

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



W 'omwm \ r^
SEP 2 s 1999

COURSE OUTLINE

SAULT STE. MARIE

Course Title: **Massage Theory VI**

Code No.: **MST312** **Semester:** **6**

Program: **Massage Therapy**

Author: **Ruth Wilson**

Date: **September, 1998** **Previous Outline Date:** **N/A**

Approved:

Dean

COf^J- ^r.J9^

Date

Total Credits: **6** **Prerequisite(s):** BIOSOO. MST302. MST303,
MST306

Length of Course: **6 Hrs/Wk** **Total Credit Hours:** **96**

Copyright © 1998 The Sault College of Applied Arts & Technology
Reproduction of this document by any means, in whole or in part, without the prior written permission of The Sault College of Applied Arts & Technology is prohibited. For additional information, please contact Donna Tremblay, School of Health and Human Services, (705) 759-2554, Ext 690.

I. PHILOSOPHY/GOALS:

In this course, students will continue the formulation of specific treatment and home care programs for individuals with acute, subacute and chronic medical conditions. Students will design comprehensive treatment plans which integrate basic treatment and advanced massage techniques, remedial exercise, hydrotherapy and home care programs.. A case study approach will be used to foster critical thinking and decision making skills.

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

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

- A. Use critical thinking and problem solving strategies to analyze client information and form a clinical impression

Elements of Performance

1. Consolidate assessment routines applicable to client presentation.
 - a) health history and interview
 - b) palpation
 - c) observation
 - d) specific orthopaedic and neurological testing
 - e) muscle strength, length and pain testing
 2. Amalgamate assessment findings with current and accurate knowledge of the presumed condition.
 - a) select, critically read and apply research in massage and pathology as available and appropriate
 3. Recognize elements which may contraindicate or suggest modifications to treatment.
- B. Describe treatment strategies for acute, sub-acute and chronic medical conditions, including:
- 1) principles of treatment
 - 2) basic and advanced massage techniques
 - 3) remedial exercise
 - 4) hydrotherapy
 - 5) home care

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

C. Determine implications for massage therapy treatment strategies and techniques given possible complicating factors.

1. Determine the implications of a variety of medications and drugs.

- a) analgesics
- b) anti-inflammatories (both steroid and nsaid)
- c) anit-coagulants
- d) anti-depressants
- e) alcohol/nicotine/marijuana

2. Determine the implications of the follovi/ing medical conditions.

a) Multiple System

- Diabetes
- Chronic renal failure
- HIV infection
- Cancer
- Mental health conditions

b) Circulatory

Edema, including CHF/Pulmonary Edema
Atherosclerosis
Hypotension
Myocardial infarction
Conductive disturbances of the heart

c) Central Nervous System

- Epilepsy

d) Integumentary System

- Decubitus ulcers

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

D. Given any determined implications, design a logical and defensible holistic treatment plan for individuals in all stages (acute, sub-acute and chronic) for the following conditions or pathologies

1. Multiple System

Conditions associated with pregnancy

2. Circulatory

Hypertension

Renaud's disease/phenomenon

Varicosities/thrombosis

3. Respiratory

Chronic bronchitis

Asthma

Emphysema

Sinusitis

4. Central Nervous System

Musculoskeletal complications of CVA
(Hemiplegia)

Spinal cord injuries (para/quadruplegia)

Cerebral palsy

Parkinsonism (Rigidity)

Multiple Sclerosis

Poliomyelitis

5. Peripheral Nervous System

Ulnar, median, radial paralysis

Erb's and Klumpke's paralysis

Sciatic, peroneal, tibial paralysis

Facial nerve paralysis (Bell's Palsy)

Neuralgia/neuritis

Intercostal and trigeminal neuralgia

Nerve compression/entrapment syndrome (ie

Thoracic outlet piriformis, carpal tunnel syndromes)

6. Integumentary System

Scars/wounds/burns

E. Discuss appropriate consultations and referrals with colleagues and other members of an interdisciplinary team.

III. TOPICS:

- a. Assessment Strategies
- b. Treatment Strategies
 - specific pathologies/conditions
- c. Contraindications and Precautions
- d. Referral Strategies

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Rattray, F. (1995). Massage Therapy: An Approach to Treatment 2nd Edition, Toronto
Massage Therapy Texts and Maverick Consultants.

Hertling and Kessler (1996). Management of Common Musculoskeletal Disorders. 3rd
Edition, Lippincott

V. EVALUATION PROCESS/GRADING SYSTEM:

The evaluation methods will be determined and discussed with students the first two weeks of class.

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 instructor has been appropriately notified of your absence for the test, the test you miss will count for the same percentage as you receive on the final exam. If you have not notified your instructor, you will receive a grade of "0" for the missed test.
4. Each student must write the final exam and complete any required assignments.

VI, SPECIAL NOTES

Special Needs

If you are a student with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493. 717. 491 so that support services can be arranged for you.

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.

Course Modification

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