

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: MESSAGE LAB m

CODE NO.: MST 203

SEMESTER: 3

PROGRAM: MESSAGE THERAPY PROGRAM

AUTHOR: RUTH WILSON

DATE: SEPT./97

PREVIOUS OUTLINE DATED: N/A

APPROVED:


DEAN


DATE

TOTAL CREDITS: 3

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

LENGTH OF COURSE: 3 HRAVEEK

TOTAL CREDIT HOURS: 48

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I. COURSE DESCRIPTION:

This course will focus on history taking techniques, regional examinations and record keeping.

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A. Learning Outcomes

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

1. Define various soft tissue and joint disorders.
2. Demonstrate a comprehensive regional examination relevant to massage therapy practice.

B. Elements of Performance

1. Define various soft tissue and joint disorders (overview):

- a) Soft Tissue/Joint Disorders

- strain
- sprain
- contusion (hematoma)
- dislocation
- tendinitis
- synovitis
- cramp/spasm
- bursitis
- compartment syndrome
- adhesive capsulitis
- myofascial pain syndrome
- entrapment neuropathy
- atrophy

Demonstrate a comprehensive regional examination relevant to massage therapy practice.

- a) obtain a thorough client case and health history including a review of systems

II LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE
(Continued)

- b) identify and document accurate general observations of client during assessment
- c) competently perform specific assessment skills involved in a regional examination.
 - i) musculoskeletal examination
 - visual inspection
 - palpation (bones, muscles, joints)
 - range of motion testing
 - length and strength testing of musculature
 - special regional tests
 - functional evaluation (ie A.D.L.)
 - joint play
 - ii) neurological examination
 - sensory (including pain evaluation)
 - reflexes (deep tendon, superficial, upper motor neuron)
 - cranial nerve testing
 - cerebellar testing
 - iii) peripheral vascular examination
 - palpate: pulses, lymphnodes, edema
 - skin and nails: colour, texture, temperature
- d) competently perform an organized regional examination which includes:
 - head
 - temporomandibular joint
 - neck/cervical spine
 - thorax
 - shoulder
 - elbow
 - wrist and hand
 - lumbar spine and pelvis
 - hip
 - knee
 - ankle and foot

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

- e) accurately document assessment findings using appropriate format.

m. TOPICS:

1. Soft Tissue and Joint Disorders (Overview)
2. Ghent Assessment
 - a) case and health history
 - b) general observation skills
 - c) specific assessment skills
 - musculoskeletal examination (regional)
 - neurological examination
 - peripheral vascular examination
3. Documentation

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Students are required to purchase a penlight, reflex hammer, pinwheel and goniometer.
2. Magee, D. (1992). Orthopedic Physical Assessment (2nd ed.). W.B. Saunders.
3. Kendall & McCreary. Muscle Testing and Function. Williams and Wilkins.

V. EVALUATION PROCESS/GRADING SYSTEM

1. The pass mark for this course is "satisfactory".
2. The evaluation process will be explained by the course instructor within the first two weeks of class.

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VI. SPECIAL NOTES:

1. Sections and schedules are developed to maximize student learning opportunities and experiences. These are based on needs and learning outcomes that are expected of all students.

Attendance at Lab is mandatory.

