

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Massage Lab III
CODE NO. : MST203 **SEMESTER:** 3
PROGRAM: Massage Therapy
AUTHOR: Ruth Wilson
DATE: Sept/2000 **PREVIOUS OUTLINE DATED:** Sept/99
APPROVED:

DEAN

DATE

TOTAL CREDITS: 3
PREREQUISITE(S): BIO117, MST112, MST113
HOURS/WEEK: 3

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For additional information, please contact Judi Maundrell, Dean
School of Health and Human Services
(705) 759-2554, Ext. 690

I. COURSE DESCRIPTION:

This course will focus on history taking techniques, regional examinations and record keeping.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Define various soft tissue and joint disorders (brief definition of terms):

a) Soft Tissue/Joint Disorders

- Strain
- Sprain
- contusion (hematoma)
- dislocation
- tendinitis
- atrophy
- synovitis
- cramp/spasm
- bursitis
- compartment syndrome
- adhesive capsulitis
- myofascial pain syndrome
- entrapment neuropathy

Note: Students will independently research a definition for the above terms.

2. Demonstrate a comprehensive regional examination relevant to massage therapy practice.

- a) obtain a thorough health history including a review of systems
- uses effective interviewing techniques following the Standards of Practice
- b) obtain consent to proceed with assessment following the Standards of Practice
- c) identify and document accurate general observations of client during assessment
- gait
 - posture
 - pain response
 - general health

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued)

- d) competently perform specific assessment skills involved in a regional examination.
- i) musculoskeletal examination
 - visual inspection
 - palpation (bones, muscles, joints)
 - range of motion testing
 - length and strength testing of musculature
 - special regional tests
 - functional evaluation (ie A.D.L.)
 - joint play
 - ii) neurological examination
 - sensory (including pain evaluation)
 - reflexes (deep tendon, superficial, upper motor neuron)
 - cranial nerve testing
 - cerebellar testing
 - proprioception
 - iii) peripheral vascular examination
 - palpate: pulses, lymphnodes, edema
 - skin and nails: colour, texture, temperature
- e) competently perform an organized regional examination which includes:
- head
 - temporomandibular joint
 - neck/cervical spine
 - thorax
 - shoulder
 - elbow
 - wrist and hand
 - lumbar spine and pelvis
 - hip
 - knee
 - ankle and foot
- f) accurately document assessment findings using appropriate format.
3. Analyze relevant assessment findings to determine client condition and contraindications to treatments.

III. TOPICS:

1. Soft Tissue and Joint Disorders (Definition of Terms Only)
2. Client Assessment
 - a) health history and interview
 - b) general observation skills
 - c) specific assessment skills
 - musculoskeletal examination (regional)
 - neurological examination
 - peripheral vascular examination
3. Documentation
4. Analysis of Assessment Findings

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. Students are required to purchase a reflex hammer, pinwheel and goniometer.
2. Magee, D. (1997). Orthopedic Physical Assessment (3rd ed.). W.B. Saunders.
3. Latour et. al. Student's Guide to Clinical PNF Stretching and MIRL's Guide to Joint Mobilization. Algonquin Publishing.

V. EVALUATION PROCESS/GRADING SYSTEM:

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

The following semester grades will be assigned to students in postsecondary 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
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	

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U	Unsatisfactory achievement in field placement or non-graded subject areas.
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.

VI. SPECIAL NOTES:

1. Sections and schedules are developed to maximize student learning opportunities and experiences. These are based on needs and learning outcomes that are expected of all students.
2. Attendance at Lab is mandatory. Full participation is expected.

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 instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 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 postsecondary 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.