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