



# Massage Therapist Association of Alberta

## Standards of Practice

### Standard 30

**Category:**     **Technique**

**Ratified:**       **September 13, 2008**

**Amended:**

**Rescinded:**

### *Perform a Stroking Technique*

**Conditions:**

Given that the client's treatment plan indicates the need for stroking technique.

**Task:**

Perform a stroking technique.

**Standard:**

**Quality / Technical:**

- So that stroking is performed through client's covering or directly on the skin.
- So that if the purpose of stroking is to achieve a relaxation effect the technique is soothing, slow, and even.
- So that if the purpose of stroking is to achieve a stimulating effect the technique is brisk.

**Safety:**

- So that stroking is not used or is modified if a contraindication to this technique exists.