

COURSE OUTLINE

Lifespan Massage

Course Description

MT 244. Lifespan Massage. 3 hours credit. Prerequisite: MT 240 and MT 243 with a C or better or may be taken concurrently. This course will enable the student to integrate massage techniques and bodywork with developmental needs of clients throughout all stages of life. Through an understanding of the physical, cognitive and psycho-social characteristics of each major age group, the student will perform assessments and develop massage and/or bodywork regimens appropriate for his clients of all ages.

Course Relevance

The principles learned in this course will allow the student to effectively apply massage and bodywork techniques to clients of all ages. Indications and contraindications based on the needs of clients within specific age groups, awareness of physical, cognitive and psycho-social needs from infancy to the elderly allows the student to prepare and apply appropriate bodywork and massage modalities.

Required Textbook

Schneider McClure, V., (1989). *Infant massage: a handbook for loving parents*. New York, NY: Bantam Books.

Osborne-Sheets, C., (1998). *Pre- and perinatal massage therapy*. San Diego, CA: Body Therapy Associates.

Learning Outcomes

The intention is for the student to be able to:

1. Incorporate physical, cognitive and psycho-social characteristics of major age groups as a guide in the practice of massage therapy
2. Establish and maintain effective and developmentally appropriate interpersonal communication with the client seeking massage therapy
3. Reflect on personal and professional interests and practice parameters

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the primary PACT skills areas:

1. Field-Related Technology
 - Demonstrate competence in classic massage techniques for each life stage.

Secondary Skills (developed but not documented):

Time Management
Ethical Conduct
Listening

Nonverbal Communication

Major Summative Assessment Tasks)

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Demonstration of therapeutic techniques used with clients presenting special needs: prenatal, labor/delivery and postpartum massage, infant massage, adolescence, massage techniques for the elderly and massage associated with hospice care

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Therapeutic massage modalities
 - B. Client assessment techniques
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Contraindications to specific therapeutic modalities
 - B. Societal values
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Anatomy & physiology
 - B. Pathophysiology
 - C. Developmental theories
 - D. Therapeutic massage as health care component
- IV. Skills/Competencies - Actions that are essential to achieve the course outcomes:
 - A. Create an environment for clients of all ages where emotional, cultural, and spiritual influences will be identified and honored
 - B. Analyze assessment findings
 - C. Plan massage protocols to meet individual needs of the client

Learning Units

- I. Stages of human life cycle
 - A. Physical, cognitive and psycho-social characteristics
 - B. Developmental needs of each stage of life
 - C. Developmental theories
- II. Massage protocol and contraindications for stages of life cycle
 - A. Prenatal
 - B. Labor and delivery
 - C. Infant
 - D. Adolescence
 - E. Geriatric
 - F. Chronic illness and/or pain
- III. Assessment and evaluation
 - A. Age related parameters
 - B. Client response to age-specific massage
 - C. Health education needs

D. Documentation

IV. Regulatory framework

A. Ethical/legal

B. Professional standards

C. Bodywork certifications

Learning Activities

Learning activities will be geared toward the practices and analysis of therapeutic massage techniques as they apply to the individual needs of the client. In-class discussion with health care experts from varying disciplines, expose the student to the importance of communication and collaboration of the health care team. Supervised practice time will allow the student to demonstrate appropriate body work technique.

Grade Determination

The student will be graded on completion of assessment tasks, learning activities, including demonstration of technique mastery and class participation.