

# Minnesota State College Southeast

## THPY 1418: Introduction to Medical Massage

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 1

Lab Hours/Week: 4

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