

COURSE OUTLINE **Therapeutic Massage I**

Course Description

MT 140. Therapeutic Massage I. 4 hours credit. Prerequisite: MT 130 with a C or better and MT 137 with a C or better or concurrent enrollment. This course will enable the student to learn the foundations of table massage therapy and to administer a Swedish massage. The student will engage in theory discussions and lab/technique instruction and practice. The student will gain experience in Swedish massage techniques on the front-side of the body, client safety, communication skills, equipment safety, hygiene and self-care. The student will gain experience in relaxation massage.

Course Relevance

Massage therapy requires the ability to communicate with the client to determine the expected outcome, client's health history, verbal and non-verbal pressure cues, and appropriateness of the Swedish massage technique. This course will enable the student to learn the basic Swedish massage strokes and apply them in a relaxing sequence.

Required Materials

Fritz, S., *Fundamentals of therapeutic massage*. St. Louis, MO: Mosby.

* - For complete textbook information, refer to <http://www.butlercc.bkstr.com>

Learning Outcomes

The intention is for the student to be able to:

1. Perform basic Swedish massage strokes in a relaxation routine.
2. Identify techniques to incorporate into the therapeutic table massage.
3. Communicate clearly the expected outcome of the massage.

Learning PACT Skills that will be developed and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Communication Skills

1. Creation and delivery of messages
 - Through the assessment of client health history and the expected outcome of the massage session with the client, the student will develop communication skills to therapeutic massage.

Technology Skills

1. Discipline-specific technology
 - Through various forms of practical applications, the student will develop discipline-specific technology skills and apply standards of equipment and body mechanics to therapeutic massage.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Assessing clients to determine appropriate therapeutic massage techniques and performing those techniques during a semester-end clinical exam

Course Content

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
 - A. Conduct client interview/communication
 - B. Perform assessment
 - C. Chose modalities for treatment
- II. Themes – Key recurring concepts that run throughout this course:
 - A. Develop therapeutic massage skills
 - B. Incorporate a guideline routine including draping and other professional procedures
 - C. Demonstrate self care/good body mechanics
 - D. Explore peripheral topics
- III. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Alternative therapies
 - B. Indications and contraindications
 - C. Legal/ethical considerations
- IV. Concepts – Key concepts that must be understood to address the issues
 - A. Equipment Safety
 - B. Draping procedures

Learning Units

- I. Develop basic relaxation massage techniques
 - A. Scalp and face
 - B. Neck and shoulders
 - C. Arms and hands
 - D. Front of the legs and feet
- II. Follow standard precautions
 - A. Hygiene
 - B. Disinfection of equipment
- III. Evaluate massage supplies and equipment
 - A. Investigate a variety of tables, pillows, bolster, mats
 - B. Compare and contrast lotions, oils, creams, powders, gels available to meet client needs
 - C. Differentiate use with various therapeutic modalities
- IV. Establish client/therapist rapport
 - A. Develop intake form/procedure
 - B. Address ethical behavior/business practices

- C. Process record keeping for advantage of self and client
 - D. Communicate importance of massage to client
- V. Ascertain the importance of indications and contraindications
- A. Identify health conditions aided by massage
 - B. Identify health conditions negatively affected by massage
- VI. Explore peripheral topics
- A. Stress reduction techniques
 - B. Business management skills
 - C. Integrated health care
 - D. Ethics

Learning Activities

Classroom: Learning activities will include lecture, class discussion, group activities, reading assignments, and classroom activities.

Lab: Learning activities will include discussion and demonstration of techniques and actual practice of skills involved.

Grade Determination

Grade determination will be based upon assessment tasks, class participation, assignments, written tests, and evaluation of technique skills.