

# MT-2380: ADVANCED MASSAGE THERAPY CLINIC

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## Cuyahoga Community College

**Viewing: MT-2380 : Advanced Massage Therapy Clinic**

**Board of Trustees:**

January 2024

**Academic Term:**

Fall 2024

**Subject Code**

MT - Massage Therapy

**Course Number:**

2380

**Title:**

Advanced Massage Therapy Clinic

**Catalog Description:**

Review and demonstrate competency in SOAP charting. Assess and treat participants in the clinic. Treatment modalities include trigger point therapy, myofascial release, and muscle energy approaches. Review of complementary modalities including hot stone massage, aromatherapy and reflexology. Advanced skills in business communication and office management in a clinical setting.

**Credit Hour(s):**

3

**Lecture Hour(s):**

0

**Lab Hour(s):**

9

## Requisites

**Prerequisite and Corequisite**

MT-1321 Functional Assessment in Massage Therapy and MT-2201 Massage Modalities & Career Paths and MT-2311 Advanced Massage Therapy, or concurrent enrollment; or departmental approval.

## Outcomes

**Course Outcome(s):**

Utilize physical observation, verbal investigation and advanced assessment techniques to create and perform advanced treatment plan for disorders of the human body.

**Objective(s):**

1. Review and demonstrate the trigger points approach to musculoskeletal problems.
2. Demonstrate the treatment of musculoskeletal pain and dysfunction using muscle energy therapy.
3. Demonstrate treatment of musculoskeletal pain and dysfunction using trigger point therapy.
4. Demonstrate basic techniques of hydrotherapy.
5. Explain the assessment of clinical scenarios.
6. Describe advanced treatment in clinical scenarios.
7. Demonstrate the skills for myofascial therapy as applied to the musculoskeletal pain.
8. Apply the muscle energy techniques for alleviating pain and discomfort in the clinical setting.
9. Develop a participant assessment scheme.
10. Develop a participant treatment plan incorporating short and long-term goals.
11. Demonstrate competency in the Subjective, Objective, Assessment, and Planning (SOAP) method of documenting participant history and planning.
12. Discuss and explain advanced assessment techniques to create advanced treatment plan for disorders of the human body.
13. Demonstrate treatment of musculoskeletal pain and dysfunction using myofascial therapy.
14. Review and demonstrate pre and post assessments utilizing, active range of motion (ROM), passive ROM, and resistive ROM.

15. Review and Demonstrate the 12-step pain free approach.
16. Explain Ohio law and professional ethics relating to massage therapy.
17. Develop critical reasoning, interpersonal abilities, and performance skills as they relate to advanced massage therapy techniques.

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**Course Outcome(s):**

Apply knowledge of indications and contraindications of different modalities.

**Objective(s):**

1. Discuss the indications and contraindications of different modalities.
2. Discuss the modalities approach with respect to the client's condition.
3. Discuss/describe the pathological conditions in the clinical scenarios.
4. Demonstrate the use of indications and contraindication on participants.

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**Course Outcome(s):**

Apply knowledge of advanced participant education.

**Objective(s):**

1. Discuss and explain participant education regarding treatment used for specific disorders
2. Discuss and explain participant education regarding proper body mechanics, as well as suggest appropriate modalities.

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**Course Outcome(s):**

Explore the application of other complementary approaches for treatment.

**Objective(s):**

1. Demonstrate the proper use of hydrotherapy.
2. Demonstrate the use of hydrocollators and hot packs on participants.

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**Course Outcome(s):**

Apply knowledge of advanced business communication and office management in a clinical setting.

**Essential Learning Outcome Mapping:**

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

**Objective(s):**

1. Demonstrate an advanced knowledge of business policies and communication.
2. Demonstrate advanced office management skills needed in a clinical setting.
3. Demonstrate team leadership skills.

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**Methods of Evaluation:**

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

**Course Content Outline:**

1. Create and perform an advanced treatment under the direct supervision of a licensed massage therapist. Advanced treatment must include advanced assessment and the following:
  - a. Prepare massage table
  - b. Review participant charts or forms
  - c. Interview participant, take histories and observe
  - d. Review proper draping and hand washing
  - e. Make participant assessment
  - f. Do a reassessment
  - g. Use the 12-step pain free approach
  - h. Make recommendations to the patients
  - i. Demonstrate team-work skills
  - j. Demonstrate time-management and work ethic skills
  - k. Demonstrate customer service skills
  - l. State procedures for boundary violations
  - m. Demonstrate ethical, legal and professional behavior
2. Continue reviewing and show competency in SOAP charting:
  - a. Subjective information (S)
    - i. Medical history or intake forms
    - ii. Pain questionnaires
  - b. Objective information (O)
    - i. Terminology for palpation findings
      1. Hypertonicity
      2. Spasm
      3. Tender point
      4. Trigger point
      5. Adhesion
    - ii. Terminology for range of motion (ROM) testing
      1. Identifying
        - a. Right, left, bilateral
        - b. Muscle or joint
        - c. Action or muscle being stretched
        - d. Hyper or hypo-mobility
        - e. Presence and location of pain
      2. Qualifying
      3. Intensity of hypo or hyper-mobility
      4. Intensity of pain
      5. Muscle strength grading
    - iii. Assessment (A)
      1. Used to determine or reinforce effectiveness of specific treatment techniques
      2. Used to note progress of participant
    - iv. Plan (P): treatment frequency suggested, focus for future sessions, participant participation between sessions (homework), long-and-short- term goals
    - v. Charting abbreviations
3. Assessment scheme
4. Treatment plan to include long- and short-term goals
  - a. Pathological conditions in the clinical scenarios
  - b. Treatment of musculoskeletal pain and dysfunction using trigger point therapy
  - c. Treatment of musculoskeletal pain and dysfunction using myofascial therapy
  - d. Treatment of musculoskeletal pain and dysfunction using muscle energy therapy
  - e. Treatment of fascial build-up on the shoulder and hip joints using joint capsule release
  - f. Treatment of musculoskeletal pain and dysfunction using cervical mobility
  - g. Treatment of musculoskeletal pain and dysfunction using shoulder protocol
5. Hygiene and sanitation
  - a. Universal precautions
  - b. Personal hygiene
  - c. Pathogenic organisms

- d. Proper cleaning of massage tables, equipment, supplies and other clinic items
- e. Filling oil, soap and cleaning fluid bottles
6. Demonstrate an understanding of complementary care and wellness information
7. Review proper body mechanics showing an understanding of dysfunction that will result from poor body mechanics while giving massages
8. Demonstrate knowledge of pharmacology
9. Demonstrate participant education skills
  - a. Specific disorders
  - b. Proper body mechanics
  - c. Suggest appropriate modalities
10. Documentation of participant session to include assessment scheme and treatment plan with long- and short-term goals
11. Referrals to other healthcare professionals or for complementary care
12. Business and office
  - a. Filing and preparing participant charts for participant sessions
  - b. Office paperwork preparation for participant charts
  - c. Phone etiquette: Reminding participants of upcoming appointments
  - d. Advanced front office: Participant Intake during clinic session and scheduling
  - e. Team leader assignments
  - f. Assigning patients to cubicles
13. Application and effectiveness of advanced treatment done by the student massage therapist in the clinical setting
14. Indications for the different massage modalities in the clinical setting
15. Contraindications for different massage modalities in the clinical setting
16. Other massage modalities to treat the same clients
17. Explore the other complementary approaches to the treatment
18. Other Applications
19. Hydrotherapy

## Resources

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

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

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Davies, Claire. *The Trigger Point Therapy Workbook*. 2nd ed. Oakland, CA: New Harbinger Publications, 2004.

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

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

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

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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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Waslaski, James. *Clinical Massage Therapy: A Structural Approach to Pain Management*. 1st ed. Boston: Pearson, 2011.

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Chaitow, Leon ND, DO. *Muscle Energy Techniques*. 4th ed. Maryland Heights, MO:Elsevier, 2013.

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### Resources Other

1. 5- Video set: The St. John Method of Neuromuscular Therapy: It's Science and Philosophy. By Paul St. John.
2. Massage Magazine
3. Massage Therapy Journal
4. Massage and Bodywork Magazine
5. 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/>)
6. National Institutes of Health: National Center for Complementary and Alternative Medicine:
7. <http://nccam.nih.gov/health/massage/> (<http://nccam.nih.gov/health/massage/>)
8. Massage Therapy Body of Knowledge: <http://www.mtbok.org/>
9. State Medical Board of Ohio: <http://www.med.ohio.gov/>
10. Instructor made Videos

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