
Learning Objectives

MedBridge Massage
Hospital Based Massage Therapy Practice Basics
Lauren Cates

Chapter 1: Hospital Massage: The Basics

- Compare and contrast private practice/non-clinical massage with hospital-based massage
- Introduce the essential aspects of the imperative of professionalism (demeanor, attire, preparation, interprofessional communication)

Chapter 2: Tools for Hospital Based Massage

- Introduce essential internal and external tools of hospital-based massage
- Orient to the setting and standard procedures
- Emphasize the importance of easing into the environment
- Strategize about educating others about what you do and "reframing/redefining" massage

Chapter 3: The Massage Session Part One

- Assess obstacles to successfully providing care in the hospital setting
- Identify equipment that can be used to take care of your body
- Identify adjustments for appliances and specific concerns
- Define pressure, position and site adjustments that are needed in the hospital setting
- Discuss approaches for communicating with patients

Chapter 4: The Massage Session Part Two

- Discuss the concept of "less is more"
- Discuss strategies for helping the body heal: "less treat, more meet"
- Discuss strategies for avoiding harm to patients