

Minnesota State College Southeast

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