

COURSE NUMBER: RHS 333
COURSE TITLE: Clinical practice –1-
CREDIT HOURS: Practical- 1.
PREREQUISITE (S): None

COURSE DESCRIPTION:

The course will teach the techniques and clinical uses of the various massage manipulations through demonstration and practice sessions. Attention of the student will be drawn to the specific clinical application of each massage manipulation; the physiological and therapeutic effects as well as their dangers and contraindications will be mentioned. Teaching and learning in this course will be through practice on human models in the laboratory.

COURSE OUTLINE:

Week 1 Introduction to massage
Week 2 Assessment and preparation for massage.
Week 3 Effleurage.
Week 4 Stroking.
Week 5 Petrissage.
Week 6 Friction.
Week 7 Tapotment.
Week 8 Midterm exam.
Week 9 Massage to the upper limb.
Week 10 Massage to the lower limb.
Week 11 Massage to the back and neck.
Week 12 Aromatherapy.
Week 13 Massage in Sports.
Week 14 Myofacial release.
Week 15 Review.
Week 16 Final Exam.

Textbook:

Margaret Hollis. Massage for Therapists: A Guide to Soft Tissue Therapy.