



**I. 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 emphasize promotion of health and healing with the aged and obstetrical client.

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

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.
  - 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, posture, signs of general health and pain response
  - 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
      - proprioception
    - iii) peripheral vascular examination

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

- 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
  - f) document object findings using appropriate format.
2. Explain and defend 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

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

3. Explain and defend 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
  - 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:
    - backache
    - sciatica
    - leg cramps
    - breast tenderness
    - constipation/heart burn
    - abdominal pressure
    - edema
    - maternal supine hypotension
  - d) outline a full body treatment ensuring appropriate positioning and support during pregnancy and postpartum period
4. Explain and defend 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

**III. 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

**III. TOPICS:**

2. Massage Therapy and Seniors
3. Massage Therapy in Pregnancy and Postpartum
4. Massage Therapy and The Athlete

Note: 2 hours/week = Aging/Pregnancy/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.). 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 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**

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|--------------------------|-----|
| 1. Article Reports       | 20% |
| 2. Assessment Assignment | 20% |
| 3. Mid Term Exam         | 30% |
| 4. Final Exam            | 30% |

**V. EVALUATION PROCESS/GRADING SYSTEM:**

*The following semester grades will be assigned to students in postsecondary courses:*

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies &amp; Procedures Manual - Deferred Grades and Make-up</i> ).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades.	

**VI. SPECIAL NOTES:**

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs office, Room E1204, Extension 493, 717, or 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 postsecondary institutions.

Disclaimer for meeting the needs of learners:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

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