

INHE Study Guide – Introduction to Massage Therapy (Test 1)

Equipment, Sanitation, Environment, and Professional Practice

Massage Tables & Equipment

Types of Tables

- **Portable tables**
 - Most commonly used
 - Easy to transport
- **Wooden tables**
 - Heavier
 - Provide **greater stability and a grounded feel**
- **Aluminum tables**
 - Lighter
 - Allow **faster adjustments**

Key Table Considerations

- **Width**
 - Wider tables → increased client comfort
 - Narrower tables → improved therapist body mechanics
- **Other Features**
 - Height → affects therapist posture and efficiency
 - Padding → affects client comfort
 - Fabric → affects hygiene and durability

Clinical Insight:

Therapists must balance **client comfort** with **their own body mechanics**

Sanitation & Infection Control

Cleaning vs. Disinfecting

- **Cleaning**
 - Removes visible dirt and debris
- **Disinfecting**
 - Eliminates harmful microorganisms
 - Required when exposed to **body fluids**

Linen Care

- Linens must be changed **after every client**
- Even if they appear clean

Purpose:

- Preventing cross-contamination
- Maintain professional and hygienic standards

Massage Accessories

Face Rest

- Supports head and neck in **prone position**
- Prevents strain and discomfort

Bolsters

- Support areas such as:
 - Knees
 - Ankles
- Reduce lower back strain
- Improve overall client comfort

Key Concept:

Proper positioning improves both **safety and effectiveness**

Massage Environment

Professional Environment Should Be:

- Clean
- Quiet
- Comfortable

Temperature Considerations

- Too cold → client may tense up
- Too warm → client may become uncomfortable

Clinical Insight:

The therapist is responsible for managing the **entire client experience**

Lubricants

General Understanding

- Different lubricants provide:
 - More glide
 - More control

Safety Considerations

- Always obtain **client consent** before using scented products
- Be aware of:
 - Allergies
 - Skin sensitivities

Ingredient Awareness

- Know what is being applied to the client's skin
- Avoid low-quality or harmful ingredients

INHE Program Expectations

Program Knowledge

- Understand:
 - Total program hours
 - Structure of modules
 - Weekly expectations

Attendance

- Critical for:
 - Learning
 - Skill development
 - Overall success

Clinical Expectations

- Arrive **early and prepare**
- Maintain organization and professionalism

Dress Code

- Wear **black scrubs**
- Maintain a clean, professional appearance

Purpose:

Build trust and confidence with clients

Big Picture Concepts

Massage therapy is not just about technique—it includes:

- **Safety**
- **Professionalism**
- **Awareness**
- **Client-centered care**

How to Study for This Test

Focus on understanding, not memorizing:

Ask yourself:

- Why does this matter in practice?
- How does this affect the client?
- What would I do in a real session?

Key Study Focus

- Equipment selection and purpose
- Hygiene and sanitation principles
- Client positioning and comfort
- Professional behavior and expectations
- Real-world applications