

Supplement 1 Codebook

- Massage therapy definition
 - Science of massage/Clinical massage
 - Art of massage/Wholistic massage
 - Massage as healthcare
 - Massage as part of service industry
 - Blending (art and science/clinical and wholistic)
 - Massage in context
 - Treatment itself
 - Structural
 - Neuromuscular
 - Psychogenic/emotional
 - Blend of structural, neuromuscular, psychogenic/emotional
 - Missing pieces
 - Therapeutic relationship
 - Mechanisms
 - Assessment instruments
 - Competencies
 - Population/community health
 - Red flags
 - Electronic health records
- Framework for massage therapy practice
 - Apply definition
 - Assessment
 - Referring to other healthcare practitioners
 - Critical thinking
 - Palpation
 - Biomedical testing (BP/Pulse/etc.)
 - Discussion
 - Improving assessment skills
 - “Meeting client where they are at”
 - Mastery of assessment
 - Intuitive in nature
 - Learned skill
 - Tracking change
 - Re-assessment
 - Able to identify contraindication/red flags
 - Safety
 - Treatment
 - Health education
 - Coping with stress
 - Problem-focused
 - Body awareness
 - Lifestyle education
 - Client engagement
 - Self-care
 - Movement education
 - Breathing exercises
 - Exercise
 - Nutrition
 - Essential elements
 - Create a healing environment
 - Caring
 - Listening

- Nurturing
 - Attention
 - Time
 - Patient choice
 - Communication
 - Professional image in health care
 - Outcomes
 - Patient satisfaction
 - Influenced by
 - Therapeutic relationship
 - Attachment
 - Therapist education
 - Experiential learning
 - Environment/context
 - Plan of care
 - No attachment to outcomes
 - Client centered/Client goals
 - Scope of practice
 - Documentation
 - Need for reporting guidelines
 - Need for protocol
- Effects of massage therapy
 - Positive effects
 - Amelioration of anxiety
 - Amelioration of depression
 - Decrease stress
 - Decrease pain
 - Improve sleep
 - Increase self-efficacy
 - Coping
 - Relaxation
 - Entrainment
 - Improved quality of life
 - Negative effects
 - Massage assumptions
 - Risk of harm
 - Adverse events
 - Contraindication and safety
- Stress
 - Definition
 - Mechanical stress
 - Psychosocial stress
 - Stress conditions
 - Anxiety
 - Depression
 - High blood pressure
 - Stress
 - Back pain
 - Sleep
 - Breathing problems
 - Symptoms of stress
 - Effect of stress
 - Reaction to stress
 - Causes
 - Assessment

- Client centered self-assessment
 - What do they feel physically
 - What do they feel emotionally
 - Therapist assessment
 - Visual assessment
 - Palpation
 - Clinical impression
 - Potential assessment questions
 - Pre/post assessment
 - Measurement
 - Re-assessment
 - Treatment
 - Meet client where they are “at”
 - Pacing
 - Leading
 - Goals of treatment for stress
 - Parameters of care
 - Client-centered
 - Health education
 - Stress management
 - Education about self-care
 - Coping
 - Problem-focused coping
 - Emotion-focused coping
 - Awareness/body awareness
 - Essential elements
 - Contraindications/Client safety
 - Red flags
 - Referring out
 - Outcomes
 - Stress reduction
 - Calming
 - Relaxation response
 - Body awareness
 - Improved breathing
 - Negative aspects
 - Enabling
 - Plan of care
 - Stress reduction
 - Low back pain
 - Definition
 - Causes
 - Visceral
 - Mechanical
 - Emotional/psychogenic
 - Postural
 - Anatomical
 - Structural
 - Unstable SI
 - Assessment
 - Experience
 - Client stage
 - Range of motion
 - Postural assessment
 - Health history

- Need for standardized system of assessment
 - Evaluation of constant change
 - The client's emotional state
 - Specific vs. non-specific low back pain
 - Screening process
 - Measures
 - When to refer
 - Risks of harm
- Treatment
 - Techniques used
 - Alexander technique
 - Myofascial release
 - Joint mobilization
 - Osteopathic techniques
 - Indirect approach
 - Lymphatic work
 - Relaxation work
 - Treatment adaptations
 - Bolstering
 - Working with whole body
 - Safety
- Health education
 - Exercise
 - Diet to reduce inflammation
 - Client education
 - Self-care
 - Clients holding on to dysfunction
- Essential elements
 - Inverse pain/intervention intensity relationship
 - Level of training leads to more specific intervention
 - Education needed
 - Research needed
 - Causes that should be excluded from massage and LBP studies
 - Professional identity
 - Interdisciplinary work
 - Neuro-matrix and neuromodulation theory
- Outcomes
 - Reduce medications
 - Reduce pain
 - Maintain mobility
 - Improve function
 - Reduce stress
- Plan of care