

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Massage Theory VI

CODE NO. : MST312 SEMESTER: 6

PROGRAM: Massage Therapy

AUTHOR: Doug Cressman, Ruth Wilson

DATE: Jan/02 PREVIOUS OUTLINE DATED: Jan/01

APPROVED:

DEAN

DATE

TOTAL CREDITS: 6

PREREQUISITE(S): BIO300, MST302, MST303, MST306

HOURS/WEEK: 6

Copyright © 2000 The Sault College of Applied Arts & Technology
Reproduction of this document by any means, in whole or in part, without prior written permission of Sault College of Applied Arts & Technology is prohibited.
For additional information, please contact Judi Maundrell, Dean
School of Health and Human Services
(705) 759-2554, Ext. 689/603

I. COURSE DESCRIPTION:

In this course, students will continue the formulation of specific treatment and home care programs for individuals with acute, subacute and chronic neurological and systemic 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 THE 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 the Performance

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. 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
- f) marijuana
- g) oral contraceptives

2. Determine the implications of the following 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 the appropriate assessment findings, design a logical and defensible holistic treatment plan (massage techniques, hydrotherapy and remedial exercise) and home care plan for individuals with the following systemic conditions or pathologies (at all stages acute, sub-acute and chronic as applicable).

1. Conditions Associated with Pregnancy
2. Muscular Disorders
 - Contractures
 - Hypertrophic/dystrophic disorders
 - Atrophic tissue
3. Systemic Musculoskeletal Conditions
 - Lupus
 - Gout
 - Fibromyalgia
 - Ankylosing Spondylitis
4. Circulatory
 - Hypertension
 - Buerger's disease
 - Renaud's disease/phenomenon
 - Varicosities/thrombosis
5. Respiratory
 - Chronic bronchitis
 - Asthma
 - Emphysema
 - Sinusitis
6. Peripheral Nervous System
 - Ulnar, median, radial paralysis
 - Erb's and Klumpke's paralysis
 - Sciatic, peroneal, tibial paralysis
 - Facial nerve paralysis (Bell's Palsy)
7. Integumentary System
 - Scars/wounds/burns
8. Conditions of the Abdomen and Pelvis
 - Constipation
 - Dysmenorrhea/amenorrhea
 - Endometriosis
 - menopause

II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:

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

III. TOPICS:

- a) Analysis of Assessment Findings
- b) Implications of Complicating Factors
- c) Treatment Plan Formation
 - Systemic pathologies/conditions
 - Contraindications and precautions
- d) Referral Strategies
- e) Holism in Treatment Massage

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

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

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

V. EVALUATION PROCESS/GRADING SYSTEM:

2 Mid-Term Tests	40%
Class Presentation	20%
Final Exam	40%

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. 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 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.
5. Each student must write the final exam and complete any required assignments.

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.	
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.