FLCC Course Syllabus

General Information

Date
11/09/2016

Department
Physical Education & Integrated Health Care

Course Prefix:
MAS

Course Number:
215

Course Title:
Connective Tissue and Neuromuscular Massage Therapies

Course Information

Credit Hours
4

Lecture Contact Hours
3

Laboratory Contact Hours
4

Catalog Description
This is a third semester course that will cover two bodywork modalities utilized in the relief of myofascial (soft tissue) pain/dysfunction syndromes: 1) Neuromuscular Therapy (NMT), which emphasizes the role of the nervous system in muscle pain, and 2) Connective Tissue Therapy (CTT), which focuses on the freeing muscle structures from hardened/adhered connective tissue. Other topics include: Client interviewing and documentation/SOAP note charting, Client assessment (postural evaluation, ROM and Special/Orthopedic testing), Chair massage, Pain and Pain Management, Soft tissue disorders, Hydrotherapy, and the significance of touch and non-verbal communication in massage. During the laboratory component of the course students will apply knowledge gained from lecture to hands-on practice.

Prerequisites
MAS 110, MAS 117, MAS 210, BIO 171, BIO 172 each with a grade of C or better

Co-requisites
MAS 211

Grading Scheme
Letter Grade

FLCC Values
College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality
Perseverance

Course Learning Outcomes

Course Learning Outcomes

1 : Define basic pain patterns and their cyclical nature.
2 : Apply the basic techniques of neuromuscular therapy and connective tissue therapy.
3 : Integrate the working knowledge (purpose, practice, and effects) of connective tissue therapy and neuromuscular therapy in the final project.
4 : Integrate of connective tissue therapy and neuromuscular therapy with other modalities in the final project.

Program Affiliation

This course is required as a core program course in the following program(s)

AAS Massage Therapy

Outline of Topics Covered

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1. History of CT and NMT modalities in massage therapy
2. Introduction to Neuromuscular Therapy, Connective Tissue and Fascial System, Structural Concepts/Anatomy, Tensegrity
3. Significance of touch in human health and non-verbal communication
4. Types of Muscle Fiber Arrangement, Contractions, Muscle Types, Functional GAS/LAS, Soft Tissue Responses, Causative Categories
5. Soft Tissue Disorders
6. Upper Crossed and Lower Crossed Syndromes
7. Postural information & Posture evaluation
8. Chair Massage
9. Client assessment: Initial Encounter/Health History/SOAP notes
10. Client Assessment: ROM & resistive muscle testing, Special/ Orthopedic testing
11. Pain, pain pattern, pain management
12. Myofascial trigger points: introduction, characteristics for identifying, terminology
13. Myofascial trigger points: palpation, assessment, treatment techniques
14. Myofascial trigger points: Cervical region
15. Myofascial trigger points: Shoulder region
16. Myofascial trigger points: Thorax/low back region
17. Myofascial trigger points: Extremities
18. Deep tissue and myofascial massage/bodywork techniques
19. Hydrotherapy
20. Human cadaver lab experience