



Competency
**Manual Therapy
 Techniques**

 Student Name

The student will be knowledgeable of and demonstrate basic massage strokes. The student will also be knowledgeable of a variety of other manual therapy techniques.

Components

Massage Strokes/Techniques

- Lymphatic Massage/Drainage— _____

- Effleurage— _____
- Petrissage— _____
- Tapotement— _____
- Vibration— _____
- Sports Massage— _____

- Friction (transverse)— _____
- Trigger Point Therapy (circular friction)— _____

Other Manual Therapy Techniques

Pain & Movement

- Strain-Counterstrain
 Purpose: _____

 Performed: _____

 Contraindications: _____

- Muscle Energy Technique
 Purpose: _____

 Performed: _____

 Contraindications: _____

Range of Motion

- Stretching
- Mulligan Techniques
 Purpose: _____

Performed: _____

Contraindications: _____

▪ **Joint Mobilization**

Purpose: _____

Performed: _____

Contraindications: _____

▪ **Manual Traction**

Purpose: _____

Performed: _____

Contraindications: _____

Myofascial Release

▪ **Dry Needling**

Purpose: _____

Performed: _____

Contraindications: _____

▪ **Instrument-Assisted Soft Tissue Mobilization or IASTM (i.e. Graston Technique)**

Purpose: _____

Performed: _____

Contraindications: _____

Mastery _____
ATC Signature

_____ Date Mastered