

MT-2202: MASSAGE MODALITIES AND CAREER PATHS

Cuyahoga Community College

Viewing: MT-2202 : Massage Modalities and Career Paths

Board of Trustees:

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Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

2202

Title:

Massage Modalities and Career Paths

Catalog Description:

Introductory study and overview of theoretical and clinical massage in medical settings. Introductory study and overview of massage modalities such as: Hot stone, Lymphatic Drainage, Aromatherapy, Cranial Sacral, Energy concepts. Exploration of work settings and options.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

1

Requisites

Prerequisite and Corequisite

MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2351 Ethics for Massage Therapists, and MT-2361 Business Practices for Massage Therapists or concurrent enrollment; and concurrent enrollment in MT-1280 Somatic Studies III.

Outcomes

Course Outcome(s):

Describe a holistic assessment.

Objective(s):

1. Explain a holistic assessment of the patient from the electronic record, physical, emotional, religious and spiritual data.
2. Explain modification of touch therapy/massage procedures according to the assessment data.
3. Define and discuss the goals of hospital based massage.
4. Discuss/demonstrate proper infection control procedures.
5. Explain hospital-based massage treatment.

Course Outcome(s):

Describe modifications of a massage for the hospitalized or frail patient based on medications, lab values, medical condition, procedures, and medical devices.

Objective(s):

1. Discuss modifications to massage for the hospitalized patient.
2. Discuss modifications to massage based on medications.
3. Discuss modifications to massage based on medical condition, procedures and medical devices.

Course Outcome(s):

Recognize the need for a good work ethic, hygiene, customer service, time management and professional, ethical, and legal conduct.

Objective(s):

1. Discuss professional, ethical, and legal behavior.
2. Explain time management skills and customer service skills.
3. Explain the team approach to holistic care of the patient.

Course Outcome(s):

Locate and experience other medical based massage outside of the hospital setting.

Objective(s):

1. Shadow a chiropractor and be able to explain the benefits of a massage therapist working in this setting.
2. Shadow another health setting of choice and explain the benefits of a massage therapist working in this this setting.
3. Discuss whether or not they see themselves working in any of these health care settings.
4. Attend a job fair and experience the variety of business opportunities to work as a massage therapist.

Course Outcome(s):

Demonstrate the basics of massage modalities that massage therapist can become certified in.

Objective(s):

1. Describe and demonstrate the basics of lymphatic drainage.
2. Describe and demonstrate the basics of cranial sacral massage.
3. Describe and demonstrate the basics of hot stone massage.
4. Describe and demonstrate the basics of aromatherapy.
5. Describe and demonstrate the basics of reflexology.
6. Describe and demonstrate the basics of chakras and energy work.
7. Select a massage modality to review and explain to your peers not covered within the course.

Methods of Evaluation:

1. Weekly quizzes
2. Written assignments
3. Oral presentations
4. Written examinations
5. Participation including role playing
6. Case studies
7. Homework and journal
8. Discussion board
9. Career shadowing

Course Content Outline:

1. Defining hospital-based massage and setting goals
 - a. Evolution of definition of hospital based massage
 - b. Goals
 - i. Alleviation of stress
 - ii. Pain management
2. Infection control
 - a. Standard precautions
 - i. Hand washing
 - ii. Gloving

- iii. Masking
 - iv. Gowning
 - b. Transmission-based precautions
 - i. Airborne isolation
 - ii. Droplet isolation
 - iii. Contact isolation
- 3. Holistic assessment
 - a. Electronic record
 - b. Physical, emotional, religious and spiritual data
 - c. Data from other services such as art therapy, music therapy, reiki, and therapeutic touch
- 4. Hospital-based massage treatment
 - a. Pre-massage session
 - b. Massage session
 - c. Post-massage session
- 5. Modifications to massage for the hospitalized patient
 - a. Position
 - b. Site
 - c. Pressure
- 6. Modifications to massage based on medications
 - a. Antipyretics
 - b. Skeletal muscle relaxations
 - c. Nonsteroidal Anti-inflammatory Drugs (NSAIDS)
 - d. Antihypertensives
 - e. Anticoagulants
 - f. Antithrombolytics
 - g. Analgesics
- 7. Modifications to massage based on medical condition, procedures and medical devices
 - a. Medical conditions
 - i. Edema
 - ii. Fatigue
 - iii. Inflammation
 - iv. Peripheral neuropathy
 - v. Varicose veins
 - b. Procedures
 - i. Biopsy
 - ii. Endoscopy
 - iii. Scans
 - c. Medical devices
 - i. Bedpan
 - ii. Urinal
 - iii. Emesis basin
 - iv. Catheter
 - v. Pacemaker
 - vi. Implant defibrillators
 - vii. Compression devices
 - viii. Shunts
 - ix. Orthopedic devices
- 8. Holistic team building with the medical staff and shared multidisciplinary healing service team visits
 - a. Communication
 - i. Written
 - ii. Verbal
 - b. Adjustment of communication, time management, and customer service skills with patient depending upon their medical condition
 - c. Professional, legal and ethical behavior in the hospital setting
 - d. Feedback
 - e. Commitment
- 9. Charting – electronic health record (EHR)

- a. Look up data in EHR
 - b. Use forms in an EHR settings for both inpatient and outpatient health care facilities
 - c. Apply knowledge of healthcare informatic systems and related information systems
10. Research topics
- a. Benefits of massage for cancer patients
 - b. Benefits of massage for orthopedic patients
 - c. Benefits of massage in post-op settings
 - i. Heart patients
 - ii. Stroke patients
 - iii. Paralytic patients
11. Health care setting shadowing
- a. Chiropractic setting
 - b. Other healthcare setting
 - i. physical therapy
 - ii. occupation therapy
 - iii. hospital
 - iv. wellness center
12. Manual lymphatic drainage
13. Cranial-sacral massage
14. Aromatherapy
15. Reflexology
16. Hot-stone therapy
17. Chakras

Resources

MacDonald, Gayle. *Massage for the Hospital Patient and Medically Frail Client*. 1st ed. Philadelphia: Lippincott Williams and Wilkins, 2004.

Fritz, Sandy, Leon Chaitow, and Glenn Hymel. *Clinical Massage in the Healthcare Setting*. 1st ed. St. Lois:Elsevier, 2008.

Thompson, Diana L. *Hands Heal Essentials: Communication, Documentation, and Insurance Billing for Massage Therapist*. 5th 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.

Wible, Jean. *Drug Handbook for Massage Therapists*. 1st ed. Philadelphia:Lippincott Williams Wilkins, 2008.

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

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

Resources Other

1. Massage Magazine
2. Massage Therapy Journal
3. Massage and Bodywork Magazine
4. International Journal of Therapeutic Massage and Bodywork. 2023. <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. 2023. <http://nccam.nih.gov/health/massage/>
6. State Medical Board of Ohio. 2023. <http://www.med.ohio.gov/>

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