

COURSE OUTLINE

Massage Therapy Clinic

Course Description

MT 265. Massage Therapy Clinic. 1 hour credit. Prerequisites: MT 240, MT 241, MT 244, MT 247, and MT 260, all with a C or better. MT 260 may be taken concurrently. This course will enable the student to apply appropriate massage therapy techniques in a client-centered massage therapy session for the client under direct supervision.

Course Relevance

Direct supervision in a clinic setting creates a forum for feedback and analysis of student work. Students will apply critical thinking through assessment of client intake and gain proficiency in integrating theoretical, technical and professional components into a massage therapy practice.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Communicate the expected outcome of the massage
2. Identify possible contraindications through the intake process
3. Identify appropriate techniques for individual clients with various conditions
4. Perform therapeutic massage on a variety of clients

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):

Analytical Thinking

1. Critical thinking
 - Through the analysis of case studies and clinical practice, the student will develop critical thinking skills.

Technology Skills

1. Discipline-specific technology
 - Through the application of a formal assessment process, the student will develop treatment regimens for individual clients in a clinic setting.

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/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Client interview/communication
 - B. Assessment
 - C. Choice of modalities for treatment
 - D. Ability to collaborate on a treatment plan with client
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Legal/ethical considerations
 - B. Contraindications
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. When to refer
 - B. Choice of modalities for treatment

Learning Units

- I. Massage therapy competencies
 - A. Demonstrate competence with current technologies
 - B. Incorporate time management skills for 30, 60, and 90 minute massage treatment
- II. Procedure and assessment techniques
 - A. Therapeutic procedure
 1. Client interview
 2. Informed consent
 3. Therapeutic treatment
 4. Communication of assessment and indication of treatment plan
 - B. Assessment skills
 1. Determine if contra-indications that are present
 2. Identify muscle groups to be treated
 3. Determine appropriate massage techniques
 - C. Observations skills
 1. Posture
 2. Gait
 3. Muscle condition
 4. Changes
 - D. SOAP charting
 1. Subjective
 2. Objective
 3. Assessment
 4. Plan

Learning Activities

Learning activities will emphasize the importance of program competencies and professional standards in massage therapy business and practice. Examples of activities which contribute to the learning process may include class discussions, daily exercises, campus laboratory experience and individual conferences with the instructor.

These and other suitable methods may be used individually or in combination by all instructors.

Grade Determination

Grade determination will be based upon completion of assessment tasks, class participation, client evaluations, and evaluation of technique skills by the instructor.