



**I. COURSE DESCRIPTION:**

This course provides the student an expanding repertoire of advanced massage therapy techniques. Students will advance their skill in formulating, implementing and evaluating holistic treatment plans for specific acute/subacute/chronic medical conditions.

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

Upon successful completion of this course, the student will demonstrate the ability to:

1. Determine and analyze relevant assessment findings.

Potential Elements of the Performance:

- a. Determine and perform an assessment applicable to client presentation.
  - i. health history and interview
  - ii. palpation
  - iii. observation
  - iv. specific orthopaedic and neurological testing
  - v. muscle strength, length and pain testing
- b. Describe expected results and the assessment performance.
- c. Recognize elements which may contraindicate or suggest modifications to treatment.

2. Demonstrate the development and implementation of valid treatment sessions.

Potential Elements of the Performance:

- a. Design and implement a holistic treatment plan and home-care plan for the following client conditions.

**i. Tendinitis**

- Rotator Cuff
- Biceps - Long Head TSV
- Short Head
- Lateral Epicondylitis
- Medial Epicondylitis
- Dequervain's Tenosynovitis
- Patellar
- Shin Splint
- Achilles

**ii. Bursitis/Synovitis**

- Subdeltoid/Acromial
- Trochanteric
- Ischial
- Knee

**iii. Sprain**

- Wrist
- Sacroiliac
- Whiplash
- Knee
- Ankle

**iv. Fracture/Dislocation/Contusion**

- Shoulder Dislocation
- A/C Separation
- Wrist fractures/Dislocations
- Quadriceps Contusions
- Knee Meniscus Tear
- Pott's Fracture
- Congenital Hip Dislocation
- Anterior Compartment S.

- v. **Strain**
  - Whiplash
  - Lumbar
  - Iliopsoas
  - Adductor (Groin)
  - Hamstring
- vi. **Neuralgia**
  - Trigeminal
  - Intercostal
  - Brachial (Thoracic Outlet)
  - Sciatic
  - Carpal Tunnel

- vi. **Soft Tissue Contraction or Imbalance Syndromes**
  - TMJ Dysfunction (extra oral and Intra oral techniques)
  - Torticollis
  - Cramps/spasms

- b. Design and implement a holistic treatment plan and home-care plan for the selected client conditions which integrates:
  - i. basic massage techniques
  - ii. advanced massage techniques
  - iii. hydrotherapy
  - iv. remedial exercise
- c. Implement a holistic treatment session incorporating the Standards of Practice.

### **III. TOPICS:**

1. Assessment
2. Design and Implementation of Holistic Treatment Sessions

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

1. College of Massage Therapists, Code of Ethics and Standards of Practice.
2. Hertling and Kessler (1996). Management of Common Musculoskeletal Disorders, (3rd ed.) Lippincott.
3. Rattray, F. (1995). Massage Therapy: An Approach to Treatments. (2<sup>nd</sup> ed.). Massage Therapy Texts and Maverick Consultants.
4. Holly Oil or KYBB Ecco Lotion

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

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

***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.  |                               |
| U            | Unsatisfactory 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 not been possible for the faculty member to report grades.  |                               |

**VI. SPECIAL NOTES**

Accountability

Maintain overriding principles of the Massage Therapy Program.

Sections and Schedules:

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

Attendance: at the Lab is mandatory.

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 your instructor and/or the Special Needs office. Visit Room E1204 or call 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.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

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 professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.