

MT-1302: MASSAGE THERAPY I

Cuyahoga Community College

Viewing: MT-1302 : Massage Therapy I

Board of Trustees:

June 2022

Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

1302

Title:

Massage Therapy I

Catalog Description:

History of massage with emphasis on modern massage methodologies. Examines theories and principles of massage, basic physiological effects, and indications and contraindications for massage. Scope of practice, code of ethics, boundary issues, credentialing and licensing, massage law and legislation discussed. Study and practice of Beck techniques for manipulations of massage. Basic full-body massage, proper hygiene and sanitation practices, position and draping client, and proper body mechanics. Introduction to SOAP documentation.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

ENG-0995 Applied College Literacies, or appropriate score on English placement test; and MATH-0915 Basic Arithmetic and Pre-Algebra, or qualified Math placement and departmental approval: admission to Massage Therapy program. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

Outcomes

Course Outcome(s):

Use observation, verbal and other assessment tools to plan and perform a general Swedish massage.

Objective(s):

1. Discuss and understand proper documentations of Client History, including: prescriptions, medical reports, and referrals from other professionals.
2. Demonstrate the program's full body massage sequence utilizing proper body mechanics and the various manipulations according to massage criteria.
3. Explain and demonstrate the use of appropriate draping procedures used by massage therapists.
4. Recognize and explain the impact of the therapeutic environment on a massage client in relationship to therapeutic outcome.
5. Name, describe, and perform each of the primary massage procedures and their respective subdivisions, with emphasis on body mechanics.
6. Compare and contrast approaches to massage therapy as offered by Beck.
7. List, explain, and define 3 major categories of physiological effects: Mechanical, Metabolic, and Reflex.
8. Briefly outline the physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions.
9. List the procedures that stimulate and sedate.
10. Identify indications and contraindications for the application of massage procedures.

Course Outcome(s):

Demonstrate hygiene and apply safety and sanitation protocols according to OSHA and CDC Regulatory Standards.

Objective(s):

1. List and describe safety practices and procedures for the work environment.
 2. Describe guidelines for maintaining sanitary conditions.
 3. Describe appropriate personal hygiene for a practicing massage therapist in their professional office setting or any time applying a massage procedure.
 4. Identify potential sources for transmission of pathogenic organisms.
 5. Identify and explain the means for preventing the transmission of pathogens in a therapeutic environment.
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Course Outcome(s):

Conduct themselves professionally, ethically and legally, and demonstrate good time management.

Objective(s):

1. Review the major historical developments in massage therapy.
 2. Define and discuss the scope of practice for massage therapists according to Ohio Law.
 3. Demonstrate a working knowledge of the application of Ohio Law as it relates to the practice of Massage Therapy.
 4. Discuss and define the professional code of ethics for massage therapists and examine the boundary issues in massage therapy and the importance of professional practice.
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Methods of Evaluation:

1. Weekly quizzes
2. Written assignments
3. Oral presentations
4. Written examinations
5. Participation
6. Case Studies
7. Homework

Course Content Outline:

1. Brief history of massage
2. Scope of massage practice according to:
 - a. State of Ohio Medical Board
3. Credentialing and licensing
 - a. Governmental credentialing and licensing
 - b. Private professional credentialing
4. Code of ethics
 - a. Client's right of refusal
 - b. Therapists' right of refusal
 - c. With disclosure
 - i. Informed consent
 - ii. Boundaries
 - iii. Confidentiality
 - iv. Sexual misconduct
5. Documentation of client history
 - a. Define and explain SOAP
 - i. Subject (S)
 - ii. Objective (O)
 - iii. Assessment (A)
 - iv. Plan (P)
 - b. Introduction to taking client histories including:
 - i. Prescriptions
 - ii. Medical Reports
 - iii. Referrals from other healthcare professionals
6. Personal health issues including appearance, hygiene, and proper sanitation practices

- a. Universal Precautions
 - i. Concept of universal precautions
 - ii. Components of universal precautions
 - iii. Center for Disease Control (CDC) and Ohio Administrative Code (OAC) Chapter 17 current recommendations
 - iv. Potential sources for transmission of pathogenic organisms
 - v. Preventing the transmission of pathogens in a therapeutic environment
- b. Personal Hygiene for the massage therapist
 - i. Appearance
 - ii. Sanitation practices
 - iii. Professional office setting
 - iv. During massage procedures
- 7. Draping and therapeutic environment
 - a. Appropriate draping procedures by massage therapists
 - b. Impact of the therapeutic environment on a massage client in relationship to therapeutic outcome
 - i. Room temperature
 - ii. Professional demeanor
 - iii. Clean office
 - c. Safety practices and procedures for the work environment
 - d. Guidelines for maintaining sanitary conditions
- 8. Common body mechanical dysfunctions
 - a. Poor body mechanics
 - b. Proper body mechanics while performing techniques
- 9. Primary massage procedures and their respective subdivisions with emphasis on proper body mechanics:
 - a. Static Touch
 - i. Holding/Resting Position
 - ii. Superficial Touch
 - iii. Deep Touch
 - iv. Compression
 - b. Gliding Methods
 - i. Superficial Glide/Effleurage
 - ii. Deep Gliding
 - iii. Feather Stroking/Nerve Stroking
 - iv. Aura Stroking
 - c. Torsion Methods
 - i. Superficial Kneading
 - 1. Skin Rolling
 - 2. Fulling-body and face
 - ii. Kneading/Petrissage
 - d. Shear Methods
 - i. Superficial Friction
 - ii. Deep Friction
 - iii. Circular Friction
 - iv. Cross-Fiber Friction
 - v. Rolling
 - vi. Chucking
 - e. Percussion Methods
 - i. Tapping
 - ii. Hacking
 - iii. Spitting
 - iv. Beating
 - v. Clapping
 - f. Oscillation Methods
 - i. Vibration
 - ii. Shaking
 - iii. Jostling
 - iv. Rocking
 - g. Joint movements

- i. Passive
 - ii. Assistive
 - iii. Resistive
 - h. Elongation Methods
 - i. Direct Stretch
 - ii. Indirect Stretch
 - iii. Traction
10. Introduction to the theory and principles of massage.
- a. Basic physiological effects of each of the above techniques (according to Beck)
 - i. Category
 - 1. Mechanical
 - 2. Reflex
 - 3. Metabolic
11. Indications and contraindications to massage (Beck)
- a. Absolute contraindications
 - i. General
 - ii. Local
 - b. Possible contraindications
 - i. General
 - ii. Local
12. Demonstration of full body massage sequence utilizing proper body mechanics, use of lubrication, proper draping, and the various manipulations according to the massage criteria :
- a. Static Methods
 - b. Gliding Methods
 - c. Torsion Methods
 - d. Shear Methods
 - e. Oscillation Methods
 - f. Percussion Methods
 - g. Elongation Methods

Resources

Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 6th ed. Clifton Park, NY: Cengage Learning, 2016.

Kellogg, John Harvey, M.D. *The Art of Massage*. 1st ed. Ringgold, GA:TEACH Services Inc., 1929.

Fritz, Sandy. *Mosbys Fundamentals of Therapeutic Massage*. 7th ed. St. Louis :Elsevier, 2021.

Salvo, Susan G. *Massage Therapy: Principles and Practice*. 6th ed. St Louis:Elsevier, 2019.

Thompson, Diana L. *Hands Heal: Communication, Documentation, and Insurance Billing for Massage Therapist*. 5th ed. Philadelphia: Lippincott, Williams, Wilkins, 2019.

Rosenblum, Lynn. *Study Guide to Kellogg's Art of Massage: Comprehensive Manual to Prepare for the Ohio Medical Board Exam in Massage Therapy*. 2003.
