

COURSE OUTLINE **Therapeutic Massage II**

Course Description

MT 240. Therapeutic Massage II. 5 hours credit. Prerequisite: MT 137, MT 140, MT 145, and MT 243 with a C or better. MT 243 may be taken concurrently. This course will enable the student to use assessment skills to determine appropriate therapeutic procedures. The student will learn intermediate techniques to incorporate into their massage procedure. The student will integrate active and passive joint movements, perform deep tissue techniques and incorporate energy work into the fundamental therapeutic massage with technique instruction, demonstration and hands-on practice. The student will gain experience in clinical based massage, athletic massage, neuromuscular therapy and the modalities of Shiatsu and aromatherapy.

Course Relevance

Massage therapy often requires techniques more advanced than Swedish massage to address the client's challenges. This course will enable the student to move beyond basic massage techniques and be introduced to other modalities that can be used. This experience is essential for those students who are serious about their career in massage therapy.

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. Apply assessment skills to determine appropriate procedure
2. Identify techniques to incorporate into the therapeutic massage
3. Clearly communicate the treatment plan with the client

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. Problem Solving
 - Through the analysis and assessment of treatment plans, the student will develop problem solving skills.
2. Writing
 - Through various forms of written work, the student will develop written skills and apply standards of punctuation, grammar and spelling.

Secondary skills (developed but not documented):
Critical Thinking

Health Management
Computer Literacy
Internet Use

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. A written analysis of a treatment plan by use of Subjective, Objective, Assessment/Action Plan (SOAP) charting and detailed planning for treatment techniques will be assigned
2. Using assessment skills 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. Procedure and assessment techniques
 - A. Additional massage techniques
 - B. Additional modalities
 - C. Peripheral topics
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Legal/ethical considerations
 - B. Alternative therapies
 - C. Contraindications
- III. Concepts – Key concepts that must be understood to address the issues
 - A. When to refer
 - B. Assessment
 - C. Treatment plan
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Client interview/communication
 - B. Assessment
 - C. Choice of modalities for treatment
 - D. Treatment plan with client informed

Learning Units

- I. Finish basic massage sequence
 - A. Back sequence
 - B. Hips and legs
 - C. Side lying position
- II. Procedure and assessment techniques
 - A. SOAP charting
 - B. Therapeutic procedure
 - C. Observation skills
 - D. Assessment skills

- III. Additional massage techniques
 - A. Active and passive joint movements
 - B. Deep tissue techniques
 - C. Energy work modalities

- IV. Additional modalities
 - A. Clinical based massage
 - B. Athletic massage
 - C. Neuromuscular therapy
 - D. Shiatsu
 - E. Aromatherapy

- V. 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 completion of assessment tasks, class participation, assignments completed, written tests, and evaluation of technique skills.