

The Learning Company

Clinical Massage Treatments 1 – Student Outline

COURSE DESCRIPTION:

This course will provide an understanding and treatment (utilizing all manual therapy techniques including hydrotherapy and rehabilitation exercises) of postural dysfunctions (fascial and muscle imbalances, ITB friction syndrome, patellofemoral syndrome, hyper/hypolordosis, scoliosis), overuse injuries (MTP and CECS), conditions of the head and neck (tension headache, migraine, torticollis, WAD), systemic conditions (HIV/AIDS, digestive disorders, arterial/venous insufficiency) and joint dysfunctions (hypermobility & hypomobility, DDD, OA, RA, AS, gout and TMD), and a review of musculoskeletal injuries.

DURATION: **110 Hours**

TEXTBOOK/RESOURCES:

- *Management of Common Musculoskeletal Disorders*-Hertling & Kessler
- *Clinical Massage Therapy* – Fiona Rattray, Linda Ludwig
- *Orthopedic Physical Assessment*-Magee

PRE-REQUISITES: General Principles and Techniques 2, Physiology 2, Musculoskeletal Anatomy 2, Communication and Ethics, Orthopedic Assessment 1.

COURSE OBJECTIVES:

After completing this course, you will be able to:

- Understand the indications, contraindications, precautions, risks and benefits to the client for specific treatments
- Demonstrate appropriate goals and outcomes of treatment and provide home care suggestions

KEY TOPICS:

- Musculoskeletal injuries
- Postural dysfunctions
- Overuse injuries
- Conditions of the head and neck
- Joint dysfunctions
- Systemic conditions

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EVALUATION:

Each student's performance is evaluated based on the satisfactory completion of all exercises and assignments to the standard set by the instructor as well as achieving a passing grade on all tests. The passing grade for this subject is 70%.

Tests	10%
Oral Practical exams	50%
Midterm exam	20%
Final exam	<u>20%</u>
Total	100%