

Note: Feedback from profession stakeholders on the first draft of the Entry-Level Massage Education Blueprint indicated that significant changes be made to the subject originally titled, Massage Forms and Styles (titled Massage and Bodywork Application in the final draft). The original topic and sub-topics are provided here as a resource for interested parties. Please note that this first-draft sub-topic has not been copyedited.

Subject: Massage Forms and Styles

Topic: Proprioceptive Approaches

Learning Outcomes **Conditions:** Having completed _____ hours of instruction and practice in proprioceptive approaches, the learner is expected to:

- Demonstrate knowledge of the terms and concepts related to proprioceptive techniques, their physiological mechanisms, their uses and goals, their benefits and effects, cautions, session adaptations, and contraindications related to their use, application guidelines for different techniques, and appropriate communication with clients - on a written examination.
- Correctly perform each proprioceptive technique on two appropriate muscles or joints with appropriate positioning and draping, client flexibility, using effective communication and ensuring client comfort, and effective body mechanics - on a practical evaluation.
- Fluidly integrate Swedish massage, myofascial therapy, deep tissue massage, and at least four proprioceptive techniques addressing the client's short-term functional goals, with efficient time management, effective client intake and assessment, appropriate positioning and draping, effective communication, a post-session assessment with client feedback, and session documentation - on a practical evaluation.

Knowledge Overview

Terms:

- Contract-relax
- Contract-relax-antagonist contract
- Golgi tendon organ
- Golgi tendon organ release
- Hold-relax
- Muscle approximation
- Muscle resting length
- Muscle spindles
- Muscle tone
- Origin and insertion technique
- Position release
- Post-isometric relaxation
- Proprioception
- Proprioceptor
- Reciprocal inhibition (the reflex)

- Reciprocal inhibition (the technique)
- Stretch reflex
- Tendon reflex

Concepts:

- The uses and goals of proprioceptive techniques
- The benefits and physiological effects of proprioceptive techniques
- Conditions that require caution, session adaptations, and contraindications to proprioceptive techniques
- Guidelines for the correct application of proprioceptive techniques
- Mechanisms underlying the effects of proprioceptive techniques such as the stretch reflex, tendon reflex, and reciprocal inhibition
- The interpretation of assessment findings using methods learned in other topics to determine muscular imbalances that may indicate the use of proprioceptive techniques
- Session planning to integrate the use of proprioceptive techniques into a 1-hour full-body session and 1-hour customized session.

Skills Overview

- The application of contract-relax techniques
- The application of post-isometric relaxation techniques
- The application of position release techniques
- The application of reciprocal inhibition techniques
- The application of Golgi tendon organ release
- The application of muscle approximation
- The application of hold-relax techniques
- The application of contract-relax-antagonist contract techniques
- The application of origin and insertion techniques
- The use of appropriate and effective language to communicate with clients about the comfort of proprioceptive technique application
- The use of appropriate and effective language to communicate directions related to the application of techniques to clients
- The ability to adapt proprioceptive techniques based on client flexibility and palpation

of muscle resistance

Use of Terms

The terms used in the topic appear to be used consistently and widely accepted.

Subject- Massage Forms and Styles, Topic – Proprioceptive Approaches

Sub-Topic: Proprioceptive Principles and Skills

Level 1

Knowledge: Attain and Comprehend

Skills: Observe and Imitate

Receive
Respond

Conditions: Having read assigned material and/or participated in a lecture, the learner will be able to:

- Define these terms: *proprioceptor, proprioception, Golgi tendon organ, muscle spindles, stretch reflex, tendon reflex, Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release.*
- Name two massage or bodywork systems that use proprioceptive techniques (e.g., proprioceptive neuromuscular facilitation, muscle energy technique, strain/counterstrain, etc.).
- List five strokes or methods that might be classified as proprioceptive techniques (e.g., Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release, etc.).
- Match these strokes and methods to their written descriptions: Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release.
- Describe in one's own words mechanisms

Conditions: Having viewed an instructor demonstration of proprioceptive techniques, the learner will be able to:

- Imitate the correct application of Golgi tendon organ release on two long tendons of the body.
- Imitate the correct application of origin and insertion technique on three specific muscles.
- Imitate the correct application of muscle approximation on three specific muscles.
- Imitate the correct application of reciprocal inhibition on two specific muscles.
- Imitate the correct application of contract-relax on two specific muscles.
- Imitate the correct application of hold-relax on two specific muscles.
- Imitate the correct application of position release on two muscles.
- Imitate the correct application of contract-relax-antagonist contract on two muscles.
- Imitate the correct application of post-isometric relaxation on two specific muscles.
- Reproduce the language the instructor used to communicate with the client about depth, pace, and comfort of techniques.
- Reproduce the language the instructor used to direct the client to contract or relax appropriate muscles for appropriate

	<p>related to the tendon reflex.</p> <ul style="list-style-type: none"> • Describe in one’s own words mechanisms related to the stretch reflex. • List two goals or uses for proprioceptive strokes/methods (e.g., use proprioceptors and body reflexes to reset muscle tone, resting length, and improve muscular balance, etc.). • List three benefits or physiological effects of proprioceptive techniques (e.g., reset muscle tone, re-educate muscles about proper resting length, improve muscular balance, improve range of motion, etc.). • Identify two conditions that require caution or session adaptations when using proprioceptive techniques. • Identify two conditions that contraindicate the use of proprioceptive techniques. • List three basic guidelines for the application of proprioceptive techniques (e.g., use broad strokes to warm tissue, then used focused techniques like proprioceptive techniques, then return to broad strokes to close body areas, work superficial to deep to superficial, use passive movement, and passive stretching during proprioceptive work and end with active movement to conclude the session, etc.). • List two guidelines for the proper application of these strokes: Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release. 	<p>proprioceptive techniques.</p> <ul style="list-style-type: none"> • Try each proprioceptive stroke and method while paying attention to palpatory sensations that signal tissue resistance. • Correct one’s body mechanics in response to instructor feedback during the application of proprioceptive techniques.
Level 2	Knowledge: Use and Connect	Skills: Practice and Refine
Apply	<p>Conditions: Having participated in a classroom discussion, the learner will be able to:</p> <ul style="list-style-type: none"> • Discuss the uses and goals, benefits and effects, cautions, session adaptations, and contraindications for proprioceptive techniques. • Compare and contrast muscle spindles and Golgi tendon organs. 	<p>Conditions: Having completed practice sessions, the learner will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the correct application of Golgi tendon organ release on two long tendons of the body. • Demonstrate the correct application of origin and insertion technique on three specific muscles.

	<ul style="list-style-type: none"> • Compare and contrast the stretch reflex, tendon reflex, and reciprocal inhibition (the reflex mechanism that ensures coordinated movement - not the massage technique). • Discuss the mechanisms that underlie each of these strokes and methods: Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release. • Discuss guidelines for the correct application of these techniques: Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release. • Compare and contrast contrast-relax, hold-relax, post-isometric relaxation, and contract-relax-antagonist contract. • Outline in writing the steps to apply each of these strokes and methods: Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release. 	<ul style="list-style-type: none"> • Demonstrate the correct application of muscle approximation on three specific muscles. • Demonstrate the correct application of reciprocal inhibition on two specific muscles. • Demonstrate the correct application of contract-relax on two specific muscles. • Demonstrate the correct application of hold-relax on two specific muscles. • Demonstrate the correct application of position release on two muscles. • Demonstrate the correct application of contract-relax-antagonist contract on two muscles. • Demonstrate the correct application of post-isometric relaxation on two specific muscles. • Use effective language to communicate with clients about the comfort of proprioceptive techniques. • Use effective language to direct the client to contract or relax appropriate muscles for appropriate proprioceptive technique. • Demonstrate appropriate resistance to muscle contractions for proprioceptive techniques (e.g., contract-relax, reciprocal inhibition, contract-relax-antagonist contract). • Adapt proprioceptive techniques based on client flexibility (e.g., initial stretch to barrier). • Modify skills based on peer and instructor feedback. • Correct one's body mechanics based on instructor feedback.
--	--	---

Level 3	Knowledge: Choose and Plan	Skills: Naturalize and Adapt
----------------	-----------------------------------	-------------------------------------

Problem Solve	<p>Conditions: Having completed a self-evaluation, the learner will be able to:</p> <ul style="list-style-type: none"> • Appraise one's personal strengths and weaknesses in knowledge and skills related to the application of proprioceptive techniques. • Set goals for one's self-improvement in 	<p>Conditions: Having completed practice sessions, the learner will be able to:</p> <ul style="list-style-type: none"> • Correctly perform each proprioceptive technique on two muscles or two joints as appropriate and with attention to safe and comfortable client positioning, modest draping, client flexibility, effective client
---------------	---	--

knowledge and skills related to the application of proprioceptive techniques.

communication to give directions or ensure client comfort, and effective body mechanics.

Subject- Massage Forms and Styles, Topic – Proprioceptive Approaches

Sub-Topic: Proprioceptive Technique Integration

Level 1		Knowledge: Attain and Comprehend	Skills: Observe and Imitate
Receive Respond	<p>Conditions: Having read assigned material and/or participated in a lecture, the learner will be able to:</p> <ul style="list-style-type: none"> Review these terms: <i>proprioceptor, proprioception, Golgi tendon organ, muscle spindles, stretch reflex, tendon reflex, Golgi tendon organ release, contract-relax, hold-relax, post-isometric relaxation, reciprocal inhibition, contract-relax-antagonist contract, origin and insertion technique, muscle approximation, position release.</i> Review the mechanisms related to the tendon reflex, stretch reflex, and reciprocal inhibition. Review the goals and uses for proprioceptive techniques. Review the benefits and physiological effects of proprioceptive techniques. Review the cautions, session adaptations, and contraindications for proprioceptive techniques. Review guidelines for the application of each proprioceptive technique. 	<p>Conditions: Having viewed one or more instructor demonstrations, the learner will be able to:</p> <ul style="list-style-type: none"> Imitate the methods an instructor used to integrate proprioceptive techniques with myofascial, Swedish, and deep tissue massage on the client’s back. Imitate the methods an instructor used to integrate proprioceptive techniques with myofascial, Swedish, and deep tissue massage on a client’s anterior legs. Imitate the methods an instructor used to transition into and out of proprioceptive techniques. Try integrating proprioceptive techniques with myofascial, Swedish, and deep tissue massage on the client’s posterior legs. Try integrating proprioceptive techniques with myofascial, Swedish, and deep tissue massage on the client’s arms. Modify one’s skills based on peer and instructor feedback. Correct one’s body mechanics based on instructor feedback. 	
Level 2		Knowledge: Use and Connect	Skills: Practice and Refine
Apply	<p>Conditions: Having participated in a class discussion and completed four classroom exchange sessions, the learner will be able to:</p>	<p>Conditions: Having completed four exchange sessions, the learner will be able to:</p> <ul style="list-style-type: none"> Demonstrate the competent use of pre- 	

	<ul style="list-style-type: none"> • Use assessment methods learned in other topics to determine muscular imbalances contributing to poor posture, muscle tension patterns, weakened or overstressed muscles, reduced range of motion, and functional limitations for four different peers acting as clients. • Correctly interpret assessment findings in order to write three short-term and three long-term functional goals with each client. • Outline a 1-hour massage session incorporating proprioceptive techniques, myofascial massage, Swedish massage, and deep tissue massage to achieve one short-term goal for each client. • Use assessment methods learned in other topics to determine changes that occurred in soft tissue due to massage sessions. • Document findings using SOAP charting methods learned in other topics. • Compare and contrast assessment findings, functional goals, massage session outlines, and results of four 1-hour massage sessions for four different clients. 	<p>massage assessment methods to determine muscular imbalances contributing to poor posture, muscle tension patterns, weakened or overstressed muscles, reduced range of motion, and functional limitations.</p> <ul style="list-style-type: none"> • Provide four 1-hour massage sessions integrating Swedish massage, myofascial therapy, deep tissue massage, and no less than four different proprioceptive techniques to meet short-term goals for four different clients. • Demonstrate the competent use of post-massage assessment methods to determine changes to soft tissue brought about by the massage session. • Use effective language to direct the client during proprioceptive techniques. • Use effective language to communicate with the client about depth, pace, tissue resistance, and comfort of strokes and methods. • Demonstrate smooth transitions between different types of strokes and techniques. • Demonstrate good body mechanics during the application of strokes and techniques.
Level 3	Knowledge: Choose and Plan	Skills: Naturalize and Adapt
Problem Solve	<p>Conditions: Having completed four classroom exchange sessions, the learner will be able to:</p> <ul style="list-style-type: none"> • Present the findings, events, and results of one peer massage that integrated myofascial, Swedish, deep tissue and proprioceptive techniques into a 1-hour session to support the attainment of one or more short-term functional goals. • Defend choices of strokes, techniques, sequencing of the session, and areas massaged based on assessment findings and attainment of short-term functional goals. • Respond thoughtfully to feedback and questions from instructors and peers. • Critique peers on their massage session findings and offer useful feedback. 	<p>Conditions: Having completed practice sessions, the learner will be able to:</p> <ul style="list-style-type: none"> • Fluidly integrate Swedish massage, myofascial therapy, deep tissue massage, and proprioceptive techniques to support the attainment of one or more short-term functional goals. • Perfect time management in the set-up of equipment, client intake, interviewing, and assessment processes, negotiating with the client to set short-term goals and plan the session, delivery of the massage using effective strokes and techniques, client positioning for comfort and safety, efficient and modest draping methods, client communication, post-session assessment, client feedback processes, and session documentation.

