

POLICIES OF THE MASSAGE THERAPY PROGRAM

Students are advised to review the Southwestern Illinois College catalog “Student Development and Community Services” section to fully understand all the services provided by the college, as well as, college policies and procedures. The following are the policies of the massage therapist program at Southwestern Illinois College. It is expected that all students meet and abide by the following standards/policies.

Massage Therapy Program Performance Essentials

Performance essentials or essential functions are defined as those physical, mental, and psycho-social characteristics that are necessary to meet the demands of the MT educational process and eventual therapeutic care of clients and all tasks associated with that function.

Becoming a massage therapist requires the completion of a technical education program that is both intellectually and physically challenging. The purpose of this policy is to articulate the demands of the program in a way that will allow students to compare their own capabilities against these demands.

There are times when reasonable accommodations (i.e.: hearing devices to improve communication will be made in order to assist a student with a disability). Reasonable accommodation does not mean that students with disabilities will be exempt from certain tasks; it does mean that we will work with students with disabilities to determine whether there are ways that we can assist the student toward completion of the tasks.

If admitted, a student with a disability who wishes reasonable accommodations must request it through the Coordinator of the Massage Therapy Program. An offer of admission may be withdrawn if it becomes apparent that:

- the student cannot complete essential tasks even with accommodations.
- accommodations are not reasonable and would cause undue hardship to the institution.
- fulfilling the functions would create a significant risk to the health or safety of others.

Performance Essentials for the Classroom/Lab/Clinical Experience

Students must:

- meet class standards for course completion throughout the curriculum.
- complete readings, assignments, and other activities outside of class hours.
- have interpersonal skills as needed for productive classroom discussion, respectful interaction with classmates and faculty, and development of appropriate therapist-client relationships.
- collect decision-making data during client assessment activities in class or in the clinical setting.
- perform massage application based on the intention (plan of action) in the class or in the clinical setting.
- apply critical thinking to their work, exercise sound judgment and follow safety procedures established in the classroom and the clinic.
- maintain personal appearance and hygiene conducive to classroom and clinical settings.
- complete a cardiopulmonary resuscitation course at the health provider level.
- demonstrate appropriate health status prior to class enrollment per medical examination.
- follow standards and policies specified in the Student Handbook.
- complete required hours for student clinic: MT 190 = 45 hours, MT 270 = 45 hours, MT 280 = 45 hours. A total of 145 hours of client massage is required to obtain a SWIC Massage Therapy Certificate.

Typical Physical Functions required of the Massage Therapist:

- Uses auditory, tactile, and visual senses to collect data regarding client status and to provide client intervention. (e.g. auditory cues to hear breath sounds, tactile cues to monitor soft tissue responses, palpate muscle contractions; visual cues to inspect skin, report tissue responses, report postural stance)
- Applies standard precautions regularly in the classroom and clinic – regular hand washing (free of skin conditions irritated by frequent washing), regular clean-up of massage equipment and modalities, applies mask, gown, gloves (when appropriate for setting).
- Coordinates verbal and manual activities with gross motor activities.
- Uses extremities repetitively during massage techniques and frequently uses a firm pressure and manual dexterity skills.
- Pushes or pulls equipment or devices.
- Lifts, carries, and set-ups massage table and equipment when appropriate.
- Provides sufficient support to safely assist clients/classmates when they are moving from sitting to standing positions or from one surface to another (e.g. chair to bed).
- Provides sufficient support to clients/classmates to safely assist with standing or walking activities. (when appropriate for setting)
- Quickly and coordinately moves from one position to another. e.g. Squats, kneels, bends, stands, reaches above shoulders, etc.
- Balances self and/or client, if client requires assist during treatment sessions.

Typical mental/professional functions required of the Massage Therapist:

- Actively listens and responds to clients when appropriate.
- Interacts appropriately with a variety of clientele and other healthcare professionals with respect to diversity.
- Accurately self-assesses own strengths and weaknesses.
- Modifies behaviors after receiving corrective feedback.
- Takes responsibility for own actions-does not blame others for situation or behaviors.
- Behaves honestly and truthfully.
- Concentrates on task at hand for extended period of time.
- Utilizes problem-solving skills to meet needs of situation.
- Handles stress of the training program in preparation for clinical situations
 - academic demands
 - meeting clinical requirements
 - varied clinical scenarios