

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Massage Theory V

CODE NO. : MST302 **SEMESTER:** 5

PROGRAM: Massage Therapy

AUTHOR: Doug Cressman, Ruth Wilson

DATE: Sept/01 **PREVIOUS OUTLINE DATED:** Sept/00

APPROVED:

DEAN

DATE

TOTAL CREDITS: 6

PREREQUISITE(S): BIO217, MST200, MST212, MST213, MST216

HOURS/WEEK: 6

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For additional information, please contact Judi Maundrell, Dean
School of Health and Human Services
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I. COURSE DESCRIPTION:

In this course, students will focus on the formulation of specific treatment and home-care programs for individuals with acute, sub acute and chronic musculo-skeletal and neurological conditions. Students will design comprehensive treatment plans which integrate basic and advanced massage techniques, remedial exercise, hydrotherapy and home-care strategies. A case study approach will be used to foster critical thinking 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
 1. Utilize 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. Integrate 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. Design a valid comprehensive treatment plan and home-care regimen for individuals with specific acute, sub acute and chronic medical conditions.
 1. describe treatment strategies for acute, sub acute and chronic medical conditions of musculoskeletal system which integrate:
 - relevant massage technique
 - hydrotherapy
 - remedial exercise
 - home-care strategies

2. design treatment plans for the following conditions/pathologies.

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
 Lumbosacral

**iv) Fracture/Dislocation/
 Contusion**

Shoulder dislocation
 A/C Separation
 Wrist fractures/dislocations
 Quadriceps Contusion
 Knee Meniscus tear
 Pott's Fracture
 Congenital Hip Dislocation
 Anterior Compartment S.

v) Strain

Whiplash
 Lumbosacral
 Iliopsoas
 Adductor (Groin)
 Hamstring

vi) Neuralgia

Trigeminal
 Intercostal
 Brachial (Thoracic Outlet)
 Sciatic
 Carpal Tunnel

**vii Soft Tissue Contraction or
 Imbalance Syndromes**

Tension Headache
 TMJ Syndrome
 Torticollis
 Frozen Shoulder
 Duputren's Contracture
 Piriformis Syndrome
 I.T.B. Syndrome
 Plantar Fascitis

**viii (Postural) Bone
 Imbalance/Stenosis/
 Degeneration**

Postural Abnormalities
 Rib Fixation
 Disc conditions
 Patellar Malalignment
 Structural Foot Abnormalities
 Osteoarthritis/arthrosis

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

**ix) Central Nervous System
Conditions**

**x) Systemic Musculoskeletal
Conditions**

Musculoskeletal complications of
CVA (Hemiplegia)
Spinal cord injuries
(para/quadriplegia)
Cerebral palsy
Parkinsonism (Rigidity)
Multiple Sclerosis
Poliomyelitis

Rheumatoid Arthritis

- C. Determine implications for massage therapy treatment given common medications and specific contraindications.
- D. Discuss appropriate consultations and referrals with colleagues and other members of the interdisciplinary team.
- E. Incorporate the elements of a holistic health care philosophy into all aspects of treatment-oriented massage.

III. TOPICS:

1. Analysis of Assessment Findings
2. Treatment Strategies
3. Treatment Plan Formation
 - pathologies of musculoskeletal and neurological systems
 - contraindications and precautions
4. Referrals to Members of Interdisciplinary Team
5. Holism in Treatment Massage

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Rattray, F and Ludwig L. Clinical Massage Therapy, 2000, Talus Incorporated

Hertling, D and Kessler, R. Management of Common Musculoskeletal Disorders, 3rd. ed., 1996 Lippincott.

V. EVALUATION PROCESS/GRADING SYSTEM:

A. *Evaluation Methods*

| | |
|----------------|-----|
| Weekly Quizzes | 20% |
| Mid Term Tests | 40% |
| Final Exam | 40% |

B. *Grading*

1. The pass mark for the course is 60%. The letter grades for this course will be assigned in accordance with those established by Sault College.
2. All tests and exams will be multiple choice format in order to prepare students for written certification examination.
3. Students who miss scheduled tests during the semester will not be allowed to write on another day.
4. If the instructor has been appropriately notified of your absence for the test, the test you missed 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.
5. Each student must write the final exam and complete any required assignments.

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 & 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:

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.