TECHNIQUE STANDARD 6

Perform a Friction Technique

Conditions:
Given that the client's treatment plan indicates the need for friction therapy

Task:
Perform a friction technique

Standard:

Quality / Technical:
• So that the tissues are warmed and stretched before the technique is applied.
• So that your fingers do not glide over the client's skin.
• So that friction is performed specifically on the site of an adhesion or lesion.
• So that following the application of friction, the fibres are stretched.

Quality / Interpersonal
• So that you inform the client that friction may be painful.
• So that you inquire as to the client's comfort with regard to the level of pressure and pain
• So that you stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue

Safety:
• So that following the application of a friction technique where inflammation is a response, ice is applied to the friction site following the stretch.
• So that medication history is considered before applying frictions.
• So that friction is not used or is modified if a contraindication to this technique exists.