



COMMUNICATION / PUBLIC HEALTH STANDARD 13

Recommend Self-Care

Conditions:

Given that the massage treatment has been completed and the client is dressed and that self-care is indicated

Task:

Recommend self-care

Standard:

Quality / Technical:

- So that you explain to the client appropriate self-care including its intended effect and possible negative reactions.
- So that the client is informed that if the self-care causes any severe negative reactions the client is to discontinue its use
- So that you demonstrate the recommended exercise(s).
- So that you witness that the client understands the self-care and / or exercise correctly.

Safety:

- So that the self-care and / or exercise does not put the client at risk.

Timing:

- Before the client departs