

# MT-236B: MASSAGE THERAPY CLINIC II-B

## Cuyahoga Community College

### Viewing: MT-236B : Massage Therapy Clinic II-B

#### Board of Trustees:

2015-05-28

#### Academic Term:

2015-08-24

#### Subject Code

MT - Massage Therapy

#### Course Number:

236B

#### Title:

Massage Therapy Clinic II-B

#### Catalog Description:

Continuation of student clinical experience begun in MT-236A. Students will continue the massage of patients, under supervision, integrating interviewing, observational and massage therapy skills. Massage sequence will include demonstration of knowledge of physiological effects and therapeutic applications of massage procedures and appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpation skills. Pharmacology for massage therapists. Study of hydrotherapy. In-depth study of massage business and law, including scope of practice, business communication and massage office policies, procedures and practices. Important: MT-236A and MT-236B together meet the requirement for completion of MT-2360 Massage Therapy Clinic II.

#### Credit Hour(s):

1

#### Lab Hour(s):

3

## Requisites

#### Prerequisite and Corequisite

MT-1272 Somatic Studies II, and MT-1280 Somatic Studies II or concurrent enrollment; and MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I; or MT-235A Massage Therapy Clinic I-A and MT-235B Massage Therapy Clinic I-B; and MT-236A Massage Therapy Clinic II-A.

## Outcomes

#### Course Outcome(s):

A. Plan and perform a therapeutic massage using knowledge of physiological effects and therapeutic applications of massage procedures.

#### Objective(s):

1. 1. Demonstrate competency in massaging patients under the supervision of a licensed massage therapist.
2. 10. Review the licensing exam content.
3. 11. Demonstrate the awareness of client education.
4. 13. Demonstrate work ethic, hygiene, customer service, time management and team work skills.
5. 14. Exhibit ethical, professional, and legal conduct while performing massages.
6. 15. Explain referring patients to an appropriate licensed healthcare professional.
7. 2. Demonstrate the physiological and therapeutic applications of massage procedures.
8. 3. Discuss the concepts of pharmacology and different classes of drugs.
9. 4. Demonstrate utilization of proper body mechanics while giving massages.
10. 5. Discuss dysfunction that will result from utilizing poor body mechanics while giving massages.
11. 6. Demonstrate a full body massage sequence by using the various manipulations common to massage therapy as defined by Kellogg and Beck and positional release.
12. 7. Explain physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions.
13. 8. Demonstrate side-lying and seated positions when required during a massage.
14. 9. Show the relevance and accuracy of S.O.A.P. notes on patients.

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**Course Outcome(s):**

B. Perform appropriate assessment of anatomical structures and utilize specific massage procedures and/or palpatory skills.

**Objective(s):**

1. 12. Demonstrate proper sanitation, hygiene, and draping.
2. 1. Demonstrate thoroughness in assessment of anatomical structures and using specific massage procedures and/or palpation skills.
3. 2. Demonstrate an appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpation skills.

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**Course Outcome(s):**

C. Apply knowledge of hydrotherapy techniques and indications/contraindications as applied to massage therapy.

**Objective(s):**

1. 1. Recognize and explain the physiologic effects of heat and cold application on the human body.
2. 2. Recognize and explain the physiologic effects of hot and cold water application on the human body.
3. 3. Demonstrate the appropriate use of heat and cold for the application of hydrotherapy.
4. 4. Define and demonstrate the application of cryotherapy [Rest, Ice, Compression, and Elevation (RICE)].
5. 5. Define and demonstrate contrast heat and cold applications.

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**Course Outcome(s):**

D. Demonstrate the knowledge of business policies.

**Objective(s):**

1. 1. Demonstrate accepted business communications: oral, written, and non-verbal.
2. 2. Demonstrate office management skills needed in a clinical setting.

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**Methods of Evaluation:**

1. Weekly Quizzes
2. Written evaluation on Patient Tracking Form
3. Oral presentations
4. Written examinations
5. Written assignments
6. Professional Behavior Evaluation Scale
7. Case Studies
8. Participation
9. Homework

**Course Content Outline:**

1. Perform clinical procedures under the direct supervision of the licensed massage therapist instructor, preceptor, lab technician or clinic supervisor
  - a. Prepare massage table.
  - b. Review patient charts or forms
  - c. Interview patients: taking histories and observing
  - d. Review proper draping and hand washing.
  - e. Make patient assessment
  - f. Do a reassessment
  - g. Make recommendations to the patients
  - h. State procedures for boundary violations
    - i. Demonstrate team-work skills
    - j. Demonstrate time-management and work ethic skills
  - k. Demonstrate customer service skills
    - l. State procedures for handling boundary violations
  - m. Demonstrate ethical, legal and professional behavior
2. Documentation

- a. Patient interview and history
- b. Completion of SOAP notes on each patient seen with in-depth information on tissue assessment and specific massage procedures used
3. Hygiene and sanitation review
  - a. Universal precautions
  - b. Appearance
  - c. Hygiene
  - d. Proper sanitation practices
  - e. Proper cleaning of massage tables, equipment, supplies and other clinic items
  - f. Filling oil, soap and cleaning fluid bottles
4. Complementary care and wellness information
5. Body mechanics to utilize while performing massages
  - a. Proper body mechanics
  - b. Dysfunctions resulting from poor body mechanics while giving massages
6. Performance of massages
  - a. Full body massage sequence
    - i. Manipulations as defined by Kellogg
    - ii. Manipulations as defined by Beck
    - iii. Commonalities between Beck and Kellogg
  - b. Physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions
  - c. Assessment of anatomical structures
    - i. Utilizing specific massage procedures
    - ii. Utilizing palpatory skills
  - d. Side-lying and seated positions when required during a massage
  - e. Contraindications and indications
7. Demonstrate knowledge of code of ethics, boundaries
8. Pharmacology
  - a. Antipyretics
  - b. Skeletal muscle relaxants
  - c. Nonsteroidal Anti-inflammatory Drugs (NSAID)
  - d. Antihypertensives
  - e. Anticoagulants/ Antithrombolytics
  - f. Analgesics
9. Review the materials generally covered on the licensing exam
10. History of Massage Therapy licensing in Ohio
  - a. Ohio Revised Code 4731-1-05 and relate it to everyday practice
  - b. General prohibitions to massotherapists stated in the Ohio Revised Code 4731-1-03
  - c. Salient points of the general Code of Ethics
  - d. Client-Practitioner Agreement and Policy Statement
11. Client education
  - a. Therapeutic education (i.e.: self massage techniques)
  - b. Ergonomics
  - c. Educate clients and others about massage therapy
    - i. Results and benefits
    - ii. Goals and expectations
    - iii. Concepts of informed consent and right of refusal
      1. Communicating level of comfort and feedback to massage therapist
        - a. Demonstrate an understanding of complementary care and wellness information
12. Hydrotherapy
  - a. Physiological effects of heat and cold application on the human body
  - b. Physiological effects of hot and cold water application on the human body
  - c. Appropriate use of heat and cold for the application of hydrotherapy
  - d. Contraindications for the application of hydrotherapy
  - e. Application of cryotherapy (RICE)
  - f. Contrast heat and cold applications
13. Business and Office
  - a. Filing and preparing patient charts for patient sessions
  - b. Office paperwork preparation for patient charts

- c. Phone etiquette: Reminding patients of upcoming appointments
- d. Front office shadowing: Patient Intake during clinic session and scheduling

## Resources

Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 5th ed. Clifton Park, NY: Cengage Learning, 2010.

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Chaitow, Leon ND, DO. *Positional Release Techniques*. 3rd ed. St. Louis: Elsevier, 2008.

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Clay, James and David M. Pounds. *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*. 2nd ed. Philadelphia: Lippincott Williams and Wilkins, 2006.

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Fritz, Sandy and James Grosenbach. *Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology*. 3rd ed. St. Louis: Elsevier, 2008.

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

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

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McIntosh, Nina. *The Educated Heart*. 3rd ed. Philadelphia: Lippincott, Williams Wilkins, 2010.

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

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Andrade, Carla-Krystin and Paul Clifford. *Outcome-Based Massage: From Evidence to Practice*. 2nd ed. Philadelphia: Lippincott Williams Wilkins, 2008.

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

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

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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.

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Fritz, Sandy. *Fundamentals of Therapeutic Massage*. 5th ed. Maryland Heights, MO: Elsevier, 2013.

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## 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/>

Key: 3068