



Massage Therapist Association of Alberta

Standards of Practice

Standard 31

Category: **Technique**

Ratified: **September 13, 2008**

Amended:

Rescinded:

Perform a Rocking or Shaking Technique

Conditions:

Given that the client's treatment plan indicates the need for rocking and/ or shaking technique.

Task:

Perform a rocking or shaking technique.

Standard:

Quality / Technical:

- So that you rock to create movement around a joint and shake to move the soft tissue.

Safety:

- So that you treat within the client's agreed upon pain tolerance.
- So that you take special precaution, based on your assessment, with any client who is prone to joint subluxation/dislocation, or joint disease, inflammation or effusion or compromised integrity of the adjoining soft tissue.
- So that rocking or shaking is not used or is modified if a contraindication to this technique exists.