



# VERIFICATION OF STUDENT HEALTH HISTORY & PHYSICAL EXAM

## Massage Therapy Program

Students admitted to the Massage Therapy Program are required to have their medical provider complete this form.

Students participating in BCC's Massage Therapy Program must be capable of performing the Massage Therapy Program's Essential Functions with or without reasonable accommodation\*. The Massage Therapy Program's Essential Functions establishes the minimum physical and mental requirements for all students participating in the program's courses and clinicals. The Essential Functions for the Massage Therapy Program are listed on the reverse side of this form.

<b>Student Information</b>	
Student Name: _____ DOB: _____ BCC ID _____	
<b>Medical Provider Verification</b>	
Based on my review of the student's health history and medical examination of the student and review of the Massage Therapy Program's Essential Functions (on reverse), this student is:	
<input type="checkbox"/> Cleared for all classroom/lab/clinical participation without restriction <input type="checkbox"/> Not cleared <input type="checkbox"/> Not cleared at this time; will require a meeting with the Disability Service Center to assess for the applicability/appropriateness of accommodations * <input type="checkbox"/> Not cleared at this time; short term limitation that will require a follow-up visit to the physician: List restrictions: _____	
<b>Medical Provider Information</b>	
Medical Provider: _____	Telephone: _____ - _____ - _____
Office/Practice: _____	Fax: _____ - _____ - _____
Address: _____	
Street	City State
Zip code	
Date of Physical Exam: _____	
Medical Provider Signature: _____	Date _____

**Please return completed form to:** Berkshire Community College  
Immunization & Medical Records Office, SBA, A-118  
1350 West Street, Pittsfield, MA 01201  
Ph. 413-236-1614 Fax: 413-499-4576

\*A student with a disability should contact the Disability Resource Center at 236-1614.

# Essential Functions: Massage Therapy Program

The Essential Functions of a student enrolled in the Massage Therapy Program requires that the student, with or without reasonable accommodations, must be able to:

## 1. Critical thinking

- a. Integrate information from a variety of sources such as (knowledge content) text books, reference books, palpation, observation, communication (verbal/nonverbal) to guide decision making.
- b. Evaluate and implement appropriate actions for self-care to prevent injury and burn-out.
- c. Interpret information from multiple sources (tactile, verbal/nonverbal communication, knowledge of physiologic effects), while maintaining massage flow
- d. Recognize emergency or possible emergency situations and react in safe and effective manner
- e. Perceive signs of client discomfort by palpation, observation, and receiver's verbal/non verbal response
- f. Determine if massage is indicated, needs modification, is contraindicated, requires clearance from medical provider, requires referral (beyond scope of practice)

## 2. Communication

- a. Maintain professional verbal and nonverbal communication
- b. Demonstrate active listening
- c. Develop rapport
- d. Understand and respond appropriately to nonverbal communication
- e. Use effective written, verbal and nonverbal communication which is accurate and appropriate to the audience

## 3. Professional Presence

- a. Demonstrate attributes of empathy, compassion, tolerance, and respect
- b. Function autonomously, effectively and ethically in an intimate environment
- c. Align with professional ethics and standards
- d. Maintain mental focus for uninterrupted repeated periods of 60"-90"

## 4. Physical

- a. Maintain continuous standing and moving with periods of sitting for 60-90"
- b. Perform repetitive gross motor movements of arms and legs for 60-90" at a time
- c. Maintain appropriate body mechanics for 60-90" at a time
- d. Assist a person on and off massage table
- e. Lift a person's limbs while on massage table
- f. Perform repetitive fine motor skills with hands to manipulate tissue
- g. Use sensation of touch to accurately respond to tissue changes

These are the *Essential Functions of the Massage Therapy Program*. If there are any reasons why you may not be able to perform these functions with or without reasonable accommodations, you should notify the Program Director as soon as possible.