

I. COURSE DESCRIPTION:

This course will provide students with opportunities to consolidate comprehensive massage practice. Students will apply theoretical knowledge and practical experience to acute, subacute, and chronic medical conditions relevant to all body systems. Students will be responsible for integrating all information in order to develop and implement assessment procedures as well as to develop, implement and evaluate holistic treatment plans. The focus of the course will be on developing the critical thinking skills needed to assess and treat a broad range of clientele competently and safely as a beginning level practitioner.

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 of 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. Headaches
 - Tension
 - Migraine
 - Sinusitis
 - ii. Soft Tissue Contraction or Imbalance Syndromes
 - Cramps/spasms
 - TMJ dysfunction (extra and intra orally)
 - Torticollis
 - Iliopsoas contracture/spasm
 - Piriformis syndrome
 - Patellar tracking problems/chondromalacia patella
 - Dupuytren's Contracture
 - Frozen shoulder
 - I.T. B. Syndrome
 - Plantar Fasciitis

- iii. (Posteral) Bone Imbalance/Stenosis/Degeneration
 - Postural Abnormalities
 - Rib Fixation
 - Disc Conditions
 - Structural Foot Abnormalities
 - Osteoarthritis
 - iv. Muscular Disorders
 - Contractures
 - Hypertrophic Dystrophies
 - Atrophic Tissue
 - v. Systemic Musculoskeletal Conditions
 - Rheumatoid Arthritis
 - Lupus
 - Gout
 - Fibromyalgia
 - Ankylosing Spondylitis
 - vi. Multiple System
 - Conditions associated with pregnancy
 - vii. Circulatory
 - Hypertension
 - Renaud's disease/phenomenon
 - Varicosities/thrombosis
 - Buerger's disease
 - viii. Respiratory
 - Chronic bronchitis
 - Asthma
 - Emphysema
 - ix. Peripheral Nervous System
 - Ulnar, median, radial paralysis
 - Erb's and Klumpke's paralysis
 - Sciatic, peroneal, tibial paralysis
 - Facial nerve paralysis (Bell's Palsy)
 - x. Integumentary System
 - Scars/wounds/burns
 - xii. Abdominal Conditions
 - constipation
- b. Design and implement a holistic treatment plan and home-care plan for all client conditions (including multiple conditions and other complications) which integrates:
- Basic massage technique
 - Advanced massage technique
 - Hydrotherapy
 - Remedial exercise
- c. Implement a holistic treatment session incorporating the Standards of Practice.

III. TOPICS:

1. Assessment
2. Design and Implement 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, Williams & Wilkins.
3. Rattray, F. and Ludwig, L. (2000). Clinical Massage Therapy: Understanding, Assessing and Treating Over 70 Conditions. Talus Incorporated.
4. Holly Oil, Ecco Massage Lotion or other lubricant as approved by teacher.

V. EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for this course is “satisfactory”.
2. To achieve a grade of “S”, students must:
 - a. successfully complete both a written and an oral/practical comprehensive examination which entails integrated knowledge from all 6 semesters of the Massage Therapy program.
 - b. successfully complete all other semester 6 oral/practical examinations.
 - c. maintain overriding principles of the Massage Therapy program.
3. Further information regarding all examinations will be discussed and a written copy will be given to students 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.	

V. EVALUATION PROCESS/GRADING SYSTEM:

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:

1. Attendance is mandatory. Full participation is expected.
2. Students must bring their own lubricant, linen, hand towel and cleaning cloth.
3. Sections and schedules are developed to maximize student learning opportunities. These are based on needs and learning outcomes that are expected of all students.

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.