

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



COURSE OUTLINE

Course Title: Massage Lab II

Code No.: MST113

Semester: 2

Program: Massage Therapy Program

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Approved

C. M. A. d.
Dean

O. C. A. A. I.
Date

Total Credits: 6

Prerequisite(s): MST103, BIO107

Length of Course: 6 Hrs/Week

Total Credit Hours: %

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For additional information, please contact Donna Tremblay, Dean, School of Health Sciences,
Human Sciences and Teacher Education (70S) 759-2554, Ext 90.

L PHILOSOPHY/GOALS:

In this course, the student will have the opportunity to advance their skills in the basic manipulations in Swedish massage. Students will also be able 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 be able to identify ethical and legal issues involved in massage practice.

II 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. Demonstrate the development and implementation treatment plan within massage therapy practice.
4. Demonstrate the development and maintenance of client records at a beginning level.
5. 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

n, LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- cold mitten friction
 - dry brushing
 - salt glow scrub
 - ii) washing
 - individual
 - series or multiple
 - 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 towels
 - v) cryotherapy
 - ice bag
 - gel pack
 - ice massage
 - vi) baths (arm, foot, sitz, full, half)
 - simple
 - contrast
 - increasing temperature
 - decreasing temperature
 - medicated
 - vii) full body treatment
 - whirlpool
 - steam
 - sauna
 - viii) additives
- b) demonstrate behaviours which promote safety and comfort of individual receiving hydrotherapy.

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- c) demonstrate behaviours which promote hygiene and care of hydrotherapy equipment and supplies.
- d) demonstrate an awareness of the effects, indications and contraindications of the specific hydrotherapy applications.

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.
 - functions (theory and technique)
- b) organize the various massage manipulations into a cohesive pattern which includes the following parts of the body:
 - abdomen
 - head/neck/shoulder/face
 - buttock
- c) organize the various massage manipulations into a cohesive pattern for the following positions:
 - disrobed seated chair massage
 - sidelying
- d) integrate massage principles into massage practice.
- e) demonstrate ability to palpate surface landmarking/pulse points relevant to theoretical content learned to date,
- f) demonstrate ability to accurately take temperature, pulse, respiration and blood pressure, (theory and technique)
- g) integrate effective interpersonal skills and caring behaviours into massage practice with peers and instructors.
- h) consistently practice behaviours which promote personal safety during massage practice.

BL LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

- i) assume responsibility for protecting client's right to privacy,
 - j) instruct and/or assist client to get on/off the massage table,
 - k) instruct and/or assist client to dress/undress.
3. Demonstrate the development and implementation of a treatment plan within massage therapy practice at a beginning level.
- a) identify anticipated outcomes/goals 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 verbal and/or 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.
4. 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.

n. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE (Continued)

5. Examine personal massage practice in terms of professional standards.
 - a) project self in a professional manner.
 - 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.

in. TOPICS:

1. Hydrotherapy Techniques
2. Designing and Implementing Treatment Plan
3. Palpation of Surface Landmarking/Pulse Points
4. Vital Signs
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.
2. Thrash and Thrash (1981). Home Remedies Thrash Publications
3. Professional Supplies
 - 1 electric thermophore (14" x 27")
 - 1 steam pack for hydrocollator
 - 1 small reusable cold/hot gel pack (5" x 10")
 - 1 dry brush (long detachable handle with medium bristles)

IV. REQUIRED RESOURCES/TEXTS/MATERIALS (Continued):

- 1 pair heavy rubber gloves
- 1 loofah mitten
- 1 , 2 kilo bag of epsom salts
- 1 large white 100% cotton terry towel
- 1 medium white 100% cotton terry towel
- 1 small white 100% cotton terry towel
- 1 white extension cord (minimum of 3 feet)
- Additives: eucalyptus, peppermint

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.

VI. SPECIAL NOTES:

Sections in Massage Therapy are organized to provide varied and balanced learning opportunities. Schedules are developed to maximize student learning opportunities and experiences. They are based on needs and learning outcomes that are expected of all students.

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.

Vn. PRIOR LEARNING ASSESSMENT

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