

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE MARIE, ON



COURSE OUTLINE

Course Title: Massage Lab V

Code No.: MST303 Semester: 5

Program: Massage Therapy

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Date: Sept/2003 Previous Outline Date: Sept/02

Approved: \_\_\_\_\_  
Dean Date

Total Credits: 3

Prerequisite(s): BIO217, MST212, MST213, MST216

Hours/Week: 3

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*For additional information, please contact the Dean,  
School of Health and Human Services,  
(705) 759-2554, Ext. 689/603.*

**I. COURSE DESCRIPTION:**

This course gives students the opportunity to integrate all prior knowledge and skill by using learning strategies that require the student to develop and implement assessment procedures as well as the development, implementation and evaluation of holistic treatment plans for specific acute/subacute/chronic medical conditions. The focus of the course will be on developing the critical thinking skills needed to assess and treat these conditions competently 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 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

**vii. Central Nervous System**

Hemiplegia  
Spinal cord injuries  
Cerebral Palsy  
Parkinsonism  
Multiple Sclerosis  
Post Polio Syndrome

- 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, Williams & Wilkins.
3. Rattray, F. and Ludwig, L. (2000). Clinical Massage Therapy: Understanding, Assessing and Treating Over 70 Conditions. Talus Incorporated.
4. Holly Oil, KYBB 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. The evaluation process will be explained with a copy provided in writing by the teacher within the first two weeks of class.

***The following semester grades will be assigned to students in post-secondary 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
F (Fail)	59% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

## 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 professor and/or the Special Needs office 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 post-secondary 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.