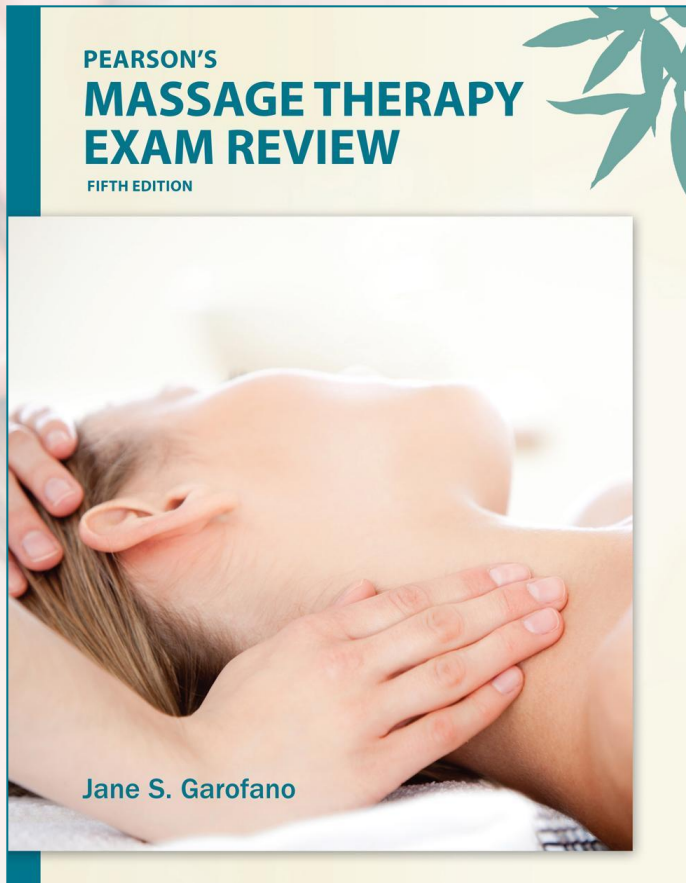


PEARSON'S MASSAGE THERAPY EXAM REVIEW

FIFTH EDITION



Tools of the Trade

Tools of the Trade

- What are they?
 - Massage table
 - Portable 30"–72"
 - Wood/metal, vinyl pad
 - 25–30 pounds

Tools of the Trade

- What are they?
 - Accessories
 - Face rest (stationary, adjustable)
 - Face covers: disposable
 - Optional: foot extension, arm rest, carry case
 - Bolsters: vary in size—round, ½ round, large, and small
 - Pillows or towels

Tools of the Trade

- What are they?
 - Accessories
 - Linens: twin size; cotton, flannel, jersey, gentle color/print
 - Padding: optional; egg crate, fleece, heated blanket
 - Cleaning
 - Diluted alcohol or wipes
 - Lemon essential oil

Tools of the Trade

- What are they?
 - Lubricant oil, lotion, gel, cream
 - Use hypoallergenic, scent free
 - Apply to hands, not client, reduce friction
 - Oil—glides, greasy
 - Lotion—less glide, is absorbed, lighter
 - Gel—oil and lotion combo, good glide
 - Cream—less glide, good penetration, not greasy

Tools of the Trade

- What are they?
 - Aromatherapy
 - Essential oils, lavender, lemon can be used



Adjustable Massage Table with Face Cradle



An Adjustable Face Cradle and a Variety of Pillows and Bolsters

Ready to Work?

Checklist

- Massage supply
 - Table
 - Lubricant
 - Linens
 - Cups/water
 - Disinfectant
 - Paper towels/soap
 - Stool/step
 - Disposable face cover
 - Blanket
- Massage room
 - Clock
 - Charts
 - Blinds
 - Clothing hook, seat
 - Mirror
 - Stool
 - Wastebasket
 - Fountain

Environment

- Client appeal
- How to convey a space in which to relax and heal
- Quietness of room
- Lighting
- Music
- Temperature of room



Treatment Room