

MT-2991: COMPREHENSIVE MASSAGE THERAPY

Cuyahoga Community College

Viewing: MT-2991 : Comprehensive Massage Therapy

Board of Trustees:

December 2023

Academic Term:

Fall 2024

Subject Code

MT - Massage Therapy

Course Number:

2991

Title:

Comprehensive Massage Therapy

Catalog Description:

Capstone course in Massage Therapy. Comprehensive review of massage techniques and theory with major focus on writings of Beck. Includes series of intensive training sessions to prepare students for the MBLEx, exam required by Ohio State Medical Board for licensure. Review of topics necessary to ensure success as professional Massage Therapists. Student must pass the comprehensive exam given at the end of course in order to be recommended for licensure, and demonstrate minimally accepted competency in performance of a therapeutic massage on a licensed massage therapist.

Credit Hour(s):

1

Lecture Hour(s):

1

Requisites

Prerequisite and Corequisite

Departmental approval: completion of all course work necessary to sit for MBLEx Exam with a grade of C or higher.

Outcomes

Course Outcome(s):

Prepare to sit for the MBLEx given through the Federation of State Massage Therapy and Boards

Objective(s):

1. Thoroughly name and describe each of the primary massage procedures and their respective subdivisions
2. Thoroughly explain hydrotherapy
3. Thoroughly explain pharmacology
4. Demonstrate minimally accepted competency in performance of a therapeutic massage on a licensed massage therapist
5. Thoroughly explain the physiological effects and therapeutic applications for each of the massage procedures and their respective subdivision
6. Identify an appropriate assessment of anatomical structures utilizing specific massage procedures and/or palpatory skills
7. Identify and compare the following Beck massage methods to Kellog procedures, including static methods, gliding methods, shear methods, torsion methods, percussion methods, oscillation methods, and elongation methods.
8. Thoroughly explain physiological effects and their effect on selected body systems
9. Identify indications and contraindications for the application of massage procedures
10. Thoroughly explain therapeutic applications including applied structure and function and indications and contraindications for massage therapy.
11. Thoroughly explain pathology for massage therapists including condition and/or disease, and sign and symptom identification for massage therapists
12. Thoroughly explain hygiene and sanitation
13. Understand basic concepts of energy

Methods of Evaluation:

1. Final exam
2. Homework

Course Content Outline:

1. Professional and Legal Issues in Massage Therapy
 - a. Scope of Practice
 - b. American Massage Therapy Association (AMTA) Professional Ethics
 - c. Standards of Practice
 - d. Documentation
 - e. Business Practices
 - f. Client Education
2. Massage Procedures
 - a. Touch
 - i. Passive
 - ii. Pressure
 - iii. Nerve compression
 - b. Stroking
 - i. Digital
 - ii. Palmar
 - iii. Knuckle
 - iv. Reflex stroking
 1. Interscapular
 2. Epigastric
 3. Abdominal
 4. Cremasteric
 5. Gluteal
 6. Plantar
 7. Axillary
 - c. Friction
 - i. Centripetal
 - ii. Circular
 - iii. Spiral
 - iv. Rotary
 - v. Centrifugal
 - d. Kneading
 - i. Superficial kneading/fulling
 - ii. Deep kneading
 1. Digital
 2. Palmar
 3. Rolling
 4. Wringing
 5. Chucking
 6. Fist
 7. Petrissage
 - e. Percussion
 - i. Tapping
 - ii. Hacking
 - iii. Spatting
 - iv. Beating
 - v. Clapping
 - vi. Reflex percussion(s)
 1. Interscapular
 2. Epigastric
 3. Abdominal
 4. Cremasteric

- 5. Gluteal
 - 6. Plantar
 - vii. Tendon reflex percussion
 - viii. Point percussion
 - f. Vibration
 - i. Shaking
 - ii. Digital
 - iii. Deep
 - iv. Lateral
 - v. Knuckle
 - vi. Superficial
 - g. Joint movements
 - i. Passive
 - ii. Assistive
 - iii. Resistive
 - iv. Joint Stretching
 - h. Stretching
 - i. Passive and active stretching of muscle and connective tissue to achieve normal resting length
 - i. Comparison of the massage techniques to Kellogg procedures
 - i. Range Of Motion (R.O.M.) – joint movement
 - ii. Compression – pressure touch or palmar kneading
 - iii. Effleurage – friction or stroking
 - iv. Skin rolling – superficial kneading
 - v. Pressure release technique (ischemic compression) – pressure touch
 - vi. Cross fiber friction – is applied in a transverse direction across the muscle, tendon, or ligament
3. Physiological Effects
- a. Major categories of physiological effects
 - i. Mechanical
 - ii. Metabolic
 - iii. Reflex
 - b. Procedures that stimulate and sedate
 - i. Procedures that stimulate
 - 1. Direct Effects
 - a. Vibration
 - b. Nerve compression upon nerve trunks
 - c. Friction
 - d. Percussion
 - 2. Reflect Effects
 - a. Stroking
 - b. Percussion
 - c. Vibration
 - ii. Procedures that sedate
 - 1. Percussion
 - 2. Stroking
 - 3. Friction
 - 4. Kneading
 - c. Physiological effects upon the following body systems
 - i. Integument
 - ii. Skeletal
 - iii. Muscular
 - iv. Nervous
 - v. Cardiovascular
 - vi. Lymphatic
 - vii. Digestive
 - viii. Respiratory
 - ix. Urinary
 - d. Localized effects (localized treatments)
 - e. General and derivative effects
 - f. Indications and contraindications for the application of massage procedures

4. Therapeutic Applications
 - a. Applied structure and function
 - b. Indications and contraindications for massage therapy
5. Condition and/or disease, and sign and symptom identification for massage therapists
 - a. Signs and symptoms of the most common conditions/diseases
 - b. Signs and symptoms of the contagious diseases
 - c. Signs and symptoms of both local and systemic contraindicated conditions/diseases
 - d. Signs and symptoms of the conditions that need caution or a referral from a Health Care Professional (HCP) – regarding the following body systems
 - i. Cells and tissues
 - ii. Integumentary
 - iii. Skeletal
 - iv. Nervous
 - v. Cardiovascular
 - vi. Joints
 - vii. Muscular
 - viii. Special senses
 - ix. Lymphatic
 - x. Respiratory
 - xi. Gastrointestinal
 - xii. Endocrine
 - xiii. Urinary
 - xiv. Reproductive
6. Hygiene and Sanitation
 - a. Universal precautions
 - b. Therapeutic environment
7. Hydrotherapy
8. Pharmacology
9. State Medical Board requires that each student, prior to completing the Massage Program, perform, on a licensed massage therapist, at least one therapeutic massage. Student is evaluated and must demonstrate at least minimally acceptable competency.

Resources

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.

Salvo, Susan G. *Mosby's Pathology for Massage Therapists*. 4th ed. St. Lois: Elsevier, 2018.

Thompson, Diana L. *Hands Heal: Communication, Documentation, and Insurance Billing for Massage Therapist*. 5th ed. Philadelphia: Lippincott, Williams, Wilkins, 2018.

ABMP Exam Coach. Associated Body Work and Massage Professionals, 2022. <https://www.abmp.com/>

Resources Other

1. The Art of Massage Made Easy, C.D. Rom, Tom Oaks.
2. State Medical Board of Ohio: <http://www.med.ohio.gov/>. 2023.