

MT-1331: MASSAGE THERAPY II

Cuyahoga Community College

Viewing: MT-1331 : Massage Therapy II

Board of Trustees:

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Academic Term:

Fall 2022

Subject Code

MT - Massage Therapy

Course Number:

1331

Title:

Massage Therapy II

Catalog Description:

Demonstrate massage procedures with patient in seated, side lying, prone and supine positions. Study of dysfunction resulting from poor body mechanics utilizing, tissue, posture, and gait assessments . Introduction to theory and practice of Myofascial Release Therapy, Trigger Point Therapy, Positional Release Therapy, Muscle Energy Techniques, Chair Massage, Abdominal Massage, Hydrotherapy, and Joint Movements. Documentation for massage therapy sessions through SOAP charting; interviewing and observational skills; in-depth study of the physiological effects and therapeutic applications for each of the massage procedures and its respective subdivisions for further understanding of massage customization.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MA-1010 Introduction to Medical Terminology, and MT-1272 Somatic Studies II or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

Communicate verbally and in writing, including SOAP charting, to clients, colleagues and other health care professionals.

Objective(s):

1. Discuss proper documentation including SOAP, client history, medical reports, prescriptions, referrals, medical releases, client interviews, and physical assessment.
2. Complete client history.
3. Demonstrate patient interviewing and observation skills.
4. Utilize S.O.A.P. charting techniques to document subjective and objective information regarding client condition.

Course Outcome(s):

Apply the knowledge of physiological principles as it relates to the different systems of the body and massage.

Objective(s):

1. List physiological effects of massage techniques as they pertain to the body systems.
2. Further develop knowledge of how massage effect the body systems, and apply techniques learned in MT1302 to achieve the effect.

3. Demonstrate therapeutic applications as it pertains to conditions of the different body systems.

Course Outcome(s):

Identify indications and contraindications for massage therapy.

Objective(s):

1. Define and list indications and contraindications for the application of manual massage procedures and/or their respective subdivisions.
 2. Identify anatomical, physiological and structural conditions in which the localized or general application of massage procedures would be indicated and/or contraindicated.
 3. Identify signs and symptoms that determine indication and/or contraindication for a specific massage procedure.
 4. Recognize physical and psychological conditions in which specific massage procedures are contraindicated or must be altered.
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Course Outcome(s):

Use physical observation, verbal investigation and basic massage techniques to treat and assess a client.

Objective(s):

1. Identify and compare the following massage techniques, physiological effects and therapeutic applications to massage methods: Static Methods, Gliding Methods, Torsion Methods, Shear Methods, Percussion Methods, Oscillation Methods, and Elongation Methods.
 2. Explain the physiological effects and therapeutic applications of the massage techniques according to Beck utilizing Kellogg principles.
 3. Demonstrate proper body mechanics and explain dysfunction resulting from poor body mechanics.
 4. Identify an appropriate assessment utilizing specific massage procedures, previous knowledge of anatomical structures, and palpatory skills.
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Course Outcome(s):

Demonstrate therapeutic massage techniques and utilize proper client assessments to customize a massage for a client.

Objective(s):

1. Demonstrate massage in prone, supine, side lying and seated positions.
 2. Explain and demonstrate the basic concepts of positional release.
 3. Define and demonstrate trigger point therapy and its application for treatment of muscle pain.
 4. Define and demonstrate myofascial release and its basic application for treating myofascial pain.
 5. Define and demonstrate hydrotherapy and its basic application as an adjuvant to other therapies.
 6. Identify an appropriate assessment utilizing specific massage procedures, previous knowledge of anatomical structures, and palpatory skills.
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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. Client History Form
 - a. Prescriptions
 - b. Medical reports
 - c. Referrals from other professionals
2. Interviewing and observational skills
 - a. Interviewing
 - i. Listening skills
 - ii. Leading and open-ended questions

- iii. Assessing client's expectations of massage
- iv. Explaining policies and procedures
- v. Obtaining informed consent
- b. Observing
 - i. General presence
 - 1. Sympathetic or parasympathetic activation
 - 2. Gestures used to show where pain is
 - ii. Taking a physical assessment
 - iii. Muscle testing
 - iv. Tissue assessment
 - v. Range of movement
 - vi. Posture and gait analysis
- 3. SOAP charting:
 - a. Subjective Information (S): all the things a client tells you, including previous history, present symptoms, any aggravating circumstances or changes in activity due to symptoms, initial cause of present symptoms, client goals for therapy.
 - i. Medical history or intake forms
 - ii. Pain questionnaires
 - b. Objective Information (O): therapist's findings regarding client's health: visual and palpable observations, test results, treatment goals, massage techniques used
 - i. Terminology for palpation findings:
 - 1. Hypertonicity
 - 2. Spasm
 - 3. Tender point
 - 4. Trigger point
 - 5. Adhesion
 - 6. Scar Tissue
 - ii. Terminology for range of motion (R.O.M.) testing
 - 1. Identifying
 - a. Right, left, bilateral
 - b. Muscle or joint
 - c. Action or muscle being stretched
 - d. Hyper- or hypo-mobility
 - e. Presence and location of pain
 - iii. Qualifying
 - 1. Intensity of hypo- or hyper-mobility
 - 2. Intensity of pain
 - 3. Muscle strength grading
 - c. Assessment (A): recording techniques used, where they were used, and changes in client's symptoms, musculo-skeletal system, function or mobility, posture, etc., that is an immediate result of the treatment.
 - i. Used to determine or reinforce effectiveness of specific treatment techniques
 - ii. Used to note progress of patient
 - d. Plan (P): treatment frequency suggested, focus for future sessions, client participation between sessions (homework), long and short term goals.
 - i. Charting abbreviations
 - e. S.O.A.P. charting abbreviations
 - 4. Referrals:
 - a. Other healthcare professionals
 - b. For Complimentary Care
 - c. Knowing when, to whom and how to refer
 - d. Obtaining release and authorization forms
 - 5. Physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions
 - 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
- v. Reflex stroking
- c. Torsion Methods
 - i. Superficial Kneading
 - 1. Skin Rolling
 - 2. Fulling-body and face
 - ii. Kneading/Petrissage
 - iii. Wringing
- 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. Spatting
 - iv. Beating
 - v. Clapping
 - vi. Reflex percussion(s)
 - vii. Tendon reflex percussion
 - viii. Point Percussion
- 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
- 6. Cross-over of physiological effects and therapeutic applications to techniques above.
- 7. Physiological effects to include:
 - a. Three major categories of physiological effects including mechanical, metabolic and reflex and procedures that stimulate and sedate.
 - b. Physiological effects upon the following:
 - i. Integument
 - ii. Skeletal
 - iii. Muscular
 - iv. Nervous
 - v. Cardiovascular
 - vi. Lymphatic
 - vii. Digestive
 - viii. Respiratory
 - ix. Urinary
 - c. Definition of localized effects (localized treatments)
 - d. Definition of general and derivative effects
 - e. Indications and contraindications for the application of massage procedures
- 8. Therapeutic applications to include:
 - a. Applied structure and function:
 - i. Structures which would be found beneath identified surface locations
 - ii. Structures most probably involved in non-radiating musculoskeletal pain in a particular location

- iii. Structures most probably involved when musculoskeletal pain followed a particular activity
 - iv. "Endangerment area"
 - v. Vulnerable structures in each "endangerment area"
- 9. Indications and contraindications for massage therapy
 - a. Indications and contraindications for the application of manual massage procedures and/or their respective subdivisions
 - b. Anatomical, physiological and structural conditions in which the localized or general application of massage procedures would be indicated and/or contraindicated.
 - c. Signs and symptoms that determine indication and/or contraindication for a specific massage procedure.
 - d. Physical and psychological conditions in which specific massage procedures are contraindicated or must be altered.
 - e. Physical conditions that would require a referral and evaluation by another health care provider prior to the application of massage procedures.
 - f. Physical altered changes that require Emergency measures.
 - i. Airway
 - ii. Breathing
 - iii. Circulation
 - iv. Disability (any sudden onset including: pain, changes in mobility, or changes in sensory acuity)
- 10. Positioning: Instructor demonstrates and students practice massage manipulations with patient in prone, supine, side lying and seated positions.
 - a. Table massage
 - i. Prone
 - ii. Supine
 - iii. Side lying
 - iv. Seated positions
 - b. Demonstrate Chair Massage
- 11. Body mechanics for the therapist: Dysfunction resulting from poor body mechanics while giving massages.
- 12. Tissue Assessment and assessment of other anatomical structures utilizing specific massage procedures and/or palpatory skills.
 - a. Neck
 - b. Shoulder
 - c. Arm
 - d. Forearm
 - e. Hand
 - f. Back
 - g. Hip
 - h. Leg
 - i. Knee
 - j. Ankle
 - k. Foot
- 13. Basic concepts of Positional Release and its application to the above regions of the body.
- 14. Basic Trigger Point Therapy
 - a. Define Trigger Point
 - i. Active myofascial trigger point
 - ii. Latent myofascial trigger point
- 15. Myofascial release therapy: theory and practice
 - a. Myofascial Gliding
 - b. Cross-Handed Stretch
 - c. Cross-Fiber
 - d. Skin Rolling
 - e. Traction-Unwinding
 - f. Indirect Methods
 - i. Thoracic
 - ii. Diaphragm
 - iii. Pelvis
- 16. Muscle Energy Techniques
 - a. Post-Isometric Relaxation
 - b. Reciprocal Inhibition
 - c. Proprioceptor Neuromuscular Facilitation
- 17. Hydrotherapy

- a. Cryotherapy
 - i. Topical Products
 - ii. Baths
 - iii. Ice
 - 1. Cold, Burning, Aching, Numbness

- b. Thermotherapy
 - i. Warm Towels
 - ii. Hydrocollator
 - iii. Topical Products
 - iv. Baths

Resources

Clay, James and David M. Pounds. *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*. 3rd ed. Philadelphia: Lippincott Williams and Wilkins, 2016.

Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 6th ed. Clifton Park, NY: Cengage Learning, 2017.

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

Andrade, Carla-Krystin and Paul Clifford. *Outcome-Based Massage: From Evidence to Practice*. 3rd ed. Philadelphia:Lippincott Williams & Wilkins, 2014.

Thompson, Diana L. *Hands Heal: Communication, Documentation, and Insurance Billing for Massage Therapist*. 5th ed. Philadelphia: Lippincott, Williams, Wilkins, 2018.

Chaitow, Leon ND, DO. *Positional Release Techniques*. 4th ed. St. Louis:Elsevier, 2016.

Manheim, Carol J. *The Myofascial Release Manual*. 4th ed. Thorofare, NJ:Slack, 2008.

Travell, Janet G. MD and David G. Simons MD. *Myofascial Pain and Dysfunction: The Trigger Point Manual Two Volume Set*. 3rd ed. Philadelphia:Lippincott Williams & Wilkins, 2019.

Walton, Tracy. *Medical Conditions and Massage Therapy: A Decision Tree Approach*. 1st ed. Philadelphia: Lippincott Williams and Wilkins, 2010.

Carlson, Jodi. *Complementary Therapies and Wellness*. 1st ed. Upper Saddle River, NJ: Prentice Hall, 2003.

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

Resources Other

1. Massage Magazine
2. Massage Therapy Journal
3. Massage and Bodywork Magazine
4. International Journal of Therapeutic Massage and Bodywork: <http://journals.sfu.ca/ijtmb/index.php/ijtmb/index> (<http://journals.sfu.ca/ijtmb/index.php/ijtmb/index/>)
5. National Institutes of Health: National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/health/massage/>
6. Massage Therapy Body of Knowledge: <http://www.mtbok.org/>

7. State Medical Board of Ohio: <http://www.med.ohio.gov/>
8. Massage Videos

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