

**Summary of 2200 Hour Massage Therapy Diploma Program
/(two year full time program)**

First Year Curriculum

Subjects	
MT 101 Medical Terminology	
MT 102 Anatomy and Physiology (1)	
MT 103 Anatomy and Physiology (2)	
MT 104 Massage Theory and Practice 1	
MT 105 Ethics and Communications	
MT 106 Pathology (1)	
MT 107 Safety and Jurisprudence	
MT 108 Pathology (2)	
MT 109 Business Skills	
MT 110 Physical Diagnosis/Case History Taking	
MT 111. Massage Theory and Practice 2	
MT 112 Massage Clinical Practicum 1	
Total Hours in Year One	1100

Second Year Curriculum

Subjects	
MT 201 Musculoskeletal Anatomy	
MT 202 Neuroanatomy	
MT 203 Massage Theory and Practice 3	
MT 204 Massage Theory and Practice 4	
MT 210 Massage Clinical Practicum 2	
MT 205 Orthopedic Physical Diagnosis/ Sport Injury	
MT 206 Introduction to Internal Medicine and Surgery	
MT 207 Massage Theory and Practice 5	
MT 208 Massage Theory and Practice 6	
MT 211 Massage Clinical Practicum 3	
Total Hours in Year Two	1100

Year One

Term One

MT 101. Medical Terminology

This course introduces students with the medical terminology of all of medical science and is focused on learning terminology as a review of the basic medical science as opposed to memorization.

MT 102 and 103. Anatomy and Physiology (1) and (2)

This course provides students with gross anatomy through discussing each individual system and the basic functions of important organs. This course also introduces students the physiology of cell, blood, circulatory systems, respiratory system, digestive system, and other systems.

MT 104. Massage Theory and Practice 1

The primary focus of this course is to learn the general foundation of massage techniques. Discussion topics includes the history of massage, the role of massage therapists, indications and contraindications of massage, etc. Students will gain confidence and proficiency in appropriate draping, limb handling, and patient interaction, as well as general full body massage techniques in both Swedish and Chinese styles. This course will also explore varied positioning such as supine, side-lying, clothing and seated massage.

Students will perform all demonstrated Swedish and Chinese massage techniques on each other to improve their massage skills. Concepts of safe delivery of massage from both practitioner's and client's perspective will be emphasized, as well as incorporate an evidence-informed approach in treatment planning

The following topics will be addressed:

- Formulate individualized treatment plan based upon assessment findings
- Select treatment modalities and techniques based upon indications, contraindications, precautions, and patient stage of life
- Reassess patient and adapt treatment plan as needed
- Recognize indications for and benefits of therapeutic ultrasound
- Recognize indications for and benefits of low level (cold) laser treatment
- Recognize indications for and benefits of interferential therapy
- Introduction to acupuncture
- Treat in a manner that reflects the principles of massage therapy
- Maintain a safe and comfortable treatment environment

- Apply standard hygiene and infection control precautions
- Utilize patient transfer techniques
- Assist patient with dressing and undressing as needed
- Apply draping as relevant
- Position patient for selected therapeutic techniques
- Apply modalities and techniques in a manner consistent with patient presentation
- Apply treatment modalities and techniques incorporating knowledge of indications, contraindications, precautions, and patient stage of life
- Monitor and adapt to patient response
- Advise and instruct patient on self-care
- Apply biomechanical and postural skills for therapist self-protection

MT 105. Ethics and Communications

This course introduces students interpersonal and intrapersonal communication skills and key ethical issues in the massage profession. We identify, understand and apply professional conduct and ethics related to good boundaries and effective therapeutic relationships, including ethical business practices. We present assertiveness strategies and basics of conflict resolution and negotiation skills. Students also identify, understand and apply professional ethics and conduct, including recognizing challenges for clients with mental health issues, abuse and trauma, post-traumatic stress and other special needs. Topics include phases of group development, handling resentments, anger management, communicating with other health professionals, values clarification, critical thinking and problem solving related to ethical issues, ethical dilemmas, and conflict resolution.

The following topics will be discussed:

- Utilize effective written communication
- Utilize effective oral communication
- Utilize effective electronic communication
- Communicate in a manner that respects diversity
- Communicate in a manner that is suitable to the recipient's understanding and background
- Utilize active listening skills
- Utilize and respond to non-verbal communication
- Contribute to an effective, collaborative atmosphere in group settings
- Utilize medical terminology
- Establish and maintain inter-professional collaboration
- Identify and address interpersonal conflict
- Practice professionally, independent of personal beliefs
- Employ personal care and lifestyle strategies that enhance professional

effectiveness

- Manage personal stress
- Identify and address conflict of interest
- Employ critical thinking
- Utilize professional judgment
- Practice in a manner that recognizes the role of massage therapy within the healthcare system
- Recognize the scopes of practice and benefits of treatment by other healthcare professionals
- Promote awareness of massage therapy as a regulated health profession
- Access and, where relevant, utilize research, and professional literature in massage therapy and related disciplines to enhance patient care
- Maintain currency with developments in the profession
- Display positive regard toward patient
- Maintain professional boundaries in relationship with patient
- Respect patient's physical privacy
- Comply with confidentiality and information privacy requirements
- Maintain informed patient consent regarding assessment and treatment
- Obtain special consent prior to assessment and treatment of sensitive body areas
- Recognize and address the power differential in the patient-therapist relationship
- Recognize and address transference and countertransference
- Employ touch with a therapeutic intent
- Assist patient in representing their needs to others
- Refer patient to other healthcare professionals when appropriate
- Advise patient of relevant community healthcare and social service resources

MT 106. Pathology (1)

This course introduces students knowledge of pathology and. The concept of disease, the pathology of cells and tissue, edema, shock, fever and tumor, etc will be discussed in this course. This course also introduces the pathology of various systems and common infectious and parasites diseases and relevant microbiology information.

MT 107. Safety and Jurisprudence

The following topics will be discussed:

- Comply with federal and provincial requirements
- Comply with regulatory requirements
- Comply with municipal and local requirements
- Practice professionally, independent of personal beliefs
- Maintain personal hygiene and professional appearance

- Utilize professional judgement
- Recognize the scopes of practice and benefits of treatment by other healthcare professionals
- Practice within therapist's knowledge and skill level
- Evaluate strengths and areas for improvement as a therapist
- Respect patient's physical privacy
- Maintain informed patient consent regarding assessment and treatment
- Obtain special consent prior to assessment and treatment of sensitive body areas
- Recognize and address the power differential in the patient-therapist relationship
- Recognize and address transference and countertransference

Term Two

MT 108. Pathology (2)

This course introduces students knowledge of pathology and. The concept of disease, the pathology of cells and tissue, edema, shock, fever and tumor, etc will be discussed in this course. This course also introduces the pathology of various systems and common infectious and parasites diseases and relevant microbiology information.

MT 109. Business Skills

This course offers an introduction to small business including entrepreneurship, setting effective goals, marketing strategies, and small business accounting. Students will gain the confidence to run their massage practice as a successful business.

MT 110. Physical Diagnosis/Case History Taking

This course introduces students proper techniques and protocols of taking a full case history of a patient, as well as interview, observation, palpation, percussion, and listening. Proper order and flow of assessment will be studied and practiced with patient comfort and therapist need-to-know in mind.

The following topics will be covered:

- Obtain comprehensive case history from patient.
- Integrate findings of other healthcare practitioners.
- Apply knowledge of commonly-occurring conditions to assessment.
- Identify the indications, contraindications, precautions, and adaptations for assessing:

- patients presenting with common clinical conditions that present as variables of pain
- patients presenting with common clinical conditions that present as variables of mood
- patients presenting with common clinical conditions that present as variables of anxiety
- patients presenting with common clinical conditions that present as variables of sleep
- patients presenting with common clinical conditions that present as variables of cognition
- patients presenting with inflammation
- patients presenting with infection
- patients presenting with scarring
- patients presenting with swelling
- patients presenting with congestion
- patients presenting with movement restrictions
- patients presenting with malignancy
- pregnant patients
- infant or child patients
- adolescent patients
- adult patients
- senior patients
- end of life patients
- patients presenting with conditions of the central nervous system
- patients presenting with conditions of the peripheral nervous system
- patients presenting with general neurological conditions
- patients presenting with conditions of the bone and periosteum
- patients presenting with conditions of the muscles and tendons
- patients presenting with conditions of the fascia
- patients presenting with conditions of the synovial joints, cartilage, ligaments, and bursa
- patients presenting with systemic myofascial and orthopaedic conditions
- patients presenting with conditions involving orthopaedic interventions
- patients presenting with conditions involving artificial openings.
- patients presenting with conditions involving implants
- patients presenting with conditions of the cardiovascular system
- patients presenting with conditions of the digestive system
- patients presenting with conditions of the endocrine system
- patients presenting with conditions of the gastrointestinal system
- patients presenting with conditions of the immune system
- patients presenting with conditions of the integumentary system
- patients presenting with conditions of the lymphatic system
- patients presenting with conditions of the reproductive system

- patients presenting with conditions of the respiratory system
- patients presenting with conditions of the urinary system
- Select and perform assessments incorporating knowledge of patient history, contraindications, precautions, and evidence
- Modify assessments based upon assessment findings
- Perform ongoing, purposeful observation

MT 111. Massage Theory and Practice 2

Following the previous RMT 104 Massage Theory and Practice 1, this course introduces students the fascia manipulation, trigger points, lymphatic drainage massage, as well as acupressure techniques on commonly used acupoints. Direct and indirect techniques on fascia which is the varied connective tissues that hold the body together will be introduced. This course also introduces students the assessment model with the emphasis on postural observation, palpation, range of motions, muscle testing, and special tests. Safe massage will continue to be stressed with the skills of taking and monitoring vital signs.

The following topics will be addressed as well:

- Formulate individualized treatment plan based upon assessment findings
- Select treatment modalities and techniques based upon indications, contraindications, precautions, and patient stage of life
- Reassess patient and adapt treatment plan as needed
- Recognize indications for and benefits of therapeutic ultrasound
- Recognize indications for and benefits of low level (cold) laser treatment
- Recognize indications for and benefits of interferential therapy
- Introduction to acupuncture
- Recognize indications for and benefits of transcutaneous electrical nerve stimulation (TENS)
- lymphatic drainage techniques
- Apply modalities and techniques in a manner consistent with patient presentation
- Apply treatment modalities and techniques incorporating knowledge of indications, contraindications, precautions, and patient stage of life
- Monitor and adapt to patient response
- Advise and instruct patient on self-care
- Apply biomechanical and postural skills for therapist self-protection
- Perform effleurage techniques
- Perform stroking techniques
- Perform petrissage techniques
- Perform skin rolling techniques
- Perform vibration techniques

- Perform percussive techniques
- Perform rocking and shaking techniques
- Perform friction techniques
- Perform muscle stripping techniques
- Perform muscle approximation techniques
- Perform origin/insertion techniques
- Perform Golgi tendon organ techniques
- Perform lymphatic drainage techniques
- Direct patient in diaphragmatic breathing
- Direct patient in progressive relaxation techniques

MT 112. Massage Clinical Practicum 1

The basics of public and massage therapist interaction are employed to introduce the student to working with the general population in the Student Clinic. Students will combine all of the massage skills learned so far to intake, safely assess, and deliver a general relaxation treatment in the Student Clinic before the midterm of the term.

When the Intern Therapist is comfortable in the Clinic, the focus shifts to critical thinking in assessing and treating dysfunction. the student will construct a coherent and clinically relevant treatment approach to patients by applying all relevant massage techniques. Some more specific assessment skills including interview, special testing and critical thinking will be highlighted.

Year Two

Term One

MT 201. Musculoskeletal Anatomy

The purpose of the course is to build a solid knowledge of the bones and muscles of human body. Students are taught the names of the bone structures as well as the features of each bone. This course includes the musculature of the whole body, the origin of the muscle tissue, its insertion, and the range of action that the muscle can undertake. This course will also introduce the nervous innervations of muscle in the body. The course also includes instruction in the muscular actions, kinesiology, of the body and trunk – both primary and accessory actions.

MT 202. Neuroanatomy

This course introduces students the anatomy and physiology of Peripheral Nervous System (PNS) and Central Nervous System (CNS). The Peripheral Nervous System is large and has many divisions that need to be understood by the registered massage therapist. This course will also discuss the Central Nervous System with focuses on the brain and the spinal cord.

MT 203. Massage Theory and Practice 3 / Joint Mobilizations

This course introduces students with the theory and principles of articulating the peripheral joints to maintain or increase range of motion of those joints. Discussion topics include the principles, indications and contraindications of joint mobilizations. Emphasis is on application in joint assessment and as a therapeutic modality. Joint movements and patterns of joint restriction are learned before the proper hand placement and articulating techniques are applied to each peripheral joint in the body. This course integrates students' scientific knowledge with their ability to communicate with clients and their ability to palpate joint structures. Legal scope of practice in Massage Therapy are also highlighted.

The following topics will be covered as well.

- Perform trigger point release techniques
- Perform direct strain induction techniques
- Perform indirect strain induction techniques
- Perform traction and distraction techniques
- Perform oscillation techniques
- Perform sustained glide techniques
- Perform compression and decompression techniques
- Direct patient in auto-mobilization

MT 204. Massage Theory and Practice 4 / Treatment of Head, neck and back

This course introduces students with the foundations of assessing and treatment planning for common disorders in the head, neck, and back. The indications, precautions, and contraindications on the above regions to massage treatment will be highlighted. Some of the pathologies studied will be: whiplash, nerve root impingement, disc herniation and rib subluxation, DJD, scoliosis, and spondylolisthesis, etc.

The following topic will be covered as well:

- Choose equipment and/or environment for selected therapeutic exercises techniques
- Perform contract/relax techniques
- Perform contract/relax/contract techniques
- Perform agonist contraction techniques
- Perform stretch techniques
- Perform active assisted range of motion techniques
- Perform passive range of motion techniques.
- Direct patient in active range of motion techniques
- Perform isometric, isokinetic, and isotonic resistance exercise techniques.
- Direct patient in anaerobic exercise techniques
- Direct patient in aerobic exercise techniques
- Direct patient in balance exercises
- Direct patient in coordination exercises
- Direct patient in functional skill exercises

MT 210. Massage Clinical Practicum 2

The focus this term shifts from the Supervision staff helping create treatment approaches and goals, to the Intern Therapist identifying dysfunction and developing a complete approach with various massage techniques in the second year level.

Term Two

MT 205. Orthopedic Physical Diagnosis/Sport Injury

This subject provides students with the knowledge of orthopedic physical exam with a focus on musculoskeletal disorders. Discussion topics include the assessment and treatment of sport injury, such as soft tissue injury, dislocations, etc.

The following topics will be covered:

- Perform postural assessment
- Perform palpatory assessment
- Perform gait assessment
- Perform functional assessment
- Perform range of motion assessment
- Perform muscle length assessment
- Perform muscle strength assessment
- Perform joint play assessment
- Perform neurological assessment
- Perform appropriate special tests
- Interpret findings and formulate clinical impression/differential diagnosis

MT 206. Introduction to Internal Medicine and Surgery

This subject provides students an introduction to the common diseases in Internal Medicine and Surgery with the focus of the general understanding of diagnosis and treatment of those diseases.

MT 207. Massage Theory and Practice 5 / Treatment of upper and lower extremities

This course introduces students with pathologies of the upper and lower extremities. Specific pathologies involving the shoulder girdle, elbow, wrist and hand, hip, knee, and ankles are explored, Some of the pathologies covered in this course are thoracic outlet syndrome, shoulder dislocation, tennis / Golfer's elbow, and carpal tunnel syndrome, DJD, hamstring strain, knee instability, and ankle sprains, etc. Students will build up their confidence in dealing with above disorders in assessment and massage treatments through hands-on practice.

The following topics will be covered:

- Perform bath treatments
- Perform affusion treatments
- Perform wash treatments

- Perform steam treatments
- Perform whirlpool treatments
- Perform sauna treatments
- Perform parafin wax treatments
- Perform techniques utilizing therapeutic heating
- Perform infrared light treatments
- Perform cold pack treatments
- Perform treatments utilizing ice towels
- Perform cold/ice immersion treatments
- Perform ice massage treatments
- Perform skin scrub treatments
- Perform poultice treatments
- Perform wrap treatments
- Use physical agents and additives
- Perform contrast treatments
- Muscle energy techniques
- Positional release

MT 208. Massage Theory and Practice 6/ Sport Massage

This course introduces students with Pre and post sport event massage as well as variables for different sports needs. Running gait analysis and taping will also be covered. Some of the sports included will be running, cycling, swimming, weight lifting and track.

The following topics will be discussed as well

- Craniosacral therapy
- Visceral manipulation
- Strapping and taping

MT 211. Massage Clinical Practicum 3

As this is the last term of the program, the Intern will be utilizing all of their learned competencies in their massage practice. It will also be the Intern's responsibility to locate patients or situations to complete the competency completion check-list and perform all massage techniques in a competent and confidence level.