

Note: Feedback from profession stakeholders on the first draft of the Entry-Level Massage Education Blueprint indicated that this sub-topic was beyond entry-level or unnecessary for safe and competent practice. The original sub-topic is provided here as a resource for interested parties. Please note that this first-draft sub-topic has not been copyedited.

Subject – Adapting Massage for Clients, Topic – Adapting Massage for Clients with Common Pathologies

Sub-Topic: Massage for Clients with Neuropathy

Level 1

Knowledge: Attain and Comprehend

Skills: Observe and Imitate

Receive
Respond

Conditions: Having read assigned material and/or participated in a lecture, the learner will be able to:

- Define these terms: *peripheral neuropathy*, *mononeuropathy*, *polyneuropathy*.
- Identify the possible locations where peripheral neuropathy may occur (e.g., hands and feet gradually spreading proximally into the limbs and trunk, etc.).
- List two causes of neuropathy (e.g., a symptom of diabetes, alcoholism, associated with cancer, associated with HIV/AIDS, lupus, or mechanical pressure on nerves, etc.)
- List two factors that contribute to the occurrence of peripheral neuropathy (e.g., overuse of soft-tissue structures, lifestyle, trauma to soft-tissue structures, etc.).
- List two signs and symptoms of peripheral neuropathy (e.g., burning pain or tingling in the hands and feet, extreme sensitivity to touch, numbness, weakness, limited or uncontrolled movement, muscle weakening and atrophy in advanced cases, etc.).
- List two cautions, contraindications, or session adaptations for peripheral neuropathy (e.g., undiagnosed tingling should be referred to a physician, local contraindication with numbness because of inability to give feedback, etc.).
- List two massage benefits or effects for peripheral neuropathy (e.g., when related to nerve compression from soft-tissue structures, massage can help reduce the mechanical pressure on nerves, general stress reduction, general pain reduction,

Conditions: Having learned hands-on techniques in other classes and watched an instructor demonstration, the learner will be able to:

- Imitate the instructor’s methods for adapting a massage session to the needs of a client with peripheral neuropathy in the upper extremity.
- Imitate the instructor’s methods for adapting a massage session to the needs of a client with peripheral neuropathy in the lower extremity.

	etc.).	
Level 2	Knowledge: Use and Connect	Skills: Practice and Refine
Apply	<p>Conditions: Having participated in a classroom discussion, the learner will be able to:</p> <ul style="list-style-type: none"> • Discuss the causes, locations, signs and symptoms of peripheral neuropathy. • Discuss cautions, contraindications or session adaptations when working with a client with peripheral neuropathy. • Discuss the benefits and effects of massage for peripheral neuropathy caused by nerve compression. • Discuss self-care recommendations to support clients living peripheral neuropathy. • Analyze mock health forms, interview responses, and assessment results of three clients with either neuropathy. 	<p>Conditions: Having practiced hands-on techniques in other classes, the learner will be able to:</p> <ul style="list-style-type: none"> • Demonstrate massage forms and styles appropriate for a client with peripheral neuropathy in the upper extremity. • Demonstrate massage forms and styles appropriate for a client with peripheral neuropathy in the lower extremity. • Modify massage forms and styles based on feedback from the client. • Modify massage forms and styles based on felt sensations during the application of strokes. • Demonstrate effective and appropriate communication with clients during practice sessions.
Level 3	Knowledge: Choose and Plan	Skills: Naturalize and Adapt
Problem Solve	<p>Conditions: Having participated in a classroom activity, the learner will use a clinical reasoning model to:</p> <ul style="list-style-type: none"> • Develop a written one-hour treatment plan for a client with neuropathy by outlining all massage treatment methods, their sequence, the body regions and/or specific structures to be addressed, plus massage for related and compensating structures. • Present one’s session plan to peers and instructors. • Present the outcomes of the plan after delivery of the massage session. • Defend choices of treatment goals, methods, sequencing and timing of body areas. • Revise the plan based on feedback from peers and instructors. • Provide thoughtful feedback to peers on their session plans. 	<p>Conditions: Having developed a one-hour massage plan for a client with neuropathy, the learner will be able to:</p> <ul style="list-style-type: none"> • Conduct a one-hour massage session as outlined in a written session plan.

