

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title: Massage Theory II

Code No.: MST112 Semester: 2

Program: Massage Therapy Program

Author: Ruth Wilson

Date: Sept/97 Previous Outline Date: 09/96

Approved: J^A y[^]^[^]^[^]c. _r[^]^[^] (y) CO o[^] ^ - ^ / ^ T[^] "
Dean Date / '

Total Credits: 4 Prerequisite(s): MST102, MST103
BIO107

Length of Course: 4 Hrs/Wk Total Credit Hours: 64

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COURSE NAME

CODE

L PHILOSOPHY/GOALS:

In this course, the student will gain a greater awareness of the physiological and psychological effects of massage therapy on the healthy adult as well as individuals experiencing stress and pain. The student will be introduced to the principles and application of hydrotherapy within massage therapy practice. Students will study the basis for conducting a case history, formulating a clinical impression, developing, implementing and reassessing a treatment plan.

n, LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A, Learning Outcomes

Upon successful completion of this course the student will:

1. Compare and contrast the healing role of multicultural stress management techniques which are relevant to massage therapy practice.
2. Compare and contrast the healing role of hydrotherapy applications within massage therapy practice.
3. Apply teaching and learning principles within the classroom setting.
4. Demonstrate the development of a treatment plan within massage therapy practice at a beginning level.
5. Demonstrate the development and maintenance of client records at a beginning level.
6. Compare and contrast massage therapy modalities in the management of pain and inflammation at a beginning level.

B. Elements of Performance

- 1, Compare and contrast the healing role of multicultural stress management techniques which are relevant to massage therapy practice.
 - a) Review the physiological and psychological response to stress in the body.

IL LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- b) Review common stressors.
 - c) Explain the full body effects of massage therapy with emphasis on the relaxation response.
 - d) Compare and contrast holistic stress management techniques from a multicultural view point used in massage therapy practice.
 - e) Describe self-care strategies to prevent therapist burn-out.
2. Compare and contrast the healing role of hydrotherapy applications within massage therapy practice.
- a) Define hydrotherapy.
 - b) Explain the general aims of hydrotherapy treatment.
 - c) Determine the specific properties and effects of water.
 - d) Distinguish between the stimulating and soothing effects of hydrotherapy.
 - e) Discuss the local, general, mechanical and reflexive physiological effects of hot, cold and contrast applications.
 - f) Explain the general safety guidelines for the application of hydrotherapy in acute sub-acute and chronic conditions.
 - g) Discuss the contraindications for hot, cold and contrast applications.
 - h) Describe the technique, effects, indicators and contraindications for specific hydrotherapy applications.
 - i) percussion and friction
 - cold mitten friction
 - dry brushing
 - salt glow scrub

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- ii) washing
 - " individual
 - series or multiple
- iii) local applications of hot
 - thermophore
 - hydrocoUator
 - paraffin wax bath
- iv) compress and fomentations
 - hot compress
 - heating compress
 - cold compress
 - alternating hot towels
 - contrast alternating towels
- v) cryotherapy
 - ice bag
 - gel pack
 - ice massage
- vi) baths (full, partial, sitz, arm, foot)
 - simple
 - contrast
 - increasing temperature
 - decreasing temperature
 - medicated
- vii) full body treatments
 - whirlpool
 - sauna
 - steam
- viii) additives
 - eucalyptus
 - peppermint
 - salt/epsom salt
 - chamomile
 - Mar's balsam
 - pine

II LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- i) Discuss the integration of hydrotherapy applications into effective massage therapy treatment plans and self-care programs.
3. Apply teaching and learning principles within the classroom setting.
 - a) Demonstrate an understanding of various learning styles.
 - b) Explain principles of adult learning and teaching.
 - c) Distinguish factors throughout the lifespan which affect the ability and readiness to learn.
 - d) Plan and implement effective teaching strategies and materials.
 - e) Identify methods to evaluate a teaching session.
 4. Demonstrate the development of a treatment plan relevant to massage therapy practice.
 - a) Interpret assessment findings and formulate a clinical impression.
 - b) Identify anticipated outcomes in collaboration with client.
 - c) Identify specific treatment modalities to be used as well as self-care plan for client.
 - d) Determine effectiveness, frequency and duration of treatment.
 - e) Develop strategies to evaluate effectiveness of treatment plan and to determine if treatment goals are accomplished.
 - f) Modify treatment plan as necessary.
 5. Demonstrate the development and maintenance of client records at a beginning level.
 - a) Describe the purposes of documentation.
 - b) Describe the basic principles of documentation.

a LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- c) Demonstrate the development of a case history relevant to massage practice.
 - demographic data
 - present illness/injury/concern
 - past/present health history
 - psychosocial history
 - review of systems
- d) Document using SOAP charting at a beginning level.
- e) Describe the legal reporting requirements relevant to massage therapy practice.
- f) Demonstrate an awareness of the legal and confidentiality requirement of documentation (see Regulations).

6. Compare and contrast massage therapy modalities in the management of pain and inflammation at a beginning level.

- a) Describe the following concepts relevant to the pain experience.
 - i) neurophysiology of pain
 - ii) pain theories
 - iii) acute vs chronic pain
 - iv) specific types of pain
 - v) subjective and objective characteristics of pain
 - vi) factors influencing the pain experience
- b) Review the following concepts relevant to the inflammatory response.
 - i) body defences - surface membrane
 - non specific cellular and chemical defences
 - ii) tissue response to injury
 - iii) body temperature regulation
 - heat loss mechanisms
 - heat production mechanisms
 - fever

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- c) Explain the role of specific massage therapy modalities used in the management of pain and inflammation.
- d) Describe self-care strategies used in the management of pain and inflammation based on teaching learning principles.

HL TOPICS:

- 1. General Aims of Hydrotherapy
- 2. Physiological Effects of Hydrotherapy
- 3. General Guidelines for Hydrotherapy Application
- 4. Technique, Effects, Use and Contraindication of Hydrotherapy Applications
- 5. Treatment Plan Formation
- 6. Record Keeping and Documentation
- 7. Principles of Teaching and Learning
- 8. Role of Massage Therapy in Stress Management
- 9. Role of Massage Therapy in Pain Management
- 10. Role of Massage Therapy in Management of Inflammatory Responses
- 11. Self-Care Management (Client and Therapist)

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

- 1. Fritz, S. (1995). *Fundamentals of Therapeutic Massage*. Mosby Lifeline.
- 2. Thrash and Thrash (1981). Home Remedies, Thrash Publications.

Additional Resources:

- 1. Moor, F. etal (1964). Manual of Hydrotherapy and Massage. Pacific Press Publishing.

V. EVALUATION PROCESS/GRADING SYSTEM

A. Grading

1. The pass mark for this course is 60%. The letter grades for this course will be assigned in accordance with those established by Sault College.
2. Students who miss scheduled tests during the semester will not be allowed to write on another day.
3. If the teacher has been appropriately notified of your absence from the test, the test you miss will count for the same percentage as you receive on the final exam. If you do not notify your instructor you will receive a grade of "0" for the missed test.
4. Students must write the final exam and complete all assignments.
5. There will be no supplemental examination in this course.

B. Evaluation Methods

Evaluation methods will be determined and discussed with students within the first two weeks of the course.

VL SPECIAL NOTES:

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office,

The instructor reserves the right to modify the course as deemed necessary to meet the needs of students.

Vn. PRIOR LEARNING ASSESSMENT

Students who wish to apply for advanced credit in the course should consult the instructor/Coordinator.