

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: MESSAGE LAB H

CODE NO.: MST 113

SEMESTER: 2

PROGRAM: MASSAGE THERAPY PROGRAM

AUTHOR: RUTHWmSON

DATE: SEPT./96

PREVIOUS OUTLINE DATED:N/A

APPROVED:


DEAN


DATE

TOTAL CREDITS: 6

PREREQUISITE(S): MST 103, BIO 107

LENGTH OF COURSE: 6 HRS/AVEEK

TOTAL CREDIT HOURS: 96

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I. COURSE DESCRIPTION; In this course, the student will have the opportunity to advance their skills in the basic manipulations in Swedish massage. Students will also begin to plan and practice hydrotherapy techniques. Students will continue to develop therapeutic communication techniques as well as integrate knowledge of the musculoskeletal system. Students will begin to identify ethical and legal issues involved in massage practice.

n. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

A. Learning Outcomes

Upon successful completion of this course the student will:

1. Demonstrate basic hydrotherapy techniques in a manner which promotes the safety and comfort of the individual.
2. Organize and demonstrate the progression of basic Swedish massage techniques within a full body massage in a safe and competent manner.
3. Practice obtaining case history information relevant to massage practice.
4. Demonstrate the development and implementation treatment plan within massage therapy practice.
5. Demonstrate the development and maintenance of client records at a beginning level.
6. Examine personal massage practice in terms of professional standards.

B. Elements of Performance

1. Demonstrate basic hydrotherapy techniques which promotes the safety and comfort of the individual.
 - a)«, demonstrate safe and competent technique for the following hydrotherapy modalities:
 - i) percussion and friction

XL LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- cold mitten friction
 - dry brushing
 - salt glow scrub
 - ii) washing
 - individual
 - series
 - iii) local applications of heat
 - thermophore
 - hydrocollator
 - paraffin 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 (arm, foot)
 - simple
 - contrast
 - increasing temperature
 - decreasing temperature
 - medicated
 - vii) additives
- b) demonstrate behaviours which promote safety and comfort of individual receiving hydrotherapy.
- c) demonstrate behaviours which promote hygiene and care of hydrotherapy equipment and supplies.
- d) demonstrate an awareness of the effects, uses and contraindications of the specific hydrotherapy applications.

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n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

2. Organize and demonstrate the progression of basic Swedish massage techniques with a full body massage in a safe and competent manner.
 - a) integrate safe and effective technique for the following Swedish massage manipulation into repertoire.
 - frictions
 - b) organize the various massage manipulations into a cohesive pattern which includes the following parts of the body:
 - abdomen
 - head/neck/shoulder
 - breast
 - buttock
 - c) integrate massage principles into massage practice.
 - d) demonstrate ability to palpate surface landmarking/pulse points relevant to theoretical content learned to date.
 - e) integrate effective interpersonal skills and caring behaviours into massage practice with peers/instructors.
 - f) consistently practice behaviours which promote personal safety during massage practice.
 - g) assume responsibility for protecting client's right to privacy.
3. Analyse case history information relevant to massage practice at a beginning level.
 - a) obtain thorough case history information.
 - b) reassess case history information on an ongoing basis.
 - c) with guidance, apply relevant theoretical knowledge to interpret findings to arrive at a clinical conclusion.

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n. LEARNBVG OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

4. Demonstrate the development and implementation of a treatment plan within massage therapy practice at a beginning level.
 - a) identify anticipated outcomes in collaboration with client.
 - b) identify specific treatment modalities to be used as well as self-care plans for client.
 - c) obtain a fully informed and voluntary written consent.
 - d) implement selected treatment modalities in a safe and competent manner.
 - e) analyse reassessment findings 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) document the following information completely and accurately:
 - case history information including demographic data
 - treatment plan
 - written/verbal consent to treatment
 - ongoing treatment record including response to treatment implemented
 - b) document an ongoing treatment record using SOAP charting.
 - c) record information using basic principles of documentation.
 - d) demonstrate awareness of the legal and confidentiality requirements of documentation.
 - e) demonstrate respect for confidentiality of client records.
6. Examine personal massage practice in terms of professional standards,
 - a) project self in a professional manner.

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n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- b) evaluate self on an ongoing basis with respect to quality and effectiveness of massage therapy practice as well as interpersonal communication.
- c) utilize feedback from peers/instructors/self-evaluation in a constructive manner to improve massage practice.
- d) recognize need of massage therapist to be a continuous learner by identifying personal and professional goals.
- e) demonstrate an awareness of moral - ethical dilemmas at a beginning level.

m. TOPICS:

- 1. Hydrotherapy Techniques
- 2. Case History Taking
- 3. Designing and Implementing Treatment Plan
- 4. Palpation of Surface Landmarking/Pulse Points
- 5. Full Body Swedish Massage
- 6. Moral - Ethical Dilemmas and Considerations
- 7. Record Keeping and Documentation

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

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

V. EVALUATION PROCESS/GRADING SYSTEM

- 1. The pass mark for this course will be a satisfactory.
- 2. The evaluation methods will be determined and discussed with students in the first two weeks of the course.

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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 Office.

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

VII. PRIOR LEARNING ASSESSMENT

Students who wish to apply for advanced credit in the course should consult the instructor/Coordinator.

