality / Interpersonal:

- So that you provide the client with an opportunity to ask questions.

Safety:

- So that the instructions include any precautions the client should take to prevent falling off the table.
- So that you prevent the client from falling.

Timing:

- Before the client undresses.

Conditions:

Given that the Massage Therapy treatment session has been completed.

Task:

Instruct client on when and how to get off the table.

Standard:

Quality / Technical & Safety:

- So that the instructions include what to do and why.
- So that you ask the client if he/she needs assistance.
- So that you tell the client about the possibility of dizziness and light-headedness as a result of getting off the table too quickly.

Timing:

- Before instructing the client to dress.

Select lubricant to be used, if needed

Conditions:

Given a client positioned for the treatment, the client's health history pertaining to allergies and the client's preference.

Task:

Select lubricant to be used, if needed.

Standard:

Quality / Technical and Safety;

- So that the lubricant selected is not contraindicated for use due to an allergy or the client's preference.
- So that you ensure contaminant-free dispensing of lubricant.