

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** Massage Theory II

**CODE NO. :** MST112 **SEMESTER:** 2

**PROGRAM:** Massage Therapy

**AUTHOR:** Ruth Wilson and Doug Cressman

**DATE:** Jan/02 **PREVIOUS OUTLINE DATED:** Jan/01

**APPROVED:**

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

**TOTAL CREDITS:** 4

**PREREQUISITE(S):** MST102, MST103, ANT110, BIO110, MST110

**LENGTH OF COURSE:** 4 Hours/Week

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**I. COURSE DESCRIPTION:**

In this course, the student will gain an awareness of the physiological and psychological effects of massage therapy on individuals experiencing inflammation and pain. The student will be introduced to the principles and application of hydrotherapy within massage therapy practice. Students will study the basis for all clinic and client documentation, analyse a client health history to formulate a clinical impression, develop, implement and reassess a treatment plan.

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

Upon successful completion of this course the student will:

- A. Compare the healing role of hydrotherapy applications within massage therapy practice.
- 1) Define hydrotherapy.
  - 2) Explain the general aims of hydrotherapy treatment.
  - 3) Determine the specific properties and effects of water.
  - 4) Distinguish between stimulating and soothing effects of hydrotherapy.
  - 5) Discuss the local, systemic, mechanical and reflexive physiological effects of hot, cold and contrast applications of water.
  - 6) Explain the general safety guidelines for the application of hydrotherapy in acute, sub-acute and chronic conditions.
  - 7) Discuss the uses and limitations for hot, cold and contrast applications.

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

- 8) Describe the technique, effect, indications and contraindications for specific hydrotherapy applications.
- i) percussion and friction
    - cold mitten friction
    - dry brushing
    - salt glow scrub
  - ii) washing
    - individual
    - series or multiple
  - iii) local applications of hot
    - thermaphore
    - 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 (full, partial, sitz, arm, foot)
    - simple
    - contrast
    - increasing temperature
    - decreasing temperature
    - medicated
  - vii) wraps
    - full
    - partial
    - hot
    - cold
    - medicated
  - viii) full body treatments
    - whirlpool
    - sauna
    - steam

- ix) applying hydrotherapy with appropriate additives
    - eucalyptus
    - peppermint
    - salt/epsom salt
    - camomile
    - lavender
  - 9) Discuss the integration of hydrotherapy applications into effective massage therapy treatment plans and self-care programs.
- B. Apply teaching and learning principles in preparation for client education activities.
- 1) Demonstrate an understanding of various learning styles.
  - 2) Explain principles of adult learning and teaching.
  - 3) Distinguish factors throughout the life span which affect the ability and readiness to learn.
  - 4) Plan and implement effective teaching strategies and materials.
  - 5) Identify methods to evaluate a teaching session.
- C. Describe massage therapy strategies for the treatment of acute and sub-acute inflammation.
- 1) Acute Strategies (Edema management techniques)
    - effleurage
    - swelling technique (shavings)
    - elevation
    - thoracic pump
    - passive range of motion
  - 2) Sub-Acute Strategies (GTO technique)

- D. Demonstrate the development of a treatment plan relevant to massage therapy practice.
- 1) Interpret assessment findings and formulate a clinical impression.
  - 2) Identify goals, focus of treatment, a description of what treatment involves, any benefits, risks or side effects to the proposed treatment and anticipated responses in collaboration with client.
  - 3) Identify specific treatment modalities to be used, areas of the body to be treated, any contraindications or precautions to treatment, as well as self-care plan for client.
  - 4) Determine duration and frequency of treatments and strategies for scheduling re-assessment.
  - 5) Evaluate effectiveness of treatment plan and to determine if treatment goals are accomplished.
  - 6) Modify treatment plan as necessary.
- E. Demonstrate the development and maintenance of clinic and client records at a beginning level.
- 1) Describe the purposes of documentation.
  - 2) Describe the basic principles of documentation.
  - 3) Discuss the components of a health history relevant to massage practice.
  - 4) Document using SOAP format.
  - 5) Describe the legislative requirements relevant to massage therapy documentation.
  - 6) Discuss the Standards of Practice relevant to documentation.
  - 7) Describe all required documentation relevant to a massage therapy practice.
    - a. Financial Record
    - b. Equipment Service Record
    - c. Health Record
    - d. Receipts

- F. Discuss pain, inflammation and body temperature regulation, and the use of massage therapy modalities in affecting them.
- 1) Describe the following concepts relevant to the pain experience.
    - a. pain theories (ie. gate control, endorphins)
    - b. specific types of pain
    - c. characteristics of pain (location, duration, intensity, quality, pattern)
    - d. factors influencing the pain experience
    - e. pain referral theories
  - 2) Discuss the following concepts relevant to inflammation:
    - a.) The purpose of inflammation.
    - b.) The stages of inflammation.
    - c.) The five cardinal signs of inflammation
      - Pain
      - Redness
      - Immobility
      - Swelling
      - Heat
  - 3) Discuss the following concepts relevant to body temperature regulation
    - a.) Types of heat exchange
    - b.) Heat loss mechanisms
    - c.) Heat production mechanisms
    - d.) Fever
  - 4) Describe massage therapy modalities used in the management of pain, inflammation and body temperature.
  - 5) Communicate appropriate client self-care strategies used in the management of pain, body temperature regulation and inflammation utilizing teaching and learning principles.

**III. TOPICS:**

1. General Aims of Hydrotherapy
2. Physiological Effects of Hydrotherapy
3. General Guidelines for Hydrotherapy Application
4. Techniques, Effects, Uses and Contraindications of Hydrotherapy Applications
5. Treatment Plan Formation
6. Record Keeping and Documentation
7. Principles of Teaching and Learning
8. Role of Massage Therapy in Body Temperature Management
9. Role of Massage Therapy in Pain Management
10. Role of Massage Therapy in Management of Inflammatory Responses
11. Client Self-Care Management

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

- Nikola, R.J. (1997). Creatures of Water – Hydrotherapy Textbook. Europa Therapeutic.
- Rattray, F. and Ludwig, L., (2000). Clinical Massage Therapy, Talus Incorporated

Additional Resources in Library:

1. Moor, F. et al (1964). Manual of Hydrotherapy and Massage. Pacific Press Publishing.
2. Thrash and Thrash (1981). Home Remedies, Thrash Publications.

**V. EVALUATION PROCESS/GRADING SYSTEM**

**A. Grading**

1. The pass mark for this course is 60%. The letter grades for this course will be assigned in accordance with those established by Sault College.
2. Students who miss scheduled tests during the semester will not be allowed to write on another day.

V. EVALUATION PROCESS/GRADING SYSTEM

3. If the teacher has been appropriately notified of your absence from the test, the test you miss will count for the same percentage as you receive on the final exam. If you do not notify your instructor you will receive a grade of “0” for the missed test.
4. Students must write the final exam and complete all assignments.
5. There will be no supplemental examination in this course.

B. Evaluation Methods

Documentation Project: Create a client file	20%
2 Term Tests	40%
Final Exam	40%

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 not been possible 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/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.