

MT-236L: MASSAGE THERAPY CLINIC II

Cuyahoga Community College

Viewing: MT-236L : Massage Therapy Clinic II

Board of Trustees:

March 2023

Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

236L

Title:

Massage Therapy Clinic II

Catalog Description:

Continuation of student clinical experience. Massage of patients, under supervision of an LMT instructor, integrating interviewing, observational and massage therapy skills. Includes 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 to customize each clients massage. Demonstrate knowledge of pharmacology for massage therapists. Use of hydrotherapy with therapeutic techniques such as, myofascial release, trigger point release, positional release, and Muscle Energy Technique (MET).

Credit Hour(s):

2

Lecture Hour(s):

0

Lab Hour(s):

0

Other Hour(s):

6

Other Hour Details:

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

Requisites

Prerequisite and Corequisite

MT-1331 Massage Therapy II, and MT-2301 Pathology for Massage Therapists, and MT-2350 Massage Therapy Clinic I, and MT-1272 Somatic Studies II, and MT-1280 Somatic Studies III or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

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

Objective(s):

1. Demonstrate competency in massaging patients under the supervision of a licensed massage therapist.
2. Review the licensing exam content.
3. Demonstrate the awareness of client education.
4. Demonstrate proper sanitation, hygiene, and draping.
5. Demonstrate work ethic, hygiene, customer service, time management and team work skills.
6. Exhibit ethical, professional, and legal conduct while performing massages.
7. Explain referring patients to an appropriate licensed healthcare professional.
8. Demonstrate the physiological and therapeutic applications of massage procedures.

9. Discuss the concepts of pharmacology and different classes of drugs.
10. Demonstrate utilization of proper body mechanics while giving massages.
11. Discuss dysfunction that will result from utilizing poor body mechanics while giving massages.
12. Demonstrate a customized therapeutic massage by using the various manipulations common to massage therapy as defined by Beck, including hydrotherapy, myofascial release, trigger point release, positional release, and muscle energy techniques.
13. Explain physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions.
14. Demonstrate side-lying and seated positions when required during a massage.
15. Show the relevance and accuracy of S.O.A.P. notes on clients.

Course Outcome(s):

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

Objective(s):

1. Demonstrate thoroughness in assessment of anatomical structures and using specific massage procedures and/or palpation skills.
2. Demonstrate an appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpation skills.

Course Outcome(s):

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

Objective(s):

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

Methods of Evaluation:

- a. Weekly Quizzes
- b. Written evaluation on Patient Tracking Form
- c. Oral presentations
- d. Written examinations
- e. Written assignments
- f. Professional Behavior Evaluation Scale
- g. Case Studies
- h. Participation
- i. Homework
- j. 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. Interview patients: taking histories and observing
 - iv. Review proper draping and handwashing.
 - v. Make patient assessment
 - vi. Do a reassessment
 - vii. Make recommendations to clients
 - viii. State procedures for boundary violations
 - ix. Demonstrate team-work skills
 - x. Demonstrate time management and work ethic skills
 - xi. Demonstrate customer service skills

- xii. State procedures for handling boundary violations
- xiii. Demonstrate ethical, legal, and professional behavior
- b. Documentation
 - i. Client interview and history
 - ii. Completion of S.O.A.P. notes on each client seen with in-depth information on tissue assessment and specific massage procedures used
- c. Hygiene and sanitation review
 - i. Universal precautions
 - ii. Appearance
 - iii. Hygiene
 - iv. Proper sanitation practices
 - v. Proper cleaning of massage tables, equipment, supplies, and other clinic items
 - vi. Filling oil, soap, and cleaning fluid bottles
- d. Complementary care and wellness information
- e. Body mechanics to utilize while performing massages
 - i. Proper body mechanics
 - ii. Dysfunctions resulting from poor body mechanics while giving massages
- f. Performance of massages
 - i. Customized massages
 - 1. Manipulations as defined by Beck
 - ii. Physiological effects and therapeutic applications for each of the massage procedures and their respective subdivisions
 - iii. Assessment of anatomical structures
 - 1. Utilizing specific massage procedures
 - 2. Utilizing palpatory skills
 - iv. Side-lying and seated positions when required during a massage
 - v. Contraindications and indications
- g. Demonstrate knowledge of code of ethics, boundaries
- h. Pharmacology
 - i. Antipyretics
 - ii. Skeletal muscle relaxants
 - iii. Nonsteroidal Anti-inflammatory Drugs (NSAID)
 - iv. Antihypertensives
 - v. Anticoagulants/ Antithrombolytics
 - vi. Analgesics
- i. Review the materials generally covered on the licensing exam
- j. History of Massage Therapy licensing in Ohio
 - i. Ohio Revised Code 4731.15 and relate it to everyday practice
 - ii. General prohibitions to massage therapist stated in the Ohio Revised Code 4731-1-03
 - iii. Salient points of the general Code of Ethics
 - iv. Client-Practitioner Agreement and Policy Statement
- k. Client education
 - i. Therapeutic education (i.e.: self-massage techniques)
 - ii. Ergonomics
 - iii. Educate clients and others about massage therapy
 - 1. Results and benefits
 - 2. Goals and expectations
 - 3. Concepts of informed consent and right of refusal
 - a. Communicating level of comfort and feedback to massage therapist
 - b. Demonstrate an understanding of complementary care and wellness information
- l. Hydrotherapy
 - i. Physiological effects of heat and cold application on the human body
 - ii. Physiological effects of hot and cold water application on the human body
 - iii. Appropriate use of heat and cold for the application of hydrotherapy
 - iv. Contraindications for the application of hydrotherapy
 - v. Application of cryotherapy (RICE)
 - vi. Contrast heat and cold applications
- m. Myofascial Release
 - i. myofascial gliding
 - ii. cross-handed stretch

- iii. skin rolling
- iv. cross-fiber friction
- v. traction-unwinding
- n. Trigger point therapy
 - i. follow steps
 - ii. active or latent
- o. Positional release therapy
 - i. follow steps
 - ii. utilize good body mechanics
- p. Muscle energy techniques
 - i. Post-isometric relaxation
 - ii. Reciprocal Inhibition
 - iii. PNF(Proprioceptive Neuromuscular Facilitation)
- q. Business and Office
 - i. Filing and preparing patient charts for patient sessions
 - ii. Office paperwork preparation for patient charts
 - iii. Phone etiquette: Reminding patients of upcoming appointments
 - iv. Front office shadowing: Patient Intake during clinic sessions and scheduling

Resources

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

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

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

Fritz, Sandy and James Grosenbach. *Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology*. 6th ed. St. Louis:Elsevier, 2021.

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

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

McIntosh, Nina. *The Educated Heart*. 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.

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

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

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

Fritz, Sandy. *Mosby's Fundamentals of Therapeutic Massage*. 7th ed. Maryland Heights, MO:Elsevier, 2021.

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/>

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