THPY 1425: Deep Tissue Muscular Therapy

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 1
Lab Hours/Week: 2
OJT Hours/Week: *.*

Prerequisites:
This course requires the following prerequisite
THPY 1400 - Swedish Massage & Massage Ethics

Corequisites: None

MnTC Goals: None

This course prepares the massage student to apply deep muscular therapy techniques. Emphasis will be placed on knowledge of muscle attachment sites and evaluation of the client's muscle tissue. Individual muscles will be massaged with a variety of deep tissue techniques. (Prerequisite: THPY1400) (Prerequisite or concurrent: THPY1410) (2 credits: 1 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 10/08/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Understand purpose of deep tissue therapy techniques
2. Perform various deep tissue therapy techniques
3. Be able to perform client assessment and understand referral process
D. LEARNING OUTCOMES (General)
   1. Describe muscle tissue
   2. Observe client body mechanics
   3. Evaluate client stance
   4. Locate tight muscles
   5. Test muscle range of motion
   6. Assess client needs
   7. Evaluate professional medical referral potential
   8. Isolate similar functioning muscles
   9. Isolate individual muscles
  10. Determine muscle fiber direction
  11. List individual muscle attachments
  12. Identify common muscle specific complaints
  13. Understand muscle actions
  14. Demonstrate trigger point therapy
  15. Tailor massage techniques to client needs
  16. Tailor massage techniques to client preferences
  17. Perform connective tissue release techniques
  18. Perform an upper body deep therapy treatment
  19. Perform a lower body deep therapy treatment
  20. Explain potential deep muscular therapy effects
  21. Chart muscle specific client therapy

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted