

THERAPEUTIC MASSAGE LAB

SPACE DESCRIPTION

The Therapeutic Massage Lab is a dedicated lab space that also operates as a student-run clinic open to the public. Here, students can practice their skills in supervised sessions at massage tables. The space shall be a soothing, private place where patients can feel relaxed and at ease. These labs require specific equipment and furnishings. A Reception room with a small waiting area serves as the entry point, and a Prep Room adjoins the Lab. The size of the Therapeutic Massage Lab is dependent on the number of students served and the demand for a public clinic.

The layout shown is illustrative of basic concepts and spatial needs. Specific requirements may be accommodated on a project by project basis, according to each campus' needs.

SUCCESS FACTORS

Privacy: Within the lab, individual massage stations shall be divided by walls or curtains for patient comfort and privacy.

FF&E: Students require all the necessary furniture, equipment, and resources to serve patients with complete, professional care.

Preparation Space: A dedicated room shall be provided for linen storage, laundry services and other behind-the-scenes preparation. Connections for a washer and dryer shall be provided in the Prep room.

GENERAL

All perimeter walls shall be full height to deck.

ADJACENCIES

Adjacent space is required for the following: **Reception** and **Prep Room**.

Ideally, Therapeutic Massage Labs adjoin other programs in the healthcare sciences for efficiency in shared spaces and cross-training between programs. Therapeutic Massage Labs shall be located within close proximity to faculty offices.

ACOUSTICS

Acoustic ratings for CNA Lab perimeter walls: STC 50. Special accommodations may be required due to location in the building.

Maximum recommended HVAC Background Noise: 40dBa

Follow the recommended methodologies and best practices for mechanical system noise control in ANSI Standard S12.60; the 2015 ASHRAE Handbook-- HVAC Applications, Chapter 48, Noise and Vibration Control (with errata); and AHRI Standard 885--2008.

Maximum NC Level for VAV's shall be less than 30 at maximum CFM

MECHANICAL

Verify specific needs on a project-by-project basis while planning for flexibility in the future. Provide the following, at minimum:

- Provide handwash sink with foot pedals or sensors in the Prep Room.
- Provide connections for washer and dryer in adjacent Prep Room.

ELECTRICAL & DATA

Electrical power requirements are based on selected equipment. Provide 120/208V 3-phase, typical.

Place wall outlets at no more than 6' intervals and at every massage table. When laptops are a requirement for learning, special consideration is necessary. Coordinate with data requirements.

Provide additional power and data at 6' intervals along perimeter walls at locations which may be used for desktop computer workstations and/or lab equipment.

LIGHTING

- Provide LED lighting system with appreciable indirect component and good diffusion for maximum visibility from all directions.
- Provide controls for zoning and dimming. Each zone shall be switched separately with three preset dimmable levels: low, medium, high. Provide a dimmer switch at the Reception Desk.
- Provide task lighting at massage tables.
- Provide low-brightness luminaires with high visual comfort probability (VCP) in all viewing directions. Average 40fc at 30" A.F.F. Min CRI 80.
- Lighting watts per square foot and controls shall meet the latest requirements of ASHRE 90.1

TECHNOLOGY

- Provide Wireless capability throughout Therapeutic Massage Labs.
- Provide data outlets at same interval as power.
- Provide telephone service.

ACCESSORIES AND EQUIPMENT

Equipment needs include:

- Private stations with the following:
 - o Massage tables
 - o Bedside tables with storage and LED lamp
 - o Privacy curtains
 - o Patient chair
- Wall-mounted Hand sanitizer dispensers
- Towel warmers
- Undercounter refrigerator
- Washer and Dryer

FURNITURE

Provide the following standard furnishings for Therapeutic Massage Labs:

- Massage tables with bedside table and patient chair
- Reception desk with integral power and data connections.
- Wall and base cabinets with locks.
- Wall Shelving

Items and accessories such as artwork make for a restful and relaxing environment.

FINISHES

Ceilings

Recommended Height: 9' to 10', with special consideration to acoustics when greater than 10'.

Ceilings shall have an NRC of .70 to .85.

In renovations, rooms without full height perimeter walls shall have ceilings with high CAC (Ceiling Attenuation Class) values.

Floors

Hard surface, no-wax flooring is required.

Countertops

Solid surface required for all wet and chemical areas.

DOORS AND WINDOWS

Therapeutic Massage Lab doors must provide 5'-0" clear, minimum.

Doors shall be minimum STC 30 with 6" x 30" Window Lite preferred.

Provide locked entry door. Key fob access preferred.

RECEPTION

SPACE DESCRIPTION

The Reception room is the public-facing entrance to the Therapeutic Massage Lab. As intended to be a full-service clinic, a reception desk with power and data connections shall be provided along with a waiting area and seating.

ACCESSORIES AND EQUIPMENT

Provide the following in Reception room:

- Reception Desk with power and data
- Task lighting
- Telephone
- Chairs

PREP ROOM

SPACE DESCRIPTION

Directly adjacent to the Therapeutic Massage Lab, the Prep Room provides necessary services as well as a secure location for the storage of equipment and supplies.

Provide the following:

- Storage racks for linens
- Wall cabinets and base countertops with power and data
- Undercounter refrigerator
- Towel warmer
- Connections for a washer and dryer