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## TECHNIQUE STANDARD 1

### Introduction to the Standards for Specific Massage Therapy Techniques

There are Standards that apply in general to the performance of massage therapy techniques. These Standards are addressed on this page. These "General" Standards are to be met in the performance of all techniques in massage therapy treatment.

**Conditions:**

Given that the client's treatment plan includes one or more massage therapy techniques

**Task:**

Perform the technique(s) correctly and in such a way that they are well integrated in the treatment, and that the treatment plan is executed with the client's consent and is consistent with the principles of massage

**Standard:**

***Quality / Interpersonal:***

- So that you do not use a technique, or continue its use, if the client indicates a preference not to use it.
- So that you make the client aware that some techniques may be painful, depending on how they are applied and the condition being treated.
- So that you treat within the client's pain tolerance, and you give the client the opportunity to inform you of his/her pain level within a mutually agreed upon range of acceptable pain.

***Quality / Technical:***

- So that the four basic principles of massage are applied:
  - superficial, deep, superficial
  - general, specific, general
  - proximal, distal, proximal
  - peripheral, central, peripheral