

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULTSTE MARIE. ON



COURSE OUTLINE

Course Title: Massage Lab IV

Code No.: MST213

Semester: 4

Program: Massage Therapy

Author: Ruth Wilson

Date: Sept, 1997

Previous Outline Date: n/a

Approved: <:^a^h(^
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Date

Total Credits: 4

Prerequisite(s): MST202. MST203
MST206, BIO207

Length of Course: 4 HrsAAk

Total Credit Hours: 64

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For additional information, please contact Donna Tremblay, School of Health Sciences, Human Sciences and Teacher Education, (705) 759-2554, Ext.690.

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COURSE NAME

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L PHILOSOPHY/GOALS:

In this course, students will practice remedial exercise integrating knowledge of the musculoskeletal system. Systematic approaches to assessment, planning, implementation and evaluation of treatment plans and self-care programs will be explored with particular emphasis on remedial exercise.

IL LEARNING OUTCOMES:

Upon successful completion of this course, the student will be able to:

1. Demonstrate various remedial exercises in a manner which promotes the safety and comfort of the client.
2. Demonstrate the development and implementation of effective treatment and self-care plans with emphasis on the role of remedial exercise in massage therapy practice.

nL ELEMENTS OF PERFORMANCE

1. Demonstrate various remedial exercises in a manner which promotes safety and comfort of the client.
 - a. Demonstrate safe and competent techniques for the following remedial exercises:
 - i) Range of Motion - passive
 - active
 - active assisted (self, mechanical)
 - ii) Stretching
 - passive
 - selfstretching
 - iii) Resistive Exercise - isometric
 - isotonic
 - isokinetic
 - manual and mechanical
 - b. Demonstrate safe and competent technique for the following advanced Massage technique:
 - i) Stretch/hold/relax (P.N.F.)

ffl. ELEMENTS OF PERFORMANCE

- b) Demonstrate behaviours which promote safety and comfort of the client receiving remedial exercise.
 - c) Applies knowledge from theory of the effects, uses and contraindications of the specific remedial exercises.
2. Demonstrate the development and implementation of effective treatment and self-care plans with emphasis on the role of remedial exercise in massage therapy practice.
- a) Analyze and interpret information obtained from case history and re^onal examination for the following clinical situations:
 - 1) shoulder; bursitis, dislocation, adhesive capsulitis, separation
 - 2) elbow: tendinitis
 - 3) wrist: carpel tunnel
 - 4) ankle: sprain
 - 5) neck: headache
 - 6) hip: myofacial pain
 - 7) knee: tear, quadriceps strain, shin splint
 - 8) spine: sciatica
 - b) Design and implement a holistic treatment plan in collaboration wth peer client for the selected clinical situations which integrates:
 - 1) hydrotherapy
 - 2) basic massage techniques
 - 3) remedial exercise
 - 4) self-care/client education program

IV. TOPICS:

- 1. Applied principles of human movement and biomechanics
- 2. Remedial Exercise:
 - a) Range of Motion
 - b) Stretching
 - c) Resistive Exercise
- 3. Advanced Massage Technique: a) Stretch/Hold/Relax (P.N.F.)
- 4. Design and Implementation of Holistic Treatment and Self-Care Plans

COURSE NAME

CODE

V. REQUIRED RESOURCES/TEXTS/MATERIALS:

Kisner and Colby (1996) Therapeutic Exercise Foundations and Techniques. (3rd Edition) F.A. Davis

VL EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for this course is "satisfactory"
2. The evaluation process will be explained by the instructor within the first two weeks of class.

Va SPECIAL NOTES:

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 (eg. physical limitations, visual impairments, hearing impairments, learning disabilities), you are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office, Room E1204, Ext. 493, 717, 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 post-secondary institutions.

Modification of Course Outlines

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

Vn. PRIOR LEARNING ASSESSMENT:

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