



## INSTRUCTIONAL PACKAGE

MTH 128

### **Clinical Applications of Massage**

Effective Term  
Spring/2019

## **INSTRUCTIONAL PACKAGE**

### **PART I: COURSE INFORMATION**

**Effective Term:** 201820

**COURSE PREFIX:** MTH-128

**COURSE TITLE:** Clinical Applications of Massage

**CONTACT HOURS:** 2-6-4

**CREDIT HOURS:** 4.0

**RATIONALE FOR THE COURSE:** This course will prepare the students with a working knowledge of the different modalities and meridians. Students will continue expand their skills necessary to palpate the different layers of muscle tissue, and, using those skills, incorporating them into their techniques of a massage session. The additional skills are necessary to provide massages consisting of techniques including, but not limited to, relaxation, therapeutic, deep tissue, stretching, pelvic stabilization, myofascial release/connective tissue.

**COURSE DESCRIPTION:** Students will perform massage therapy in a clinical massage setting. Students will be closely supervised and evaluated by instructors in all aspects of massage.

**PREREQUISITES:** C or better in MTH 120, MTH 113, MTH 121 & MTH 122

#### **REQUIRED MATERIALS:**

Please visit the Bookstore online site for most current textbook information. Use the direct link below to find textbooks.

[BOOKSTORE.](#)

Enter the semester, course prefix, number and section when prompted and you will be linked to the correct textbook.

#### **ADDITIONAL REQUIREMENTS:**

- Attire: Scrubs (black) or Black polo and black slacks
- Jewelry will not be worn while working on the massage tables during any lab time. Nails must be kept short and clean.

#### **TECHNICAL REQUIREMENTS:**

Access to Desire2Learn (D2L), HGTC's student portal for course materials.

WaveNet and D2L email access.

Laptop or Tablet

#### **STUDENT IDENTIFICATION VERIFICATION**

Students enrolled in online courses will be required to participate in a minimum of one (1) proctored assignment and/or one (1) virtual event to support student identification verification. Please refer to your Instructor Information Sheet for information regarding this requirement.

#### **CLASSROOM ETIQUETTE:**

As a matter of courtesy to other students and your professor, please turn off cell phones and other communication/entertainment devices before lab sessions begin. If you are monitoring for an emergency, please notify your professor prior to lab and switch cell phone ringers to vibrate.

**NETIQUETTE:** is the term commonly used to refer to conventions adopted by Internet users on the web, mailing lists, public forums, and in live chat focused on online communications etiquette. For more information regarding Netiquette expectations for distance learning courses, please visit: [Online Netiquette](#).

## **PART II: STUDENT LEARNING OUTCOMES**

### **PROGRAM LEARNING OUTCOMES**

PLO - OSHA and State Regulations- Comply with OSHA and current state regulations, security, privacy and confidentiality policies while modeling professional behaviors, ethics and appearance.  
PLO - National Licensure- Successful completion of national licensure exam

### **COURSE LEARNING OUTCOMES and ASSESSMENTS:**

- 1) Student will be able to identify the components (assessment & clinical reasoning) of clinical massage.
- 2) Student will formulate a treatment plan for a massage therapy client based off their assessment of the following: client history, posture, gait cycle, principles of assessing active, passive ROM and isometric strength tests.
- 3) The student will demonstrate the ability to treat conditions of the head and neck; lumbar spine and sacrum; shoulder, elbow, forearm, wrist and hand; hip and knee; lower leg, ankle and foot; as well as general conditions.
- 4) Student will participate in National and State Examination preparatory questions on the assessment and treatment of massage therapy.

#### **Module 1: Medical and Health Related Professions; Compatibility of Massage with Healthcare. Post event sports massage routine for marathon.**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions Chapter 1

Assessment(s):

- Week 1 Discussion
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- basic history and evolution of massage therapy
- the three classifications of touch therapy
- differences between orthopedic and medical massage

#### **Module 2: Massage Assessment/Physical, Palpation and Gait/Muscles Firing patterns. Post event sports massage.**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 3

Assessment:

- Week 2 Discussion
- Quiz

- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- components and functions of fibrous connective tissue
- difference between loose and dense fibrous connective tissue
- how and why connective tissue changes in response to stress
- history, theory, and application of the connective tissue massage techniques discussed
- history of myofascial trigger points
- normal contraction cycle of a muscle fiber
- causes and characteristics of myofascial trigger points
- pathophysiology of a trigger point
- how to treat a trigger point using noninvasive techniques
- how and when to perform the advanced strokes discussed
- uses and benefits of stretching, and reasons people don't stretch
- what research says about stretching
- theory and application of the stretching methods

### **Module 3: Clinical Massage Therapy: assessment of orthopedic conditions and gait chapter 4 part 1**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions and gait chapter 4 part 1
- Focused Massage Application; joint play, protocol for mobilization with movement.
- Post event sports massage technique

Assessment:

- Week 3 Discussion
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- why treating more than just the primary complaint is important
- three phases of injury and key points of each
- five forces on the body
- four roles of a muscle
- three types of contractions
- four basic muscle shapes
- three degrees of muscle tissue and ligament injury

### **Module 4: Clinical Massage Therapy: assessment of orthopedic conditions chapter4 part 2**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter4 part 2
- Focused Massage application; Low Back Pain Protocol; QL, SI Joint, Pelvic Alignment.
- Post event sports massage

Assessment:

- Week 4 Discussion
- Test 1
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- difference between tendonitis and tenosynovitis

- two methods of gathering information during an assessment
- importance of obtaining a client history
- correct posture alignment of the structures
- phases of the gait cycle
- principles in assessing active and passive ranges of motion and administering isometric strength tests
- six levels of learning
- five steps of the clinical massage treatment framework

### **Module 5: Clinical Massage Therapy: assessment of orthopedic conditions chapter 7 shoulder**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 7 shoulder

Assessment:

- Week 5 Discussion
- Quiz #2
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- At the conclusion of this chapter, the reader will understand:
  - bony anatomy of the region
  - how to locate the bony landmarks and soft tissue structures of the region
  - where to find the muscles and the origins, insertions, and actions of the region
  - how to assess the movement and determine the range of motion for the region
  - how to perform manual muscle testing to the region
  - how to recognize dermatome patterns for the region
  - trigger-point locations and referral patterns for the region
  - the following elements of each condition discussed:
    - background and characteristics
    - specific questions to ask
    - what orthopedic tests should be performed
    - how to treat connective tissue, trigger points, and muscles
    - flexibility concern

### **Module 6: Clinical Massage Therapy: assessment of orthopedic conditions chapter 8**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 8
- Wrist and hand
- Low Back, Gluteals, Erectors, Hamstrings and the lower Crossed Syndrome

Assessment:

- Week 6 Discussion
- Test 2
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

### **Module 7: Clinical Massage Therapy: assessment of orthopedic conditions chapter 8**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 8 Iliopsoas, QL, Piriformis, Lattissimus Dorsi, Rectus Femoris, Eccentric Hamstrings

Assessment:

- Week 7 Discussion
- Quiz #3
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

### **Module 8: Conditions of the Lumbar spine and sacrum chapter 6**

Materials Covered:

- Continue Ch. 6 material- Conditions of the Lumbar spine and sacrum

Assessment:

- Week 8 Discussion
- Midterm Written
- Midterm Performance Evaluation
- Weekly Lab Participation
- Mid-Term Performance Evaluation

Learning Outcomes: At the conclusion of this module, the reader will understand

- bony anatomy of the region
- how to locate the bony landmarks and soft tissue structures of the region
- where to find the muscles and the origins, insertions, and actions of the region
- how to assess the movement and determine the range of motion for the region
- how to perform manual muscle testing to the region
- how to recognize dermatome patterns for the region
- trigger-point locations and referral patterns for the region
- the following elements of each condition discussed:
  - background and characteristics
  - specific questions to ask
  - what orthopedic tests should be performed
  - how to treat connective tissue, trigger points, and muscles
  - flexibility concerns

### **Module 9: Clinical Massage Therapy: assessment of orthopedic conditions chapter 9**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 9
- Neck/Shoulder Pain, Suboccipitals, headache pain

Assessment:

- Week 9 Discussion
- Quiz #4
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- bony anatomy of the region
- how to locate the bony landmarks and soft tissue structures of the region
- where to find the muscles and the origins, insertions, and actions of the region
- how to assess the movement and determine the range of motion for the region
- how to perform manual muscle testing to the region
- how to recognize dermatome patterns for the region
- trigger-point locations and referral patterns for the region
- the following elements of each condition discussed:
  - background and characteristics

- specific questions to ask
- what orthopedic tests should be performed
- how to treat connective tissue, trigger points, and muscles
- flexibility concerns

### **Module 10: Clinical Massage Therapy: assessment of orthopedic conditions chapters 9 & 10**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapters 9 & 10
- Splenius capitus and cervicis, SCM, Scalenes, and forward head posture

Assessment:

- Week 10 Discussion
- Quiz #5
- Weekly Lab Participation
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- bony anatomy of the region
- how to locate the bony landmarks and soft tissue structures of the region
- where to find the muscles and the origins, insertions, and actions of the region
- how to assess the movement and determine the range of motion for the region
- how to perform manual muscle testing to the region
- how to recognize dermatome patterns for the region
- trigger-point locations and referral patterns for the region
- the following elements of each condition discussed:
  - background and characteristics
  - specific questions to ask
  - what orthopedic tests should be performed
  - how to treat connective tissue, trigger points, and muscles
  - flexibility concerns

### **Module 11: Clinical Massage Therapy: assessment of orthopedic conditions chapter 11**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 11
- Scapulocostal syndrome, structural rib dysfunction, pec minor

Assessment:

- Week 11 Discussion
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- the significance of treating a condition or injury through an indirect approach
- techniques used to treat a condition during the different phases of healing
- how postural distortions develop, the different types of distortions, and treatment strategies for each using the treatment framework described in the text
- two types of tension pattern syndromes, how they occur, what structures are involved, and treatment strategies for each
- various characteristics—including what the conditions are, the tissues involved, the mechanism of injury, and any assessments (if applicable)—and treatment strategies for the following:
  - contusions
  - strains

- sprains
- joint injuries
- tendonopathies
- bursitis
- nerve entrapment syndromes

**Module 12: Clinical Massage Therapy: assessment of orthopedic conditions chapter 5 Muscle energy-atlas/axis, neck/shoulder alignment techniques**

Materials Covered:

- Clinical Massage Therapy: assessment of orthopedic conditions chapter 5 Muscle energy-atlas/axis, neck/shoulder alignment techniques

Assessment:

- Week 12 Discussion
- Quiz #6
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- bony anatomy of the region
- how to locate the bony landmarks and soft tissue structures of the region
- where to find the muscles and the origins, insertions, and actions of the region
- how to assess the movement and determine the range of motion for the region
- how to perform manual muscle testing to the region
- how to recognize dermatome patterns for the region
- trigger-point locations and referral patterns for the region
- the following elements of each condition discussed:
  - background and characteristics
  - specific questions to ask
  - what orthopedic tests should be performed
  - how to treat connective tissue, trigger points, and muscles
  - flexibility concerns

**Module 13: Dalton Part 1 Upper Crossed Syndrome- notes are under content for this week**

Materials Covered:

- Dalton Part 1 Upper Crossed Syndrome- notes are under content for this week

Assessment:

- Discussion 13
- Weekly Lab Participation

Learning Outcomes: At the conclusion of this module, the reader will understand

- Define Dalton's Myoskeletal Alignment Techniques
- State the causes of upper crossed syndrome
- Perform an upper cross assessment
- Perform upper cross correction techniques

**Module 14: Dalton Part 2 Lower Crossed Syndrome notes are under content for this week**

Materials Covered:

- Dalton Part 2 Lower Crossed Syndrome notes are under content for this week

Assessment:

- Discussion 14
- Test 4
- Weekly Lab Participation



Learning Outcomes: At the conclusion of this module, the reader will understand

- Define Dalton's Myoskeletal Alignment Techniques
- State the causes of upper crossed syndrome
- Perform an upper cross assessment
- Perform upper cross correction techniques

### **Module 15: Review**

Materials Covered:

- Review

Assessment:

- Discussion 15
- Weekly Lab Participation
- Final Performance Evaluation

**\*Students – please refer to the Instructor's Course Information sheet for specific information on assessments and due dates.**

## **PART III: GRADING AND ASSESSMENT**

### **EVALUATION OF REQUIRED COURSE MEASURES/ARTIFACTS\***

Students' performance will be assessed and the weight associated with the various measures/artifacts are listed below.

#### **EVALUATION**

Evaluation of required course measures/artifacts:

Lecture Tests (weighted equally)	25%
Quizzes (weighted equally)	15%
Mid-Term Written Exam	10%
Final Written Exam	10%
Weekly Lab Participation	15%
Midterm Performance Evaluation	10%
Final Performance Evaluation	10%
Discussion Assignments (weighted equally)	5%

***\*Students, for the specific number and type of evaluations, please refer to the Instructor's Course Information Sheet.***

#### **GRADING SYSTEM:**

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

#### **GRADING SYSTEM:**

90-100 A  
80-89 B  
70-79 C  
60-69 D  
Below 60 F

Grades earned in courses impact academic progression and financial aid status. Before withdrawing from a course, be sure to talk with your instructor and financial aid counselor about the implications of that course of action. Ds, Fs, Ws, WFs and Is also negatively impact academic progression and financial aid status.

The Add/Drop Period is the first 5 days of the semester for **full term** classes. Add/Drop periods are shorter for accelerated format courses. Please refer to the academic calendar for deadlines for add/drop ([ACADEMIC CALENDAR](#)). You must attend at least one meeting of all of your classes during that period. If you do not, you will be dropped from the course(s) and your Financial Aid will be reduced accordingly.

## Part IV: Attendance

Horry-Georgetown Technical College maintains a general attendance policy requiring students to be present for a minimum of eighty percent (80%) of his or her classes in order to be eligible to receive credit for any course. However, due to the varied nature of courses taught at the College, a more rigid attendance policy may be required by individual instructors. At a minimum, a student may be withdrawn from a course(s) after he or she has been absent in excess of ten percent (10%) of the total contact hours for a course. **Instructors define absentee limits for their class at the beginning of each term; please refer to the Instructor Course Information Sheet.**

**For online and hybrid courses**, check your Instructor's Course Information Sheet for any required on-site meeting times. Please note, instructors may require tests to be taken at approved testing sites, if you use a testing center other than those provided by HGTC, the center may charge a fee for its services.

## Part V: Student Resources



### The Student Success and Tutoring Center (SSTC)

The SSTC offers to all students the following **free** resources:

1. **Academic coaches** for most subject areas, **Writing Center Support**, and **college success skills**.
2. **On-line student success and academic support resources**.

Visit the SSTC website: [Student Success & Tutoring Center](#) and visit the student services tab in your WaveNet account to schedule appointments using TutorTrac. For more information, call: SSTC Conway, 349-7872; SSTC Grand Strand, 477-2113; and SSTC Georgetown, 520-1455. Room locations and Live Chat is available on the SSTC website.



## Student Information Center: WaveNet Central (WNC)

WNC offers to all students the following **free** resources:

1. **Getting around HGTC:** General information and guidance for enrollment!
2. Use the [Online Resource Center \(ORC\)](#) for COMPASS support, technology education, and online tools.
3. **Drop-in technology support or scheduled training** in the Center or in class.
4. **In-person workshops, online tutorials and more services** are available.

Visit the WNC website: [Wavenet Central](#). Live Chat and Center locations are posted on the website. Or please call one of the following locations: WNC Conway, 349-5182; WNC Grand Strand, 477-2076; and WNC Georgetown, 520-1473.

**Student Testing:** (If course is offered in multiple format include this section, delete if only F2F sections are offered.)

Testing in an **online/hybrid** course may be accomplished in a variety of ways:

- Test administered within D2L
- Test administered in writing on paper
- Test administered through Publisher Platforms

Further more tests may have time limits and/or require a proctor.

Proctoring can be accomplished either face-to-face at an approved site or online through RPNOW, our online proctoring service. To find out more about proctoring services, please visit the [Online Testing](#) section of the HGTC's Testing Center webpage.

The **Instructor Information Sheet** will have more details on test requirements for your course.

## Disability Services

HGTC is committed to providing an accessible environment for students with disabilities. Inquiries may be directed to Jocelyn Williams, Director of Student Development on the Conway Campus Jaime Davis, Counselor/Advisor on the Georgetown Campus or Kristin Griffin, Counselor on the Grand Strand Campus. These individuals will review documentation of the student's disability and, in a confidential setting with the student, develop an educational accommodation plan.

Note: It is the student’s responsibility to self-identify as needing accommodations and to provide acceptable documentation. After a student has self-identified and submitted documentation of a disability, accommodations may be determined, accepted, and provided.

## Statement of Equal Opportunity/Non-Discrimination Statement

Horry Georgetown Technical College prohibits discrimination and harassment, including sexual harassment and abuse, on the basis of race, color, gender, national or ethnic origin, age, religion, disability, marital status, veteran status, sexual orientation, gender identity, or pregnancy in educational programs and/or activities.

### ***Title IX Requirements***

Horry Georgetown Technical College prohibits the offenses of domestic violence, dating violence, sexual assault, and stalking. Any student who believe he or she has experienced or witnessed discrimination including sexual harassment, domestic violence, dating violence, sexual assault or stalking is encouraged to report such incidents to one of the College’s Title IX Coordinators.

\*Faculty and Staff are required to report incidents to the Title IX Coordinators when involving students. The only HGTC employees exempt from mandatory reporting are licensed mental health professionals (only as part of their job description such as counseling services).

<b>Inquiries regarding the non-discrimination policies:</b>	
Student and prospective student inquiries concerning Section 504, Title II, and Title IX and their application to the College or any student decision may be directed to the Associate Vice President for Student Affairs.	Employee and applicant inquiries concerning Section 504, Title II, and Title IX and their application to the College may be directed to the Associate Vice President for Human Resources.
<b>Dr. Melissa Batten, AVP Student Affairs</b> <i>Title IX Coordinator</i> Building 1100, Room 107A, Conway Campus PO Box 261966, Conway, SC 29528-6066 843-349-5228 <a href="mailto:Melissa.Batten@hgtc.edu">Melissa.Batten@hgtc.edu</a>	<b>Jacquelyne Snyder, AVP Human Resources</b> <i>Section 504, Title II, and Title IX Coordinator</i> Building 200, Room 212A, Conway Campus PO Box 261966, Conway, SC 29528-6066 843-349-5212 <a href="mailto:Jacquelyne.Snyder@hgtc.edu">Jacquelyne.Snyder@hgtc.edu</a>