

# MT-2311: ADVANCED MASSAGE THERAPY

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## Cuyahoga Community College

**Viewing: MT-2311 : Advanced Massage Therapy**

**Board of Trustees:**

January 2024

**Academic Term:**

Fall 2024

**Subject Code**

MT - Massage Therapy

**Course Number:**

2311

**Title:**

Advanced Massage Therapy

**Catalog Description:**

Assessment and treatment of musculoskeletal dysfunction based on trigger point therapy, myofascial release, and muscle energy techniques with an orthopedic approach.

Identify multiple conditions within each area of the body and demonstrating a 12-step pain free approach. Documentation of participant session and participant education.

**Credit Hour(s):**

3

**Lecture Hour(s):**

2

**Lab Hour(s):**

3

## Requisites

**Prerequisite and Corequisite**

MT-1280 Somatic Studies III, and MT-2361 Business Practices for Massage Therapists, and MT-2202 Massage Modalities & Career Paths, and MT-2701 Comprehensive Somatic Studies for Massage Therapists, and MT-2991 Comprehensive Massage Therapy, or departmental approval.

## Outcomes

**Course Outcome(s):**

Use physical observation and verbal investigation in developing an advanced treatment plan for disorders of the human body, and treating participant for disorders of the human body.

**Objective(s):**

1. Develop a participant assessment scheme.
2. Develop a participant treatment plan incorporating short- and long-term goals
3. Document participant information using Subjective, Objective, Assessment, Plan (SOAP) charting.

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**Course Outcome(s):**

Develop critical reasoning and performance skills as they relate to advanced massage therapy techniques.

**Objective(s):**

1. Define, discuss and demonstrate trigger point and positional release therapy.
2. List the perpetuating factors and treatment according to trigger point therapy.
3. Define, discuss and demonstrate myofascial release therapy.

4. Define, explain and demonstrate the basic theory of muscle energy techniques.
5. Develop interpersonal abilities when practicing massage therapy.

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**Course Outcome(s):**

Educate the participant, within the scope of practice, as defined by the State Medical Board of Ohio, on the principles of treatment used for specific disorders, proper body mechanics, as well as suggest appropriate modalities.

**Objective(s):**

1. Suggest appropriate modalities to treat specific disorder for a participant.
2. Explain specific treatment for specific disorders to a participant.
3. Demonstrate proper body mechanics to a participant.

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**Course Outcome(s):**

Demonstrate the 12-step pain free approach.

**Objective(s):**

1. Define and demonstrate the 12-step pain free approach
2. Learn and demonstrate joint capsule release
3. Learn and demonstrate cervical mobilization
4. Learn and demonstrate shoulder protocol
5. Learn and demonstrate pelvic stabilization
6. Learn and demonstrate IT band release
7. Learn and demonstrate broadening compression

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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. 12-Step pain free approach
  - a. History
  - b. Active range of motion
  - c. Passive range of motion
  - d. Resistive range of motion
  - e. Area preparation
    - i. Basic techniques/warming
  - f. Myofascial Release
    - i. Velvet glove
    - ii. Joint capsule release
  - g. Trigger point therapy/positional release
    - i. Trigger point
      1. Active myofascial trigger point
      2. Latent myofascial trigger point
      3. Associated myofascial trigger point
      4. Strain/Counterstrain
  - h. Multidirectional friction
  - i. Pain-free movement

- j. Eccentric scar tissue alignment
- k. Stretching
  - i. Neuromuscular treatment techniques
    - 1. Ischemic compression
    - 2. Muscle energy techniques
      - a. Contract-relax/PIR
      - b. Reciprocal inhibition
- l. Exercise
  - i. Not allowed in Ohio under massage therapy scope of practice

2.

#### Review Muscles

- a. Sternocleidomastoid
  - b. Occipitalis
  - c. Selected muscles of upper back, shoulder and upper arm
    - i. Teres major
    - ii. Teres minor
    - iii. Subscapularis
    - iv. Triceps
    - v. Serratus anterior
    - vi. Pectoralis major
    - vii. Pectoralis minor
    - viii. Biceps brachii
    - ix. Brachialis
    - x. Coracobrachialis
  - d. Selected muscles of forearm and hand
    - i. Forearms
      - 1. Anterior
        - a. Flexors
        - b. Pronators
      - 2. Posterior
        - a. Extensors
        - b. Brachioradialis
        - c. Supinator
        - d. Abductor pollicis longus
    - ii. Hands
  - e. Selected muscles of torso
    - i. Latissimus dorsi
    - ii. Quadratus lumborum
    - iii. Rhomboid major
    - iv. Rhomboid minor
    - v. Trapezius
  - f. Selected muscles of hip, thigh, and knee
    - i. Gluteus maximus
    - ii. Quadriceps
    - iii. Hamstrings
    - iv. Adductors
    - v. Abductors
  - g. Selected muscles of lower leg, ankle and foot
    - i. Gastrocnemius
    - ii. Soleus
    - iii. Tibialis posterior
    - iv. Tibialis anterior
    - v. Peroneus brevis
    - vi. Peroneus longus
3. Assessment and treatment of:
- a. Head and face
    - i. Fascial release of skull and ears
    - ii. Frontalis
    - iii. Muscles of mastication

- b. Neck
  - i. Posterior cervical muscles
  - ii. Suboccipital muscles
  - iii. Sternocleidomastoid muscle
  - iv. Anterior throat
  - v. Scalenes
- c. Shoulder and spinal column
  - i. Deltoid
  - ii. Trapezius
  - iii. Levator scapulae
  - iv. Supraspinatus
  - v. Infraspinatus
- d. Shoulder
  - i. Teres major
  - ii. Teres minor
  - iii. Subscapularis
  - iv. Rhomboids
  - v. Triceps
  - vi. Serratus anterior
  - vii. Pectoralis major
  - viii. Pectoralis minor
  - ix. Biceps brachii
  - x. Brachialis
  - xi. Coracobrachialis
- e. Forearms and hands
  - i. Forearms
    - 1. Anterior
      - a. Flexors
      - b. Pronators
    - 2. Posterior
      - a. Extensors
      - b. Brachioradialis
      - c. Supinator
      - d. Abductor pollicis longus
  - ii. Hands—anterior, muscles and tendons
  - iii. Hands—posterior, muscles and tendons
- 4. Basic theory of muscle energy technique
  - a. Theory and science of massage and manual therapy
  - b. General overview
  - c. Theory and technique
  - d. Essentials of anatomy and physiology
  - e. Injury and repair
  - f. Techniques
  - g. Soft tissue mobilization
  - h. Muscle energy technique
  - i. Joint mobilization
  - j. Guidelines for staying energized and relaxed while performing treatment
- 5. Participant education
  - a. Specific disorders
  - b. Proper body mechanics
  - c. Suggest appropriate modalities
- 6. Documentation of participant session including SOAP charting
  - a. Assessment scheme
  - b. Treatment plan to include long and short-term goals

## Resources

Hendrickson, Thomas. *Massage and Manual Therapy for Orthopedic Conditions*. Enhanced Second ed. Philadelphia: Lippincott Williams & Wilkins, 2020.

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

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

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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 and Wilkins, 2019.

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Davies, Claire. *The Trigger Point Therapy Workbook*. 3rd ed. Oakland, CA: New Harbinger Publications, 2013.

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Chaitow, Leon ND, DO. *Positional Release Techniques*. 4th ed. St. Louis: Elsevier, 2015.

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

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Waslaski, James. *Clinical Massage Therapy*. Pearson, 2011.

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Chaitow, Leon, Helge Granke, et al. *Muscle Energy Techniques*. 4th ed. Elsevier Ltd., 2013.

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#### **Resources Other**

1. Massage Magazine
2. Massage Therapy Journal
3. Massage and Bodywork Magazine
4. State Medical Board of Ohio: <http://www.med.ohio.gov/>
5. Videos Created by Instructor

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