

I. COURSE DESCRIPTION:

In this course, the student will gain a greater awareness of the physiological and psychological effects of massage therapy on the healthy adult as well as individuals experiencing stress and pain. The student will be introduced to the principles and application of hydrotherapy within massage therapy practice. Students will study the basis for conducting a case history, formulating a clinical impression, developing, implementing and reassessing a treatment plan.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A. Learning Outcomes

Upon successful completion of this course the student will:

1. Compare and contrast the healing role of multicultural stress management techniques which are relevant to massage therapy practice.
2. Compare and contrast the healing role of hydrotherapy applications within massage therapy practice.
3. Apply teaching and learning principles within the classroom setting.
4. Demonstrate the development of a treatment plan within massage therapy practice at a beginning level.
5. Demonstrate the development and maintenance of client records at a beginning level.
6. Compare and contrast massage therapy modalities in the management of pain and inflammation at a beginning level.

B. Elements of Performance

1. Compare and contrast the healing role of multicultural stress management techniques which are relevant to massage therapy practice.
 - a) Review the physiological and psychological response to stress in the body. (see Personal Wellness)

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

- b) Review common stressors. (see Personal Wellness)
 - c) Explain the full body effects of massage therapy with emphasis on the relaxation response.
 - d) Compare and contrast holistic stress management techniques from a multicultural view point used in massage therapy practice.
 - ie. review breathing exercises
 - visualization
 - meditation
 - progressive relaxation
 - e) Describe self-care strategies to prevent therapist burn-out.
2. Compare and contrast the healing role of hydrotherapy applications within massage therapy practice.
- a) Define hydrotherapy.
 - b) Explain the general aims of hydrotherapy treatment.
 - c) Determine the specific properties and effects of water.
 - d) Distinguish between the stimulating and soothing effects of hydrotherapy.
 - e) Discuss the local, general, mechanical and reflexive physiological effects of hot, cold and contrast applications.
 - f) Explain the general safety guidelines for the application of hydrotherapy in acute sub-acute and chronic conditions.
 - controlling temperature
 - duration of treatment
 - water pressure
 - degree of submersion
 - g) Discuss the contraindications for hot, cold and contrast applications.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

- h) Describe the technique, effect, indicators and contraindications for specific hydrotherapy applications.
- i) percussion and friction
 - cold mitten friction
 - dry brushing
 - salt glow scrub
 - ii) washing
 - individual
 - series or multiple
 - iii) local applications of hot
 - thermaphore
 - hydrocollator
 - paraffin wax bath
 - iv) compress and fomentations
 - hot compress
 - heating compress
 - cold compress
 - alternating hot towels
 - contrast alternating towels
 - v) cryotherapy
 - ice bag
 - gel pack
 - ice massage
 - vi) baths (full, partial, sitz, arm, foot)
 - simple
 - contrast
 - increasing temperature
 - decreasing temperature
 - medicated
 - vii) full body treatments
 - whirlpool
 - sauna
 - steam
 - viii) applying hydrotherapy with appropriate additives
 - eucalyptus
 - peppermint
 - salt/epsom salt
 - camomile
 - friar's balsam
 - pine

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- i) Discuss the integration of hydrotherapy applications into effective massage therapy treatment plans and self-care programs.
3. Apply teaching and learning principles within the classroom setting.
- a) Demonstrate an understanding of various learning styles.
 - b) Explain principles of adult learning and teaching.
 - c) Distinguish factors throughout the life span which affect the ability and readiness to learn.
 - d) Plan and implement effective teaching strategies and materials.
 - e) Identify methods to evaluate a teaching session.
4. Demonstrate the development of a treatment plan relevant to massage therapy practice.
- a) Interpret assessment findings and formulate a clinical impression.
 - b) Identify anticipated outcomes in collaboration with client.
 - c) Identify specific treatment modalities to be used as well as self-care plan for client.
 - d) Determine effectiveness, frequency and duration of treatment.
 - e) Develop strategies to evaluate effectiveness of treatment plan and to determine if treatment goals are accomplished.
 - f) Modify treatment plan as necessary.
5. Demonstrate the development and maintenance of client records at a beginning level.
- a) Describe the purposes of documentation.
 - b) Describe the basic principles of documentation.

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- c) Demonstrate the development of a case history relevant to massage practice.
- demographic data
 - present illness/injury/concern
 - past/present health history
 - psychosocial history
 - review of systems
- d) Document using SOAP charting at a beginning level.
- e) Describe the legal reporting requirements relevant to massage therapy practice.
- f) Demonstrate an awareness of the legal and confidentiality requirement of documentation (see Regulations).
6. Compare and contrast massage therapy modalities in the management of pain and inflammation at a beginning level.
- a) Describe the following concepts relevant to the pain experience.
- i. neurophysiology of pain
 - ii. pain theories (ie. gate control, endorphins)
 - iii. specific types of pain: acute/chronic/intractable
 - iv. subjective and objective characteristics of pain (location, duration, intensity, quality, pattern)
 - v. factors influencing the pain experience
 - vi. pain referral theories
- b) Review the following concepts relevant to the inflammatory response/body temperature (conduction, convection, radiation, evaporation).
- i) body defences
 - surface membrane
 - non specific cellular and chemical defences
 - ii) tissue response to injury
 - ii) body temperature regulation
 - heat loss mechanisms
 - heat production mechanisms
 - fever

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE

- c) Explain the role of specific massage therapy modalities used in the management of pain, inflammation and body temperature.
- d) Describe self-care strategies used in the management of pain, body temperature and inflammation based on teaching learning principles.

III. TOPICS:

1. General Aims of Hydrotherapy
2. Physiological Effects of Hydrotherapy
3. General Guidelines for Hydrotherapy Application
4. Technique, Effects, Use and Contraindication of Hydrotherapy Applications
5. Treatment Plan Formation
6. Record Keeping and Documentation
7. Principles of Teaching and Learning
8. Role of Massage Therapy in Stress Management
9. Role of Massage Therapy in Pain Management
10. Role of Massage Therapy in Management of Inflammatory Responses
11. Self-Care Management (Client and Therapist)

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Salvo, Susan (1999). Massage Therapy Principles & Practice. W. B. Saunders.
2. Nikola, R.J. (1997). Creatures of Water – Hydrotherapy Textbook. Europa Therapeutic.

Additional Resources in Library:

1. Moor, F. et al (1964). Manual of Hydrotherapy and Massage. Pacific Press Publishing.
2. Thrash and Thrash (1981). Home Remedies, Thrash Publications.

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

Evaluation methods will be determined and discussed with students within the first two weeks of the course.

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>).	

V. EVALUATION PROCESS/GRADING SYSTEM

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 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, as may be decided by the professor. 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.

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 or coordinator.

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.