

## Therapist behaviors that uphold physical boundaries

Maintain 4-5 feet distance when walking with client or standing near them

Avoid unnecessary touch before massage begins (except handshake or stability assistance)

No hugs or casual touches (shoulder, forearm, lower back)

Demonstrate awareness of body mechanics to prevent unnecessary body contact

Never lean against table with pelvis or graze client with breast tissue

## Therapist behaviors that uphold sexual boundaries.

Empower clients to undress to their comfort level without suggestions

Always leave room when client undresses or dresses

Agree on session plan beforehand and stick to it

Obtain written consent for sensitive areas (pectorals, gluteals)

Practice exceptional draping-maintain modesty and security

Never work under drapes or clothing edges

Only touch client with body parts commonly used for massage (palms, thumbs, fingers, knuckles, elbow, forearm)

Protect client sense of safety and comfort

Require therapist self-awareness and intentionality

Involve managing physical proximity and touch

Violations create client distrust and discomfort

Both supported by maintaining professional distance and limiting touch to treatment time

## SIMILARITIES

