

MT-235L: MASSAGE THERAPY CLINIC I

Cuyahoga Community College

Viewing: MT-235L : Massage Therapy Clinic I

Board of Trustees:

March 2023

Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

235L

Title:

Massage Therapy Clinic I

Catalog Description:

Student clinical experience. Full-Body relaxation massage of clients, under supervision of an LMT Instructor, integrating interviewing, observational, and massage therapy skills. Completion of SOAP notes on each client. Pharmacology for massage therapists. Hygiene and sanitation. Basic business communication and massage office policies, procedures, and practices. Patient education.

Credit Hour(s):

2

Other Hour(s):

6

Other Hour Details:

Clinical Lab Hours: 6 hours per week in the Massage Therapy Clinic

Requisites

Prerequisite and Corequisite

MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II, or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

Assess, evaluate and perform clinical procedures in a therapeutic environment.

Objective(s):

- a. Explain therapeutic environment in clinical setting.
 - b. Recognize and explain the impact of the therapeutic environment on a massage client in relationship to therapeutic outcome.
 - c. List and describe safety practices and procedures for the work environment.
 - d. Demonstrate the ability to perform a full body relaxation massage sequence.
 - e. Modify massage sequence based on contraindications.
 - f. Recognize and explain specific classes of drugs and identify systemic, local, or procedural contraindications when a client is on or taking a particular class of drugs.
 - g. Demonstrate a full body relaxation massage sequence utilizing the various manipulations common to massage therapy as defined by Beck.
 - h. Demonstrate knowledge of contraindications and indications for various massage treatments.
 - i. Explain and demonstrate the use of appropriate draping procedures by massage therapists.
 - j. Demonstrate proper body mechanics.
 - k. Demonstrate the primary massage procedures and their respective subdivisions.
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Course Outcome(s):

Adhere to the professional code of ethics for massage therapists.

Objective(s):

- a. Explain and define professional ethics for massage therapy.
- b. Explain procedures for boundary violations.
- c. Recognize professional/clinical conditions which might present ethical dilemmas.
- d. Recognize professional behavior that would be considered unethical by a majority of "reasonable" professionals.
- e. Discuss professional behavior in relationship to the ethical considerations and potential therapeutic outcome.
- f. Recognize and explain how massage therapist behaviors might enhance and/or compromise the physical, mental and/or emotional health of a client.
- g. Identify, explain and understand the emotional/legal implications for establishing a personal-intimate/sexual relationship with a client.
- h. Recognize and explain legal practices, standards or practices and ethical practices.
- i. Discuss legal and ethical dilemmas.

Course Outcome(s):

Create client charts, consisting of SOAP charting and medical records.

Objective(s):

- a. Interview patients and document client history.
- b. Document observations of client condition.
- c. Complete SOAP notes on each client seen.

Course Outcome(s):

Utilize proper sanitation and hygiene methods for the massage therapist.

Objective(s):

- a. Demonstrate hygiene and sanitation in massage therapy environment.
- b. Define and explain the concept of universal precautions
- c. Recognize the current recommendations from the Center for Disease Control (CDC) and Ohio Administrative Code (OAC) Chapter 17.
- d. Describe appropriate personal hygiene for a practicing massage therapist in their professional office setting or anytime applying a massage procedure.
- e. Identify potential sources for transmission of pathogenic organisms.
- f. Identify and explain the means for preventing transmission of pathogens in a therapeutic environment.

Course Outcome(s):

Demonstrate the knowledge of business policies.

Objective(s):

- a. Discuss the right to refuse service.
- b. Discuss strategies for dealing with difficult clients.
- c. Define and explain the different classes of drugs and identify contraindications for massage.
- d. Demonstrate basic office tasks.
- e. Demonstrate basic business communication skills with clients.

Methods of Evaluation:

- a. Weekly quizzes
- b. Written evaluation on Patient Tracking Form
- c. Oral presentations
- d. Written examinations

- e. Written assignments
- f. Case studies
- g. Participation
- h. Homework
- i. Tracking Forms

Course Content Outline:

- a. Perform clinical procedures under the direct supervision of the licensed massage therapist instructor, preceptor, lab technician, or clinic supervisor
 - i. Prepare massage table
 - ii. Review patient charts or forms
 - iii. Demonstrate proper draping and hand washing
 - iv. Make client assessment
 - v. Demonstrate the ability to complete a reassessment
 - vi. Describe how to make recommendations to the clients
 - vii. State procedures for boundary violations
 - viii. Demonstrate teamwork skills
 - ix. Demonstrate time management and work ethic skills
 - x. Demonstrate customer service skills
- b. Ethics
 - i. Salient points of the general code of ethics
 - ii. State procedures for boundary violations
- c. Documentation
 - i. Client Charts
 - 1. SOAP charting
 - 2. Medical records
 - ii. Patient interview
 - iii. Patient history
 - iv. Observations of client's condition
- d. Hygiene and sanitation
 - i. Universal precautions
 - 1. Center for Disease Control (CDC)
 - 2. OAC Chapter 17
 - 3. Proper cleaning of massage tables, equipment, supplies, and other clinic items
 - 4. Filling oil, soap, and cleaning fluid bottles
 - ii. Personal hygiene for a practicing massage therapist
 - 1. Professional office setting
 - 2. During massage procedures
 - iii. Pathogenic organisms
 - 1. Potential sources for transmission
 - 2. Means for preventing the transmission in a therapeutic environment
 - iv. Complementary care and wellness information
- e. Therapeutic Environment
 - i. Draping procedures used by massage therapists
 - ii. Impact of the therapeutic environment
 - 1. Room temperature
 - 2. Professional demeanor
 - 3. Clean office
 - 4. Other
 - iii. Safety practices and procedures for the work environment
 - iv. Guidelines for maintaining sanitary conditions
- f. Performing massages on clients
 - i. Proper method for draping a client for massage
 - ii. Proper body mechanics
 - iii. Primary massage methods and their respective subdivisions
 - 1. Range of Motion (R.O.M.) - joint movement
 - 2. Static Methods
 - 3. Gliding Methods
 - 4. Torsion Methods

5. Shear Methods
 6. Oscillation Methods
 7. Percussion Methods
 8. Elongation Methods
- iv. Full body massage sequence demonstrating the various manipulations common to massage therapy as defined by Beck
- g. Impact of pharmaceuticals
- i. Classes of drugs
 1. Antipyretics
 2. Skeletal muscle relaxants
 3. Nonsteroidal Anti-inflammatory Drugs (NSAID)
 4. Antihypertensives
 5. Anticoagulants/ Antithrombolytics
 6. Analgesics
 - ii. Systemic local or procedural contraindications for patients utilizing above classes of drugs
- h. Business and office
- i. Filing and preparing patient charts for patient sessions
 - ii. Paperwork preparation for client charts

Resources

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

American Massage Therapy Association. *The Business of Massage: The Complete Guide to Establishing Your Massage Career*. 2nd ed. Evanston, IL: American Massage Therapy Association, 2009.

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

Fritz, Sandy. *Mosby's Fundamentals of Therapeutic Massage*. 7th ed. Maryland Heights, MO:Elsevier, 2020.

Thompson, Diana L. *Hands Heal Essentials: Documentation for Massage Therapist*. 3rd ed. Philadelphia: Lippincott, Williams Wilkins, 2006.

Salvo, Susan G. *Massage Therapy: Principles and Practice*. 6th ed. St. Louis:Elsevier, 2020.

Resources Other

- a. Massage Magazine
- b. Massage Therapy Journal
- c. Massage and Bodywork Magazine
- d. 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/>)
- e. National Institutes of Health: National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/health/massage/>
- f. Massage Therapy Body of Knowledge: <http://www.mtbok.org/>
- g. State Medical Board of Ohio: <http://www.med.ohio.gov/>

Top of page
Key: 5113