

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: MESSAGE THEORY H

CODE NO.: MST 112

SEMESTER: 2

PROGRAM: MESSAGE THERAPY PROGRAM

AUTHOR: RUTH WILSON

DATE: SEPT./96

PREVIOUS OUTLINE DATED: N/A

APPROVED:


DEAN

DATE

TOTAL CREDITS: 5

PREREQUISITE(S): MST 102, MST 103, BIO 107

LENGTH OF COURSE: 5 HRS/WEEK

TOTAL CREDIT HOURS: 80

MESSAGE THEORY O

MST 112

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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 and evaluating a treatment plan.

n. 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 case history relevant to massage therapy practice at a beginning level.
5. Demonstrate the development of a treatment plan within massage therapy practice at a beginning level.
6. Demonstrate the development and maintenance of client records at a beginning level.
7. Compare and contrast massage therapy modalities in the management of pain 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.

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- b) Review common stressors.
- 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.

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 and reflexive physiological effects of hot, cold and contrast applications.
- f) Explain the general safety guidelines for the application of hydrotherapy in acute and sub-acute conditions.
- g) Discuss the contraindications for hot, cold and contrast applications.
- h) Describe the technique, effect- use and contraindications for specific hydrotherapy applications.
 - i) percussion and friction
 - cold mitten friction
 - dry brushing
 - salt glow scrub

MESSAGE THEORY O

MST 112

COURSE NAME

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n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- ii) washing
 - individual
 - series
- iii) local applications of hot
 - thermophore
 - hydrocollator
 - parafin wax bath
- iv) compress and fomentations
 - hot compress
 - heating compress
 - cold compress
 - alternating hot towels
 - contrast alternating hot towels
- v) cryotherapy
 - ice bag
 - gel pack
 - ice massage
- vi) baths (full, partial, site, arm, foot)
 - sunple
 - contrast
 - increasing temperature
 - decreasing temperature[^]
 - medicated
- vii) full body treatments
 - whirlpool
 - sauna
 - steam
- viii) additives
 - eucalyptus
 - peppermint
 - salt/epsom sah
 - chamomile
 - friar's balsam
 - pine

MESSAGE THEORY H

MST 112

COURSE NAME

CODE NO.

- n. 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 lifespan 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 case history relevant to massage practice.
 - a) demographic data
 - b) present illness/injury/concern
 - c) past/present health history
 - d) psychosocial history
 - e) review of systems
 5. 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.

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- f) Modify treatment plan as necessary.
6. 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.
 - c) Demonstrate a basic awareness of the contents of the following records (see Regulations)
 - i) daily appointment record
 - ii) equipment services record
 - iii) financial record
 - iv) client health record and maintenance of client health record
 - 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).
7. Compare and contrast massage therapy modalities in the management of pain at a beginning level.
- a) Describe the following concepts relevant to the pain experience,
 - i) neurophysiology of pain
 - ii) pain theories
 - iii) acute vs chronic pain
 - iv) specific types of pain
 - v) subjective and objective characteristics of pain
 - vi) factors influencing the pain experience

MASSAGE THEORY H

MST 112

COURSE NAME

CODE NO.

- n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)
- b) Explain the role of specific massage therapy modalities used in the management of pain.
 - c) Explain self-care strategies used in the management of pain.

m. TOPICS:

1. Role of Massage Therapy in Stress Management
2. General Aims of Hydrotherapy
3. Physiological Effects of Hydrotherapy
4. General Guidelines for Hydrotherapy Application
5. Technique, Effects, Use and Contraindication of Hydrotherapy Applications
6. Case History Taking - Applied
7. Treatment Plan Formation - Applied
8. Record Keeping and Documentation
9. Principles of Teaching and Learning
10. Role of Massage Therapy in Pain Management

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Fritz, S. (1995). Fundamentals of Therapeutic Massage. Mosby Lifeline

Additional Resources:

1. Moor, F. et al (1964). Manual of Hydrotherapy and Massage. Pacific Press Publishing.
2. Thrash, A., Thrash, C.L. Home Remedies. NewLife Books.

MESSAGE THEORY D

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EVALUATION PROCESS/GRADING SYSTEM

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. The evaluation methods will be determined and discussed with students within the first two weeks of the course.
3. Students are eligible for one rewrite in this course. Please refer to Student Resource Guide for details.

VI. SPECIAL NOTES:

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs OfBce.

The instructor reserves the right to modify the course as deemed necessary to meet the needs of students.

Vn. PRIOR LEARNING ASSESSMENT

Students who wish to apply for advanced credh in the course should consuh the instructor/Coordmator.