



Massage Therapist Association of Alberta
Standards of Practice

Standard 41

Category: **Technique**

Ratified: **September 13, 2008**

Amended:

Rescinded:

Perform a Stretch Technique

Conditions:

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

Task:

Perform a stretch technique.

Standard:

Quality / Technical:

- So that the soft tissue is lengthened within the client's pain tolerance.
- So that the stretch is held without bouncing until there is a release in the tissue being stretched.

Safety:

- So that a stretch technique is not used or is modified if a contraindication to this technique exists.
- So that you don't stretch an unstable structure or tissue.