

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE; MESSAGE THEORY m

CODE NO.: MST 202

SEMESTER: 3

PROGRAM: MESSAGE THERAPY PROGRAM

AUTHOR: RUTH WILSON

DATE: SEPT./97

PREVIOUS OUTLINE DATED: N/A

APPROVED:

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TOTAL CREDITS: 6

PREREQUISITE(S): MST 112, MST 113, BIO 117

LENGTH OF COURSE: 6 HRAVEEK

TOTAL CREDIT HOURS: 96

**COURSE DESCRIPTION:**

In this course the student will study the basis for conducting a regional examination relevant to massage practice. Students will apply their knowledge of the structure and function of the musculoskeletal system. The course will also emphasis promotion of health and healing with the aged and obstetrical chent.

**n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

**A. Learning Outcomes**

Upon successful completion of this course the student will be able to:

1. Explain the components of a regional examination relevant to massage therapy practice.
2. Compare and contrast the healing role of massage therapy practice with the elderly client population.
3. Compare and contrast the healing role of massage therapy practice during pregnancy, labour and delivery, and the postpartum period.
4. Compare and contrast the healing role of massage therapy practice when treating athletes.

**B. Elements of Performance**

1. Explain the components of a regional examination relevant to massage therapy practice.
  - a) review the components of a thorough case and health history including a review of systems
  - b) describe principles involved in a physical/orthopaedic examination
  - c) determine criteria for the general observation phase of the assessment including gait and posture

H. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE  
(Continued)

- d) describe specific assessment skills involved in a regional examination under the following headings:
- i) musculoskeletal examination
    - visual inspection
    - palpation
    - range of motion tests
    - testing of musculature (length and strength)
    - specific regional tests
    - functional evaluation (ie A.D.L.)
    - joint play
  - ii) neurological examination
    - sensory (ie pain evaluation)
    - motor
    - reflexes (deep tendon, superficial, upper motor neuron)
    - cranial nerve testing
    - cerebellar testing
  - iii) peripheral vascular examination
- e) describe an organized regional examination which includes:
- head
  - temporomandibular joint
  - neck/cervical spine
  - thorax
  - shoulder
  - elbow
  - wrist and hand
  - lumber spine and pelvis
  - hip
  - knee
  - ankle and foot

document object findings using appropriate format.

**n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE**  
**(Continued)**

Compare and contrast the healing role of massage therapy practice with the elderly population.

- a) identify attitudes, values and beliefs relevant to the aging process
- b) describe the psychosocial and physiological changes associated with the aging process
- c) identify the determinants of health which impact on the aging process
- d) describe the meaning and effects of touch among the aged
- e) describe the effects, uses and contraindications of massage techniques on the healthy elderly
- f) discuss adaptations to massage techniques relevant to specific concerns of the healthy aged
- g) determine effective treatment plans which incorporate holistic strategies to promote health and healing with the elderly population (case studies)
- h) identify community resources which offer support to seniors in our community
- i) describe roles and responsibilities of a massage therapist working as a health team member with seniors in a health facility
- j) determine effective and caring communication techniques considering common sensory changes amongst seniors

Compare and contrast the healing role of massage therapy practice during pregnancy and postpartum.

- a) briefly describe the normal physiological and psychological changes during each trimester of pregnancy and postpartum period

**n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE  
(Continued)**

- b) describe the indications, effects and contraindications of massage therapy techniques during each trimester of pregnancy and postpartum period
- c) outline effective treatment plans for common discomforts of pregnancy:
  - abdominal pressure
  - backache
  - breast/nipple soreness
  - leg cramps
  - constipation/heart burn
  - edema
  - sciatica
- d) outline a full body treatment ensuring appropriate positioning and support during pregnancy and postpartum period

Compare and contrast the healing role of massage therapy practice when treating athletes:

- a) describe the effects, uses, indications, contraindications and techniques of massage on the athlete
  - pre-event
  - intra-competition
  - post-event

**m. TOPICS:**

- 1. Client Assessment
  - a) case and health history
  - b) general observational skills
  - c) specific assessment skills
    - i) musculoskeletal examination (regional)
    - ii) neurological examination
    - iii) peripheral vascular examination
- 2. Massage Therapy and Seniors
- 3. Massage Therapy in Pregnancy and Postpartum
- 4. Massage Therapy and The Athlete

**TOPICS (Continued)**

Note: 2 hours/week = Aging/Obstetrics/Athlete  
4 hours/week = Client Assessment

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

1. Kendall and McCreary. Muscle Testing and Function. Williams and Wilkins.
2. Magee, D. (1992). Orthopedic Physical Assessment (2nd ed). W.B.Saunders.
3. Rattray, F. (1995). Massage Therapy: An Approach to Treatments (2nd ed.Y Toronto: Massage Therapy Texts and MAVerick Consultants.

**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 Sauk 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 tc^i 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 A^tthin the first two weeks of the course.

**VI. 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.

**Retention of Course Outlines**

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

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.

