MAS 215 Connective Tissue and Neuromuscular Massage Therapies

General Information

Date
January 10th, 2019

Author
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Department
Physical Education and 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

Lab Contact Hours
4

Other Contact Hours
0

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.

Key Assessment
This course does not contain a Key Assessment for any programs

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

Co-requisites
MAS 211

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.
SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

<table>
<thead>
<tr>
<th>Vitality</th>
<th>Inquiry</th>
<th>Perseverance</th>
<th>Interconnectedness</th>
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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
AAS Therapeutic Massage

Outline of Topics Covered

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

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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