THPY 1418: Introduction to Medical Massage

A. COURSE DESCRIPTION

Credits: 3  
Lecture Hours/Week: 1  
Lab Hours/Week: 2  
OJT Hours/Week: *.*  
Prerequisites: None  
Corequisites: None  
MnTC Goals: None  

This course introduces the students to advanced massage techniques and protocols which may be utilized in a medical setting, or utilized by independent massage therapists working collaboratively with other health care professionals. Emphasis will be placed on assessment methods, treatment planning, documentation, and addressing specific musculoskeletal pathologies. This course should be taken concurrently with THPY1410 Kinesiology. (Prerequisite: THPY1400) (3 credits: 1 lecture/2 lab).

B. COURSE EFFECTIVE DATES: 12/01/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Integrate understanding of kinesiology into massage practice  
2. Develop clinical reasoning and treatment planning skills  
3. Perform massage modalities and protocols commonly used in healthcare settings  
4. Explore possible areas of specialization in healthcare settings

D. LEARNING OUTCOMES (General)

1. Integrate knowledge of kinesiology into treatment planning and practice  
2. Perform massage techniques for specific musculoskeletal pathologies  
3. Explore medical modalities therapist may specialize in (oncology massage, palliative care)  
4. Explain theories of proprioceptive, neuromuscular, and orthopedic approaches  
5. Perform advanced stretching and ROM techniques  
6. Practice advanced methods of assessment to develop treatment plans  
7. Learn to work under the direction of physicians and other primary care providers  
8. Document treatment planning and progress notes in a healthcare setting  
9. Communicate with other healthcare professionals  
10. Identify common musculoskeletal pathologies to design effective treatment plans  
11. Explain potential causes of musculoskeletal injuries/pathologies  
12. Explain physiological effects of applied massage techniques  
13. Integrate knowledge of multiple techniques/modalities into treatment plan  
14. Use massage tools, technology, and equipment found in a clinical setting  
15. Identify prescription medications which contraindicate or limit massage

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None
F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   This course was previously called Advanced Massage and Integrated Therapies