

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:

1st Year

Duration:

1 Semester

Subject Coordinator: Paul McCann (Adelaide campus)

Subject is: Core

Subject Credit Points: 4

Student Workload:

No. timetabled hours per week:

6

No. personal study hours per week:

4

Total hours per week:

10

Delivery Mode:

Face to face

2 x 1 hour lecture

2 x 2 hour practical

Intensive Delivery

Details:

Summer School - contact hours are delivered over five weeks with 4 x 4 hour days delivered per week, combination lecture and practical activities.

Assessment: Mid-semester exam is completed in week 3. Final written and practical exams are conducted in week 6 of summer school.

Full Time

Part Time

Pre-requisites:

MSTA121, BIOH111

Co-requisites:

Nil

Special resource requirements:

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

Massage oil and an appropriate dispensing container (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 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 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	Session Due	Weighting
Attendance (80% attendance is required)	N/A	1-26	1-26	Pass/Fail
Mid-semester Practical Exam (30 minutes)	1-5	1-8	10	30%
Final Practical Exam (1 hour)	1-5	1-26	Practical Exam Period	35%
Final Written Exam (1.5 hours)	1-5	1-26	Final Exam Period	35%

Prescribed readings:

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

Recommended readings:

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

Subject Content		
Week	Lecture	Practical
1.	Session 1 Introduction to subject Assessment processes, requirements for participation, Code of Conduct Equipment and appropriate attire needed for class Introduction to Myotherapy Natural therapy principles Massage table set up Massage in the context of Myotherapy practice Importance of body mechanics, effective techniques and self-care	Introduction to palpation Palpating static and dynamic structures Self-stretch
	Session 2 Components of Myotherapy practice: Assessment, treatment, rehabilitation, prevention Importance of assessment tools Endangerment sites, contraindications and precautions Myotherapy in the broader healthcare community	Basic history taking Observation and postural assessment Identifying and decision-making regarding red flags, contraindications and precautions
2.	Session 3 Effects of massage: psychological and reflex effects Preparing to massage Positioning, bolstering, draping and active draping	Positioning, bolstering, draping and active draping Communication before, during and after massage Contact, vibration and effleurage

	Massage techniques Contact and vibration Effleurage Contraindications	
	Session 4 Effects of massage: neuromuscular effects Massage techniques: Compressions Pétrissage Longitudinal stripping Myofascial release and myofascial stretch	Neuromuscular techniques Compressions, pétrissage and longitudinal stripping Myofascial release and myofascial stretch
3.	Session 5 Effects of massage: connective tissue effects Massage techniques: Connective tissue techniques: skin rolling and frictions Passive movement: shaking, rocking, percussion, tapôtement and rhythmic mobilisation Contraindications	Skin rolling and frictions Shaking, rocking, percussion, tapôtement and rhythmic mobilisation
	Session 6 Revision: Postural observation and history taking Using assessment findings to form a treatment plan Recognising and respecting personal, professional and client limitations, including scope of practice Time management	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.	Session 7 Manual lymphatic drainage Principles and application General indications, contraindications Ethical practice and communication Node sites Pathology	Manual lymphatic drainage techniques Case studies: Ethical issues in lymphatic drainage
	Session 8 Manual lymphatic drainage for the upper and lower extremities Lymphatic anatomy of the upper and lower extremities Specific indications and contraindications Application of sequence	Manual lymphatic drainage sequence
5.	Session 9 Modifications to massage Positioning modifications Justification for and selection of modifications Pregnancy massage Dry seated massage	Positioning Pregnancy massage Dry seated massage
	Session 10 Mid-Semester Practical Exam	
6.	Session 11 The head and neck	Techniques for the head and neck Critical thinking activity: endangerment sites

	Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	
	Session 12 Common conditions of the head and neck Treatment approaches	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 Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the upper torso Critical thinking activity: endangerment sites
	Session 14 Common conditions of the upper torso Treatment approaches	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 - The break week falls between Weeks 7 and 8.		
8.	Session 15 The shoulder Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the shoulder Critical thinking activity: red flags, relative and absolute contraindications
	Session 16 Common conditions of the shoulder Treatment approaches	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 Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the arm, wrist and hand Critical thinking activity: acknowledging and respecting personal limitations as a practitioner
	Session 18 Common conditions of the arm, wrist and hand Treatment approaches	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 Anatomy of the region Review of endangerment sites	Techniques for the lower torso and abdomen Critical thinking activity: scope of practice with regard to internal organs

	Common postural observations Treatment techniques	
	Session 20 Common conditions of the lower torso and abdomen Treatment approaches	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.	Session 21 The hip Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the hip Critical thinking activity: Recognition of red flags and consideration of the need for referral
	Session 22 Common conditions of the hip Treatment approaches	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.	Session 23 The upper leg and knee Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the upper leg and knee Critical thinking activity: Accountability and quality care
	Session 24 Common conditions of the upper leg and knee Treatment approaches	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.	Session 25 The lower leg, ankle and foot Anatomy of the region Review of endangerment sites Common postural observations Treatment techniques	Techniques for the lower leg, ankle and foot Critical thinking activity: Reflective practice
	Session 26 Common conditions of the lower leg, ankle and foot Treatment approaches	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.	Non-Teaching Week/Practical Exam Week 1: note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2: note that make-up classes may be scheduled in this week.	
16.	Final Exam Week 1 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.	
17.	Final Exam Week 2 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.	