

THERAPEUTIC MASSAGE (TMSG)

TMSG 1000 - Introduction to Therapeutic Massage (2 Credits)

This course presents an overview of the field of massage therapy and the evolving roles and opportunities of the massage therapist within the health care delivery system is presented. Topics such as history, licensure requirements, education, employment opportunities, professional organizations and the benefits of massage are covered. Ethical issues for the massage therapist are discussed. The student will learn basic techniques for hand and foot massage. The student is required to receive one full body massage from a licensed massage therapist during the semester.

Lecture: 2 hours

TMSG 1020 - Swedish Massage (5 Credits)

Students will learn the five standard Swedish massage strokes, as well as complementary strokes commonly used in Swedish massage. Through demonstration and practice, the students are able to perform a full-body Swedish massage in one hour. The theoretical principles of research including scientific study of professional touch is discussed. The indications, contraindications, limitations and physiological effects of these techniques are described. Introduction to documentation is provided. Students are instructed in the scope of practice, creating professional boundaries, the therapeutic relationship, approaches to care, working with hospital based clients, proper draping methods, personal and client hygiene, obtaining a medical history, proper body mechanics, basic exercises for personal care, basic first aid, and OSHA regulations to provide a safe and nurturing practice environment.

Lecture: 3 hours, Lab: 4 hours

Prerequisite(s): TMSG 1000 and BIOL 1070 and RHAB 1100 and RHAB 1030 (may be taken concurrently)

TMSG 1030 - Deep Tissue Massage (5 Credits)

This course presents student with a wider and deeper understanding of soft tissue techniques and their effects on the human body. Students are instructed in specific patterns for common pathological condition, the use of trigger point therapy, deep tissue manipulation, fascial restrictions to abnormalities and postural analysis. Origin, insertion, and action of major muscles will be reviewed. The indications, contraindications, limitations and physiological effects of these techniques will be described discussion along with the effects of stress and disease. Students will focus on determining and applying the appropriate modality to achieve the goals. Students will learn an introduction to the lymphatic system and how it works. Students will learn about the flow of lymphatic fluid, lymph nodes, and basic protocols along with contraindications. The course applies concepts from, anatomy, kinesiology, neuromuscular assessment and evaluation. Laboratory experience will provide students with the opportunity to become comfortable with the techniques, proper body mechanics, obtaining medical history and therapeutic relationships. Through demonstration and practice, the student will be able to complete a treatment plan and be able to perform a full body massage and receive a full body massage, using a variety of deep tissue techniques. Professional behaviors in the classroom setting are expected at all times and are evaluated each class.

Lecture: 3 hours, Lab: 4 hours

Prerequisite(s): (BIOL 1070 or BIOL 1010 and BIOL 1020) and (TMSG 1000 and TMSG 1020 and TMSG 1040 and RHAB 1100 and RHAB 1030 (may be taken concurrently))

TMSG 1040 - Introduction to Eastern Modalities (2 Credits)

Students explore eastern modalities in health and wellness care. Primary focus is an introduction to the history, theory and basic practice of shiatsu therapy and acupressure. This includes a study of selected meridians, acupoints and other aspects of traditional Chinese medicine. The indications, contraindications, limitations and effects of shiatsu and acupressure are described. Students learn methods and terminology for documentation. Laboratory experience provides students with the opportunity to become comfortable with shiatsu and acupressure techniques, and to learn proper mind-body mechanics for providing safe and effective treatment on the shiatsu mat and on a massage chair. Students also learn techniques for integrating shiatsu and acupressure into their Swedish massage, and explore how to practice massage in a more embodied, mindful, compassionate, and ecologically attuned way. Students encounter a range of additional modalities including qi gong, yoga, t'ai chi, meditation, and feng shui. Participation in all aspects of this course is required.

Lecture: 1 hour, Lab: 2 hours

Prerequisite(s): BIOL 1070 and RHAB 1010 and TMSG 1000 and ENGL 1010 and TMSG 1020 (may be taken concurrently)

**TMSG 1140 - Integrating Eastern and Western Techniques
(2 Credits)**

Students will learn clinical applications of eastern modalities in the integrative clinical practice of massage therapy. Specifically, they learn how to integrate eastern body mechanics, mind-body techniques, and meridian/acupoint work into Swedish and/or deep tissue massage treatments. Students will explore integrative massage strategies for addressing chronic low back pain with a goal of preventing or reducing a client's use of prescription opioid medication. Students will also explore contemporary clinical acupuncture and acupressure research in the development of an integrative massage treatment protocol for a particular client population. Participation in all aspects of this course, which includes regular qi development exercises, mind-body cultivation, and integrative massage practice outside of class hours, is required.

Lecture: 1 hour, Lab: 2 hours

Prerequisite(s): TMSG 1020 and TMSG 1040 and RHAB 1030

Corequisite(s):TMSG 1030

**TMSG 2010 - Introduction to Sports Massage
(2 Credits)**

This course serves as a basic introduction to the role of the Sports Massage Therapist; the course applies concepts from anatomy, orthopedic massage and will focus on the uses of massage in sports activities. Students will understand the benefits and learn techniques for pre-event, inter- event, post-event and maintenance massage. Students will gain skill in treatment session planning, palpation assessment and documentation. An overview of common sports injuries and conditions will be presented. Musculoskeletal concerns will be examined. Hydrotherapy as an adjunct to tissue and muscle healing will be addressed. Specific hydrotherapeutic methods will be reviewed and presented in laboratory sessions.

Lecture: 1 hour, Lab: 2 hours

Prerequisite(s): RHAB 1030 and TMSG 1020 and TMSG 1030

Corequisite(s):TMSG 2021

**TMSG 2020 - Student Massage Clinic
(3 Credits)**

This course marks the first part of the student's clinical education, it focuses on integrating skills learned in previous courses; community outreach and educating the public to the benefits of clinical massage therapy. The course is conducted at the college providing massage services to clients within the community. Students will set up and run the in-house clinic under the supervision licensed program faculty, with the emphasis on clinic policies and procedures, clinical behavior, professionalism, interview skills and develop treatment plans, ethics and proper client care. Students will gain experience relative to a massage office practice, marketing, record keeping, scheduling clientele, basic accounting procedures, and ensuring compliance with OSHA standards, blood borne pathogens and HIPAA training.

Other: 100 hours

Prerequisite(s): RHAB 1030 and BIOL 1070 and TMSG 1000 and TMSG 1020 and TMSG 1040 and TMSG 1030 and RHAB 1100

Corequisite(s):TMSG 2010, TMSG 2021

**TMSG 2021 - Massage Practice Business Theory
(2 Credits)**

This course focuses on providing students with knowledge of business management skills for massage practitioners. Students will demonstrate skills in business management including financial organization, accounting basics, taxes and maintaining proper documentation.

Topics include legal and ethical issues, record-keeping, taxes, pricing, bookkeeping, inventory maintenance, interviewing skills and resume development. The student will be provided with an overview of OSHA, HIPAA and ADA regulations as they relate to the massage profession.

Lecture: 2 hours

Prerequisite(s): TMSG 1020 and TMSG 1030 and RHAB 1110 and RHAB 1030 (may be taken concurrently)

**TMSG 2030 - Clinical Internship I
(2 Credits)**

The focus of this course is to gain experience providing massage therapy services to the healthy population, or to special populations including those with various pathologies and injuries. Students will be supervised by qualified healthcare providers employed at various community and healthcare facilities. Clinical placements are available in a variety of settings including private offices, nursing homes, group homes, athletic training facilities and hospitals. In addition to gaining clinical experience, students will participate with record maintenance, accounting procedures, and ensuring OSHA standards in the health care environment.

Other: 60 hours

Prerequisite(s): RHAB 1030 and TMSG 1020 and TMSG 1040 and TMSG 1030 and TMSG 2010 and TMSG 2020 and TMSG 2021 and TMSG 1140

Corequisite(s):TMSG 2040, TMSG 2110

**TMSG 2040 - Foundation of Evidence-Based Outcomes for Massage
Therapists
(3 Credits)**

This course is designed to provide students with information necessary to evaluate the effectiveness of various massage techniques, with client populations under various conditions. The emphasis is to provide the student with skills to conduct a literature search, appreciate the value of evidence-based practice for massage therapists, to critically evaluate research studies, and to use the information to design more effective treatment plans. Students will demonstrate the ability to use this evidence to inform consumers, health care providers, government agencies, and professional association of the value of massage in the health care system.

Lecture: 3 hours

Prerequisite(s): (PHTA 1110 or RHAB 1110) and (PHTA 1030 or RHAB 1030) and TMSG 1020 and TMSG 1030 and TMSG 2010 and TMSG 2020 and TMSG 2021

TMSG 2050 - Selected Topics in Massage Therapy**(2 Credits)**

This course is designed to present various topics designed to increase awareness of newer concepts and techniques in massage therapy. It will be open to licensed Massage Therapists and students in the Therapeutic Massage Program.

Lecture: 2 hours

TMSG 2110 - Advanced Sports Massage**(3 Credits)**

The role of the Sports Massage Therapist in the athletic setting will be expanded. The course will focus on the uses of massage in the athletic training environment. Students will learn to recognize and apply specific massage skills for Repetitive Use Injuries, including hamstring strains, shoulder, knee and foot pathologies. Application of techniques for these specific problems will provide opportunities for psychomotor mastery that will be evaluated in hands on sessions. Indications and contraindications for heat and cold applications an adjunct to tissue and muscle healing will be addressed. Specific methods such as muscle energy techniques, including proprioceptive neuromuscular facilitation (PNF), a comparison of types of stretching methods and self-myofascial release techniques will be demonstrated in hands on sessions. Students will learn about overtraining syndrome causes and effects and the role of massage in supporting the over-trained athlete. An introduction to the Kinesio Taping method will also be provided outlining foundational concepts of this modality and specific applications for minor repetitive use conditions.

Lecture: 2 hours, Lab: 2 hours

Prerequisite(s): RHAB 1030 and TMSG 1020 and TMSG 1030 and TMSG 2010

TMSG 2130 - Clinical Internship II**(2 Credits)**

The focus of this course is to gain experience providing massage therapy to the healthy population, or to special populations including those with various pathologies and injuries. Students will be supervised by qualified healthcare providers employed at various community and healthcare facilities. Clinical placements are available in a variety of settings including private offices, nursing homes, group homes, athletic training facilities and hospitals. In addition to gaining clinical experience, students will participate with records maintenance, accounting procedures, and ensuring OSHA standards in the health care environment.

Other: 60 hours

Prerequisite(s): RHAB 1030 and TMSG 1020 and TMSG 1030 and TMSG 1040 and TMSG 2010 and TMSG 2020 and TMSG 2021 and TMSG 2040 (may be taken concurrently) and TMSG 1140 and TMSG 2110 (may be taken concurrently)