

SUBJECT OUTLINE



Subject Name:

Foundations of Myotherapy Practice

Subject Code:

MSTF121

SECTION 1 - GENERAL INFORMATION

Award/s:	Bachelor of Health Science (Myotherapy)	Total Course Credit Points:	96	Level:	1 st Year
Duration:	1 Semester				
Subject Coordinator:	Stacey Mahboub (Brisbane campus)				
Subject is:	Core	Subject Credit Points:	4		

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
6	4	10

Delivery Mode:

Face to Face 2 x 1 hour lectures 2 x 2 hour practicals
(On campus)

Intensive Delivery Contact hours are delivered over 5 weeks with 4 x 4 hour days delivered per week
(Summer School)

Content: Combination lecture and practical activities

Assessment: Attendance - Weeks 1-5; Mid-semester Practical Exam - Week 3; Final Practical Exam - Week 6; Final Written Exam - Week 6

Full Time

Part Time

Pre-requisites: MSTA121

Co-requisites: Nil

Special Resource Requirements:

2 bath-sheet sized towels per student (Clinic towels must not be used)

Massage oil dispenser (flip top or pump)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides students with a foundational framework for clinical decision making in myotherapy on which subsequent subjects of this course are built. Students will explore the application of a variety of massage techniques in relation to the integrative management of health problems/syndromes and the potential outcomes of myotherapy management. At the end of this subject, students will be able to provide a full body relaxation massage, seated dry massage and adapt techniques for clients with special needs.

Learning Outcomes

1. Demonstrate an understanding of and ability to apply the principles of myotherapy practice.
2. Apply a variety of massage techniques to each body region and differentiate between the techniques and their individual effects on the body with application.
3. Demonstrate understanding and application of professional standards for draping the client and managing the massage environment safely.
4. Demonstrate the use of correct and safe body mechanics in the application of massage techniques.
5. Demonstrate development of clinical reasoning skills by using clinical knowledge and client information in case scenarios to appropriately select and justify choice of suitable therapeutic techniques.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 1-26	Pass/Fail
Mid-semester Practical Exam (30 minutes)	2-4	1-8	Session 10	30%
Final Practical Exam (1 hour)	1-5	1-26	Practical Examination Period	35%
Final Written Exam (1.5 hours)	1-3, 5	1-26	Final Examination Period	35%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

Prescribed Readings:

1. Andrade, C. K. (2014). *Outcome-based massage* (3rd ed.). Philadelphia, PA: Wolters Kluwer Health.

Recommended Readings:

1. Chaitow, L. (2011). *Modern neuromuscular techniques* (3rd ed.). Edinburgh, Scotland: Churchill-Livingstone Elsevier. [eBook available]
2. Granger, J. (2011). *Neuromuscular therapy manual*. Sydney, NSW: Lippincott Williams & Wilkins.

Subject Content		
Week	Lectures	Practicals
1.	Session 1 Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) <ul style="list-style-type: none"> • Subject participation and Code of Conduct • Equipment and appropriate attire needed for class Introduction to Myotherapy <ul style="list-style-type: none"> • Natural therapy principles • Massage table set up • Massage in the context of myotherapy practice • Importance of body mechanics, effective techniques and self-care 	<ul style="list-style-type: none"> • Introduction to palpation • Palpating static and dynamic structures • Self-stretch
	Session 2 Components of Myotherapy Practice <ul style="list-style-type: none"> • Assessment, treatment, rehabilitation, prevention • Importance of assessment tools • Endangerment sites, contraindications and precautions • Myotherapy in the broader healthcare community 	<ul style="list-style-type: none"> • Basic history taking • Observation and postural assessment • Identifying and decision-making regarding red flags, contraindications and precautions
2.	Session 3 Massage Effects of massage: Psychological and reflex effects Preparing to massage <ul style="list-style-type: none"> • Informed consent when using oils and balms • Positioning, bolstering, draping and active draping Massage techniques <ul style="list-style-type: none"> • Contact and vibration • Effleurage • Contraindications 	<ul style="list-style-type: none"> • Positioning, bolstering, draping and active draping • Communication before, during and after massage • Contact, vibration and effleurage
	Session 4 Massage (continued) Effects of massage: neuromuscular effects Massage techniques <ul style="list-style-type: none"> • Compressions • Pétrissage • Longitudinal stripping • Myofascial release and myofascial stretch 	<ul style="list-style-type: none"> • Neuromuscular techniques • Compressions, pétrissage and longitudinal stripping • Myofascial release and myofascial stretch

3.	<p>Session 5</p> <p>Massage (continued)</p> <p>Effects of massage: connective tissue effects</p> <p>Massage techniques</p> <ul style="list-style-type: none"> • Connective tissue techniques: skin rolling and frictions • Passive movement: shaking, rocking, percussion, tapôttement and rhythmic mobilisation • Contraindications 	<ul style="list-style-type: none"> • Skin rolling and frictions • Shaking, rocking, percussion, tapôttement and rhythmic mobilisation
	<p>Session 6</p> <p>Revision and Integration</p> <p>Revision: Postural observation and history taking</p> <p>Using assessment findings to form a treatment plan</p> <ul style="list-style-type: none"> • Recognising and respecting personal, professional and client limitations, including scope of practice • Time management 	<ul style="list-style-type: none"> • Revision and integration of all techniques to date • Case studies: Selection, justification and application of techniques based on history and observation • Treatment planning and case taking practice
4.	<p>Session 7</p> <p>Manual Lymphatic Drainage</p> <ul style="list-style-type: none"> • Principles and application • General indications, contraindications • Ethical practice and communication • Node sites • Pathology 	<ul style="list-style-type: none"> • Manual lymphatic drainage techniques • Case studies: Ethical issues in lymphatic drainage
	<p>Session 8</p> <p>Manual Lymphatic Drainage (continued)</p> <p>Manual lymphatic drainage for the upper and lower extremities</p> <ul style="list-style-type: none"> • Lymphatic anatomy of the upper and lower extremities • Specific indications and contraindications • Application of sequence 	<ul style="list-style-type: none"> • Manual lymphatic drainage sequence
5.	<p>Session 9</p> <p>Modifications to Massage</p> <ul style="list-style-type: none"> • Positioning modifications • Justification for and selection of modifications • Pregnancy massage <p>Dry seated massage</p>	<ul style="list-style-type: none"> • Positioning • Pregnancy massage • Dry seated massage
	<p>Session 10</p> <p>Mid-semester Practical Exam</p>	
6.	<p>Session 11</p> <p>Head and Neck</p> <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the head and neck • Critical thinking activity: Endangerment sites

	Session 12 Head and Neck (continued) Common conditions of the head and neck <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the head and neck based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
7.	Session 13 The Upper Torso <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the upper torso • Critical thinking activity: Endangerment sites
	Session 14 The Upper Torso (continued) Common conditions of the upper torso <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the upper torso based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between Weeks 6 to 8 Semester 2 & Online students - The non-teaching week falls between Weeks 7 and 8		
8.	Session 15 The Shoulder <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the shoulder • Critical thinking activity: Red flags, relative and absolute contraindications
	Session 16 The Shoulder (continued) Common conditions of the shoulder <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the shoulder based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
9.	Session 17 The Arm, Wrist and Hand <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the arm, wrist and hand • Critical thinking activity: Acknowledging and respecting personal limitations as a practitioner
	Session 18 The Arm, Wrist and Hand (continued) Common conditions of the arm, wrist and hand <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the arm, wrist and hand based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
10.	Session 19 The Lower Torso and Abdomen Common conditions of the lower torso and abdomen <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the lower torso and abdomen • Critical thinking activity: Scope of practice with regard to internal organs

	<p>Session 20</p> <p>The Lower Torso and Abdomen (continued)</p> <p>Common conditions of the lower torso and abdomen</p> <p>Treatment approaches</p>	<ul style="list-style-type: none"> • Selection and application of techniques for the lower torso and abdomen based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
11.	<p>Session 21</p> <p>The Hip</p> <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the hip • Critical thinking activity: Recognition of red flags and consideration of the need for referral
	<p>Session 22</p> <p>The Hip (continued)</p> <p>Common conditions of the hip</p> <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the hip based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
12.	<p>Session 23</p> <p>The Upper Leg and Knee</p> <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the upper leg and knee • Critical thinking activity: Accountability and quality care
	<p>Session 24</p> <p>The Upper Leg and Knee (continued)</p> <p>Conditions of the upper leg and knee</p> <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the upper leg and knee based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
13.	<p>Session 25</p> <p>The Lower Leg, Ankle and Foot</p> <ul style="list-style-type: none"> • Anatomy of the region • Review of endangerment sites • Common postural observations • Treatment techniques 	<ul style="list-style-type: none"> • Techniques for the lower leg, ankle and foot • Critical thinking activity: Reflective practice
	<p>Session 26</p> <p>The Lower Leg, Ankle and Foot (continued)</p> <p>Common conditions of the lower leg, ankle and foot</p> <ul style="list-style-type: none"> • Treatment approaches 	<ul style="list-style-type: none"> • Selection and application of techniques for the lower leg, ankle and foot based on common conditions and assessment findings • Case studies: Interpreting client information through the lens of clinical knowledge
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p>	
17.	<p>Final Examination Week 2</p> <p>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p>	