



SUBJECT OUTLINE

Subject Name:

Foundations of Myotherapy Practice

Subject Code:

MSTF121

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Myotherapy)	96	1 st Year
Duration:	1 Semester	
Subject Coordinator: Daniela Kurt (Perth Campus)		
Subject is:	Subject Credit Points:	4
Core		

Student Workload:

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

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

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

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: SOCF111, MSTA121

Co-requisites: Nil

Special Resource Requirements:

Massage oil dispenser (flip top or pump)

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

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.
6. Ask relevant questions about a person's presenting complaint and relevant health history.
7. Record consultation outcomes including health history, presenting complaint, treatment, and recommendations.

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)	6,7	1-8	Session 10	30%
Final Practical Exam (1 hour)	1-5, 7	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. Sunday and submitted through the LMS

Prescribed Readings:

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



Recommended Readings:

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

Subject Content		
Week	Lectures	Practicals
1.	<p>Session 1</p> <p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <ul style="list-style-type: none"> ➤ Subject participation and Code of Conduct ➤ Equipment and appropriate attire needed for class <p>Introduction to Myotherapy</p> <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
	<p>Session 2</p> <p>Components of Myotherapy Practice</p> <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.	<p>Session 3</p> <p>Massage</p> <p>Effects of massage: Psychological and reflex effects</p> <p>Preparing to massage</p> <ul style="list-style-type: none"> ➤ Informed consent when using oils and balms ➤ Positioning, bolstering, draping and active draping <p>Massage techniques</p> <ul style="list-style-type: none"> ➤ Contact and vibration ➤ Effleurage 	<ul style="list-style-type: none"> ➤ Positioning, bolstering, draping and active draping ➤ Communication before, during and after massage ➤ Contact, vibration and effleurage



	<ul style="list-style-type: none"> ➤ Contraindications 	
	<p>Session 4</p> <p>Massage (Continued)</p> <p>Effects of massage: neuromuscular effects</p> <p>Massage techniques</p> <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, tapôtement and rhythmic mobilisation ➤ Contraindications 	<ul style="list-style-type: none"> ➤ Skin rolling and frictions ➤ Shaking, rocking, percussion, tapôtement and rhythmic mobilisation
	<p>Session 6</p> <p>Revision and Integration</p> <p>Revision: History taking and postural observation</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"> ➤ Case taking practice ➤ Revision and integration of all techniques to date ➤ Case studies: Selection, justification and application of techniques based on history and observation
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 	<ul style="list-style-type: none"> ➤ Manual lymphatic drainage sequence



	<ul style="list-style-type: none"> ➤ Specific indications and contraindications ➤ Application of 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
	<p>Session 12</p> <p>Head and Neck (Continued)</p> <p>Common conditions of the head and neck</p> <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.	<p>Session 13</p> <p>The Upper Torso</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 torso ➤ Critical thinking activity: Endangerment sites
	<p>Session 14</p> <p>The Upper Torso (Continued)</p> <p>Common conditions of the upper torso</p> <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
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Session 15</p> <p>The Shoulder</p> <ul style="list-style-type: none"> ➤ Anatomy of the region ➤ Review of endangerment sites 	<ul style="list-style-type: none"> ➤ Techniques for the shoulder ➤ Critical thinking activity: Red flags, relative and absolute contraindications



	<ul style="list-style-type: none"> ➤ Common postural observations ➤ Treatment techniques 	
	<p>Session 16</p> <p>The Shoulder (Continued)</p> <p>Common conditions of the shoulder</p> <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.	<p>Session 17</p> <p>The Arm, Wrist and Hand</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 arm, wrist and hand ➤ Critical thinking activity: Acknowledging and respecting personal limitations as a practitioner
	<p>Session 18</p> <p>The Arm, Wrist and Hand (Continued)</p> <p>Common conditions of the arm, wrist and hand</p> <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.	<p>Session 19</p> <p>The Lower Torso and Abdomen</p> <p>Common conditions of the lower torso and abdomen</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 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"> ➤ Selection and application of techniques for the hip based on common conditions and assessment findings



	<ul style="list-style-type: none"> ➤ Treatment approaches 	<ul style="list-style-type: none"> ➤ 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>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	
17.	<p>Final Examination Week 2</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	