



Massage Therapist Association of Alberta
Standards of Practice

Standard 37

Category: **Technique**

Ratified: **September 13, 2008**

Amended:

Rescinded:

Apply Deep Fascial Techniques

Conditions:

Given that the client's treatment plan indicates the need for a deep fascial technique.

Task:

Apply deep fascial techniques.

Standard:

Quality / Technical:

- So that the technique engages fascia and results in increased mobility and flexibility of tissue.
- So that the tissues are warmed and stretched before and soothed after the technique is applied.

Quality / Interpersonal

- So that you inform the client that deep fascial techniques 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 medication history is considered before applying deep fascial techniques.
- So that deep fascial techniques are not used or are modified if a contraindication to these techniques exists.