

**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:** Doug Cressman, Ruth Wilson  
**DATE:** Sept/03 **PREVIOUS OUTLINE DATED:** Sept/02  
**APPROVED:**

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**DEAN**

\_\_\_\_\_  
**DATE**

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

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*For additional information, please contact the Dean*  
*School of Health and Human Services*  
*(705) 759-2554, Ext. 689/603*

**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
  
2. Demonstrate a comprehensive regional examination relevant to massage therapy practice.
  - a) obtain a thorough health history including a review of systems
    - use 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, lymph nodes, 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. Demonstrate a comprehensive reassessment given initial assessment findings.
  - a) perform a relevant interview to update client condition following the Standards of Practice
  - b) obtain consent to proceed with the reassessment following the Standards of Practice
  - c) perform and document a **relevant** reassessment
4. Analyse relevant assessment and reassessment findings to determine client condition and contraindications to treatments, or to determine effectiveness of treatment plans.

### **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. Client Reassessment
4. Documentation
5. Analysis of Assessment and Reassessment Findings

### **IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

1. Students are required to purchase a reflex hammer and goniometer.
2. Magee, D. (1997). Orthopedic Physical Assessment (4<sup>th</sup> ed.). W.B. Saunders.

**V. EVALUATION PROCESS/GRADING SYSTEM:**

1. The pass mark for this course is “satisfactory”. An “S” grade will be based on full participation in the classes and successful completion of a practical exam at the end of the course.

***The following semester grades will be assigned to students in postsecondary courses:***

The following semester grades will be assigned to students in post-secondary 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
F (Fail)	59% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

**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 professor and/or the Special Needs office 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.

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.