

## **COURSE OUTLINE** **Therapeutic Massage I**

### **Course Description**

MT 140. Therapeutic Massage I. 5 hours credit. Prerequisite: MT 137 with a C or better. MT 137 may be taken concurrently. This course will enable the student to understand the foundations of 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, client safety, communication skills, equipment safety, hygiene and self-care. The student will gain experience in relaxation massage as well as on-site seated chair 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. (2004). *Fundamentals of therapeutic massage* (3rd ed.). St. Louis, MO: Mosby.

### **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 massage
3. Clearly communicate the expected outcome of the massage

### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Speaking
  - Through the assessment of client health history and the expected outcome of the massage session, the student will develop speaking skills.
2. Field-Related Technology
  - Through various forms of practical applications, the student will develop field related technology skills and apply standards of equipment and body mechanics.

Secondary skills (developed but not documented):

Critical Thinking

Health Management

Computer Literacy  
Nonverbal Communication

### **Major Summative Assessment Task(s)**

These learning outcomes and the primary Learning PACT skills 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. 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. Peripheral topics
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Alternative therapies
  - B. Contraindications
  - C. Legal/ethical considerations
- III. Concepts – Key concepts that must be understood to address the issues
  - A. Equipment Safety
  - B. Draping procedures
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Conduct client interview/communication
  - B. Perform assessment
  - C. Chose modalities for treatment

### **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
  - E. Basic Chair massage
- II. Standard precautions
  - A. Hygiene
  - B. Disinfection of equipment
- III. Evaluate massage supplies and equipment
  - A. Investigate a variety of chairs, 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 contraindications
  - A. Identify health conditions aided by massage
  - B. Identify health conditions that would be negatively affected by massage
  
- VI. 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 completed, written tests, and evaluation of technique skills.