



Massage Therapist Association of Alberta

Standards of Practice

Standard 34

Category: Technique

Ratified: September 13, 2008

Amended:

Rescinded:

Perform a Friction Technique

Conditions:

Given that the client's treatment plan indicates the need for friction therapy.

Task:

Perform a friction technique.

Standard:

Quality / Technical:

- So that the tissues are warmed and stretched before the technique is applied.
- So that your fingers do not glide over the client's skin.
- So that friction is performed specifically on the site of an adhesion or lesion.
- So that following the application of friction, the fibres are stretched.

Quality / Interpersonal

- So that you inform the client that friction may be painful.
- So that you inquire as to the client's comfort with regard to the level of pressure and pain.
- So that you stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue.

Safety:

- So that following the application of a friction technique where inflammation is a response, ice is applied to the friction site following the stretch.
- So that medication history is considered before applying frictions.
- So that friction is not used or is modified if a contraindication to this technique exists.