

## JOB ANALYSIS: MASSAGE COURSES

### GENERAL JOB/ ENROLLMENT INFORMATION

1. **Job Tasks**
  - a. Perform all services relative to massage and body treatments.
  - b. Be physically capable of attending classes.
  - c. Be physically capable of performing and receiving massages.
2. **Work Devices** (Machines, tools, equipment)  
Massage tables, towels, massage oils.

### PHYSICAL DEMANDS

#### FREQUENCY KEY

Constantly	(C)	67% - 100% of daily schedule
Frequently	(F)	33% - 67% of daily schedule
Occasionally	(O)	< 33% of schedule
Seldom	(S)	occurs less than 1x/day
Not Present	(NP)	activity or condition d/not exist

#### 1. General Body Movements

##### STANDING:

Frequency	=	(C)
Surface	=	Tiled floor
Activity	=	Full body massage.

##### WALKING:

Frequency	=	(F)
Surface	=	Tiled floor
Distance	=	Short distances within clinic area; not more than a few feet at a time.

##### SITTING:

Frequency	=	(F)
Chair Type	=	Stools, tall or low frame based on service performed.
Activity	=	Neck, facial, head massage.

##### BENDING:

Frequency	=	(F)
Activity	=	Massage techniques

#### 2. Upper Body Movements

##### NECK FLEXION/EXTENSION

Frequency	=	(C)
Activity	=	Performance of body massage.

##### ROTATION/LATERAL TILT

Frequency	=	(F)
Activity	=	Adjusting equipment.

##### REACHING

Frequency	=	(F)
Activity	=	Reach for length during body massage.

##### WRIST FLEXION/EXTENSION

Frequency	=	(F)
Activity	=	Massage

##### HANDLING

Frequency	=	(C)
Activity	=	Massage

##### GROSS MANIPULATION = (C)

##### SIMPLE GRASPING/

FIRM GRASPING = (C)

WRIST ROTATION = (C)

##### FINGERING

Frequency	=	(C)
Activity	=	Fanning; massage strokes.

##### TWISTING

Frequency	=	(F)
-----------	---	-----

3. **Lifting/Carrying/Pushing/Pulling**

LIFTING/LOWERING

Frequency = (F)

Activity = Products; Raising and lowering table for height adjustment.

CARRYING

Frequency = (F)

Activity = Products, laundry, water bowls, etc.; not over 15 lbs.

PUSHING/PULLING

Frequency = (C)

Activity = Skin and muscle manipulations.

4. **Coordination (eye, hand, foot)** = (C)

5. **Driving** = (NP)

6. **Communication/Sensory Input**

VISION

Frequency = (F)

Activity = Surveying clients muscles.

HEARING

Frequency = (F)

Activity = Client consultation; tones emitted by machines.

TALKING

Frequency = (F)

Activity = Giving instructions, communication/interaction with client.