



**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.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will:

**COMPETENCY**

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
      - 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

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

- vi) baths (arm, foot, sitz, full, half)
    - simple
    - contrast
    - increasing temperature
    - decreasing temperature
    - medicated
  - vii) full body treatment
    - whirlpool
    - steam
    - sauna
  - viii) additives
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- 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, indications and contraindications of the specific hydrotherapy applications.
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2. Organize and demonstrate the progression of basic Swedish massage techniques within a full body massage in a safe and competent manner.
- a) Integrate safe and effective technique for the following theory and Swedish massage manipulation into repertoire.
    - GTO technique (origin/insertion)
    - petrissage (knuckles forearms)
    - compression (focal point)
    - myofascial technique (superficial)
    - edema control techniques (ie. Elevation, cool hydrotherapy, light effleurage, fine vibration, passive R.O.M.)
  - b) Organize the various massage manipulations into a cohesive pattern for the following positions:
    - disrobed seated chair massage
  - c) Integrate massage principles into massage practice.
  - d) Demonstrate ability to palpate surface landmarking/pulse points relevant to theoretical content learned to date.
  - e) Demonstrate ability to accurately take temperature, pulse, respiration and blood pressure. (theory and technique)

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

- f) Assume responsibility for protecting client's right to privacy.
  - g) Instruct and/or assist client to get on/off the massage table.
  - h) Instruct and/or assist client to reposition on the table. (ie. move to sidelying position)
  - i) 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.

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

**PROFESSIONALISM**

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.

**COMMUNICATION**

6. Demonstrate effective interpersonal skills in relation to peers and instructors.
  - a) Utilize effective basic interpersonal skills.
  - b) Recognize the professional role in establishing a therapeutic relationship which is empathetic, genuine, caring and respectful.
  - c) Identify potential dual relationships.
  - d) Maintain professional boundaries in relationship with peers/mentors.
  - e) Share relevant information with peers/mentors.
  - f) Identify, respond appropriately to peer perspective during massage experience.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

**HEALTH & HEALING**

7. Integrate behaviours which promote health and healing into massage therapy practice.
  - a) Demonstrate effective body mechanics during massage therapy practice.
  - b) Demonstrate personal care strategies before and after massage practice.
  - c) Recognize health and healing practices from cultures and belief systems which differ from own.
  - d) Promote peer participation in all aspects of the massage experience.

**III. TOPICS:**

1. Hydrotherapy Techniques
2. Designing and Implementing Treatment Plan
3. Palpation of Surface Landmarking/Pulse Points
4. Vital Signs; Transfers; Assist to Dress/Undress, On/Off Table, Reposition
5. Full Body Swedish Massage
6. Disrobed Seated Massage
7. Moral - Ethical Dilemmas and Considerations
8. Record Keeping and Documentation

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

1. Nikola, R.J. (1007). *Creatures of Water – Hydrotherapy Textbook*. Europa Therapeutic.
2. Salva, Susan. (1999). Massage Therapy Principles and Practice. W. B. Saunders Co.
3. Professional Supplies
  - 1 small reusable cold/hot gel pack (5" x 10")
  - 1 dry brush (long detachable handle with medium bristles)
  - 1 pair heavy rubber gloves
  - 1 loofah mitten
  - 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, camomile, epsom salts, friar's balsam
  - Holly Oil and Eco Massage Lotion

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

1. The pass mark for this course will be a satisfactory.
2. To achieve a grade of “S” students must:
  - a) maintain overriding principles of massage therapy program.
  - b) develop competencies for learning outcomes described by the four evaluative categories in the course outline.
  - c) successfully complete written/practical testing
  - d) submit all written assignments requested by instructor.

***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.	
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 &amp; 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 been impossible for the faculty member to report grades.	

**VI. SPECIAL NOTES:**

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, as may be decided by the professor. 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.

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 instructor or coordinator.

**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.