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them again. Get  
between your  
fingers. Use a  
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protocols. With

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therapists, we can turn to entities like the CDC to learn how to create a therapy space that is safe and sanitary. While some practices remain closed, some massage businesses are open now.

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massage

therapists can

assist the

athlete in

overcoming the

injury by first

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Clinical massage therapists use massage to assess and evaluate the problem. The next step, says Waslaski, is to implement the appropriate sports massage technique to help it begin to heal.

**The Massage**

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backache as well

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methods ideal  
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deriving from  
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therapy,  
osteopathic, and  
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sources.

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A massage therapist is a person trained in giving massages. Read on to learn about the different types of massage and which type might

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be right for  
you. 1. Swedish  
massage.

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therapists are encouraged to maintain a

commitment to

fostering

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literacy.

Research

literacy is the ability to find, read,

understand,

evaluate and

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Depending on preference, your massage

therapist may

use oil or

lotion to reduce friction on your

skin. Tell your massage

therapist if you might be

allergic to any ingredients. A

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message session  
may last from 10  
to 90 minutes,  
depending on the  
type of massage  
and how much  
time you have.

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to Understand.

OSHA has updated  
its regulations  
to include  
airborne

pathogens. With  
this change, the  
way business  
owners,

employers and

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Therapists

massage therapists work will also need to change.

Before COVID-19, the Occupational Safety and Health

Administration (OSHA)'s regulations on bloodborne pathogens impacted massage



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therapists only  
when someone had  
bled or vomited  
in the office.

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a therapist's  
opportunities to  
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therapist can  
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practice that

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