Massage Therapy

PROGRAM OBJECTIVES

The Massage Therapy program at Eastern College is designed to provide students with the highest quality in massage therapy education, ensuring that individual attention is given to all students.

The objective of this program is to educate students to be therapists with critical thinking skills. With a strong foundation in human functioning, the Massage Therapy program introduces students to a variety of soft tissue manipulation techniques for treating stress, pain and other physical conditions and disorders. Students develop the specialized knowledge, skills, and judgment needed for conducting a systematic client assessment, formulating a comprehensive and clinical impression, and for developing a specific treatment plan. The program emphasizes respect for clients and facilitates the student's growth as a health care professional.

CAREER OPPORTUNITIES

The Eastern College Massage Therapy program and curriculum meets the standards of the College of Massage Therapy of New Brunswick (CMTNB). The following provincial associations recognize the Eastern College Massage Therapy program: Massage Therapy Association of Nova Scotia, Association of New Brunswick Massage Therapists, New Brunswick Massotherapy Association and Newfoundland and Labrador Massage Therapist Association.

In order to register as a Massage Therapist in New Brunswick, graduates from a recognized program must take the certification exams administered by the CMTNB. Fee amounts can be found on the CMTNB's website. To practice as a Registered Massage Therapist, registration fees must also be paid to the CMTNB.

Other provincial regulatory colleges or associations also require graduates from Massage Therapy programs to successfully complete standardized examinations in order to practice as Registered Massage Therapists.

Dynamic employment prospects exist for graduates in private clinics, hospitals, spas, wellness centers, and geriatric facilities. Self-employment is also an option.

PREREQUISITES

1. Student has Grade 12 or equivalent or meets criteria for Mature Student Status.
2. Mature students must be 19 years of age, pass a qualifying test, and provide a Letter of Intent OR resume that supports their skills and aptitudes to be successful in the program.
3. The approved qualifying test for this program is the Wonderlic test. A passing score for this program is 14.
4. Student must provide a clear Criminal Record Check.
5. Student must provide a clear Vulnerable Sector Check.
6. Student must provide proof of completion of Eastern College pre-Science Course, or its equivalent (Grade 11 or 12 Biology, or first-year university Kinesiology course).
7. Student must provide proof of experiencing a full body massage, either from the Eastern Massage Therapy Clinic, or from a Registered Massage Therapist from an outside clinic.

Note: completion of a standardized health form and immunization may be required

GRADUATION REQUIREMENTS

A student must obtain an overall grade, in each module of at least 70% in order to graduate and receive a diploma. Students must meet the Clinical Placement requirements as detailed on this outline.

PROGRAM OVERVIEW

Course	**Hours**
Student Success Strategies	20
Career Planning and Preparation – Level I	20
Digital Literacy for Professionals	20
Medical Terminology	20
Ethics and Professionalism	40
Public Health	20
Chemical, Cellular, and Tissue Biology	32
Anatomy and Pathophysiology:	
Skeletal System	68
Muscular System 1	80
Integumentary System	20
Muscular System 2	60
Arthrology	100
Reproductive System	28

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Cardiovascular System	40
Neurological System	100
Lymphatic System	32
Digestive System	32
Respiratory System	28
Urinary System	28
Endocrine System	32
Regulations and Legislation	32
Hydrotherapy	48
Effective Research	40
Massage Techniques 1	88
Clinical Assessment 1	80
Advanced Treatments 1	72
Review 1	20
Concepts of Business Planning and Managing 1	20
Review 2	20
Pharmacology	28
Concepts of Business Planning and Managing 2	20
Clinical Assessment 2	72
Kinesiology and Remedial Exercise	88
Massage Technique 2	40
Advanced Treatment 2	132
Nutrition	20
Comprehensive Treatment Planning and Assessment	40
Review 3	20
Exam Preparation	20
Mock Multiple Choice Questionnaire	8
Mock Objectively Structured Clinical Examination	12
Career Planning and Preparation – Level II	20
Clinic	360
Outreach	80
Total Course Hours	**1760**
Practical/Clinic/Outreach* Hours	**440**
Total Program Duration (Hours)	**2200**
Total Program Duration (Weeks)	**88**

*Practical/clinic/outreach hours are in addition to class times. Students will be expected to be available for clinics on evenings and weekends through the duration of their program..

COURSE DESCRIPTIONS

Student Success Strategies *Instructor Led*

In this orientation module, you will focus on achieving success from day one. You will develop non-technical skills to enhance your personal, academic, and career success. You will explore learning styles, including visual, auditory, and kinesthetic learning. You will also enhance your practical study skills, such as memory, reading, note- and test-taking techniques. Personal exercises will focus on teamwork, decision-making and problem-solving skills, setting SMART goals, and maintaining a positive attitude. You will also explore techniques for managing change, stress, and conflict.

Digital Literacy for Professionals *Online Facilitated*

This course has four units that introduces you to the fundamental concepts and principles of learning and working in a digital environment. The first unit introduces you to using devices and handling information with topics on operating systems (Windows, MAC, and Linux), computer organization (folder management and naming conventions), cloud storage (including Microsoft OneDrive), types of web browsers including Google Chrome, Mozilla Firefox, and Apple Safari), and fundamental troubleshooting. In the second unit, you will become familiar with creating and editing information through learning about file formats (pdf, mp4, docx, and so on), productivity (including iWork and Microsoft Office Suite) and creativity (Adobe, Canva, iMovie) platforms, and basic introduction to Microsoft Word, Excel, and PowerPoint. The third unit on communicating and collaborating will introduce you to web conferencing applications (Slack, Zoom, Microsoft Teams, and so on), mail applications (including Microsoft Outlook and Gmail,), project management tools (Trello, Asana, and so on), and time management tools (including Todoist, Outlook Calendar, and iCal), and building rapport virtually. In the final unit, you will gain an understanding on netiquette, cybersecurity, and digital wellness. After completing this course, you will have enhanced digital literacy skills as a professional in the working and learning environment.

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Career Planning and Preparation Level I *Instructor Led*

This module will introduce you to and provide practice in using the tools required for a successful job search. The concepts covered in this module will help you maintain a career-focused approach throughout your studies so that you are better prepared to conduct a job search after graduating. Specifically, you will learn how to identify your soft and hard skills and how to articulate your abilities in a clear and concise Elevator Pitch that will appeal to employers and resonate with industry contacts. You will learn about the job search resources available to you including using career websites, creating Linked In profiles, accessing the "hidden" job market, and networking. You will examine sample resumes and cover letters and begin the process of creating your own professional resumes and cover letters that align with current conventions for content, organization, and formatting. You will also learn about the role of references, thank you letters, workplace philosophies, and strategies for success including maintaining a professional image and using proper etiquette when communicating with potential employers and industry contacts.

An introduction to Occupational Health and Safety is also provided with specific focus on employees' rights and responsibilities, workplace health and safety policy and programs, hazard identification and control, and safety training options such as WHIMIS and First Aid.

Medical Terminology *Instructor Led*

In this course you will learn to recognize common prefixes, word roots, suffixes, and medical abbreviations. You will communicate effectively using medical terminology and plain language. This course will also introduce you to the processes, structural organization, and systems of the body. You will gain an understanding of homeostasis and feedback systems.

Ethics and Professionalism *Instructor Led*

This course is design to train you to apply ethical decision-making within clinical settings. You will be able to identify breaches of professional boundaries and exemplify empathetic client-centred care. You will learn about the importance of professionalism and be able to recognize the role of Scope of Practice and Code of Ethics as a massage therapist.

Public Health *Instructor Led*

This course is designed to inform you of the healthcare system in Canada in relation to massage therapy and the role of Public Health in the community and in a clinical setting. You will gain an understanding of common infectious skin diseases as well as pathological terms (such as viruses, bacteria, fungi, parasites, and more). You will also be introduced to the responsibilities of identifying reportable diseases and the importance of sanitation and disinfecting procedures.

Chemical, Cellular, and Tissue Biology *Instructor Led*

This course will introduce you to the chemical terms and elements of the human body. You will be able to describe the structure and function of body cells and tissues and how to optimise the human body's function. You will also be able to identify the chemical reactions of the human body.

Anatomy and Pathophysiology - Skeletal System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the skeletal system. You will gain an understanding of the definition, etiology/pathogenesis, clinical manifestations, treatment, and complications of skeletal conditions. Palpation of the bones and landmarks of the skeletal system are included within this module.

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Anatomy and Pathophysiology - Muscular System 1 *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the muscular system. You will gain an understanding of the definition, etiology/pathogenesis, clinical manifestations, treatment, and complications of muscular conditions in the upper body. Muscle attachments, actions, nerve innervation, and palpation of the muscles of the upper body are included within this module. You will be able to identify the origin, insertion, action, and trigger points of the muscles of the upper body.

Regulations & Legislation

This course is to inform the student of what legal documents apply to massage therapist, as well as how massage therapists are govern and regulated in this province.

Anatomy and Pathophysiology- Integumentary System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the integumentary system. You will gain an understanding of the definition, etiology/pathogenesis, clinical manifestations, treatment, and complications of skin conditions. You will be able to define the stages of epidermal and deep wound healing. You will explore possible infectious skin conditions and their preventions.

Anatomy and Pathophysiology - Muscular System 2 *Instructor Led*

This course builds upon skills and knowledge obtained in Anatomy and Pathophysiology - Muscular System 1. You will continue on the foundational knowledge of the anatomy, physiology, and pathology of the muscular system. You will gain an understanding of the definition, etiology/pathogenesis, clinical manifestations, treatment, and complications of muscular conditions in the lower body. Muscle attachments, actions, nerve innervation, and palpation of the muscles of the lower body are included within this module. You will be able to identify the origin, insertion, action, and trigger points of the muscles of the lower body.

Hydrotherapy *Instructor Led*

In this course you will implement the therapeutic uses, general effects, and specific properties of water. You will be able to summarize the effects, uses and contraindications of a variety of local and general applications of hot, cold and contrast temperatures. You will be able to demonstrate safe hydrotherapy techniques applications. You will also gain an understanding of the relevant clinical applications of hydrotherapy techniques into massage therapy treatment plans.

Effective Research *Instructor Led*

This course will introduce you to basic research and statistical terminology. You will be able to research and recognize clinically relevant and reliable sources related to clinical practice. You will gain an understanding of using research to determine if a treatment or modality may improve patient outcomes or standards of care.

Massage Techniques 1 *Instructor Led*

This course is an introduction to the practical component of the massage therapy program and provides the basis from which clinical skills are developed. You will be able to demonstrate safe and hygienic practices with a massage therapy setting. You will be able to identify indications and contraindications to massage therapy. You will perform introductory massage techniques in an effective manner corresponding to the standards of practice in your province. You will be able to select appropriate massage techniques based on clients' goals and condition.

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Clinical Assessment 1 *Instructor Led*

This module introduces the assessment process beginning with the cervical spine and upper body. You will be able to perform assessments techniques that include client interview and intake, vital signs, observation, palpation, range of motion, and special tests of the upper body. You will learn to determine if massage is indicated based on your assessment findings. You will also be able to assess if a client should be referred for urgent or non-urgent medical care. You will gain the skill of integrating the findings of other healthcare professionals into an assessment.

Anatomy and Pathophysiology – Arthrology *Instructor Led*

In this course, you will build upon your current knowledge of the Skeletal System to include joints. You will begin to learn how to develop competent and safe treatment plans for some common joint pathologies. You will be able to explain basic joint anatomy and treat all major joints with techniques called joint mobilizations.

Advanced Treatments 1 *Instructor Led*

You will be able to determine treatment outcomes and choices of massage techniques based on client goals and impairments. You will be able to develop comprehensive massage treatments plans and administer a massage therapy consistent with your treatment plan. You will demonstrate massage treatments that safely accommodate various conditions and pathologies. You will learn how to obtain informed consent and maintain informed consent for treatment plans, including treatment of sensitive areas.

Review 1 *Instructor Led*

The purpose of this course is to review the material taught in previous classes in a comprehensive manner. You will review how to develop treatment plans based on client goals and conditions. You will look back on how to effectively massage and perform hydrotherapy techniques following standards of practice and massage therapy regulations. You will revise the anatomy, physiology, and pathologies of integumentary, skeletal, and muscular system. You will also recap how to conduct effective assessment of the upper body and palpation. You will also review business management skills relevant to massage therapy.

Concepts of Business Planning and Managing 1 *Instructor Led*

This course will introduce you to the carer opportunities available within the massage therapy industry. You will be able to describe business management concepts as well as sustainable business practices relevant to massage therapy. You will develop a business plan outline for a future massage therapy business of your own.

Anatomy and Pathophysiology - Reproductive System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the reproductive system. You will gain an understanding of how development and inheritance contribute to homeostasis. You will be able to identify conditions that are indicated for treatment or may require adaptation while considering precautions, modifications, or contraindications. You will be able to illustrate possible complications and side-effects of pregnancy and how to accommodate them in massage therapy.

Anatomy and Pathophysiology - Cardiovascular System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the cardiovascular system. You will be able to identify conditions that are indicated for treatment or may require adaptation while considering precautions, modifications, or contraindications.

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Anatomy and Pathophysiology - Neurological System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the nervous system. You will evaluate how pathological conditions affect treatment planning and adaptations. You will practice health history questions related to commonly occurring conditions of the nervous system.

Review 2 *Instructor Led*

The purpose of this course is to review the material taught in previous classes in a comprehensive manner. You will revise the anatomy, physiology, and pathologies of the reproductive, cardiovascular, and nervous systems. You will recap how to conduct effective assessment of the lower body. You will review how to perform effective massage and remedial exercise techniques following standards of practice and massage therapy regulations.

Anatomy and Pathophysiology - Lymphatic System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the lymphatic and immune system. You will be able to identify conditions that are indicated for treatment or may require adaptation while considering precautions, modifications, or contraindications.

Anatomy and Pathophysiology - Digestive System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the digestive system and its role in homeostasis. You will evaluate how pathological conditions affect treatment planning and adaptations. You will practice health history questions related to commonly occurring conditions of the digestive system.

Anatomy and Pathophysiology - Respiratory System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the respiratory system. You will be able to identify conditions that are indicated for treatment or may require adaptation while considering precautions, modifications, or contraindications. You will be able to develop health history questions for common conditions of the respiratory system. You will be able to identify the massage implications of medication used for common respiratory conditions.

Anatomy and Pathophysiology - Urinary System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the urinary system. You will evaluate how pathological conditions affect treatment planning and adaptations. You will practice health history questions related to commonly occurring conditions of the urinary system.

Anatomy and Pathophysiology - Endocrine System *Instructor Led*

This course will cover foundational knowledge of the anatomy, physiology, and pathology of the endocrine system and its role in homeostasis. You will examine the pathology of diabetes and other endocrine conditions as well as the potential complications and massage implications. You will learn about the body's response to stress and the implications for treatment planning.

Pharmacology *Instructor Led*

This curse will introduce you to the basic pharmacology terms and concepts, as well as its relevance to the massage therapy practice. You will gain an understanding of the indications, cautions, mechanism, and side effects of common medications. You will also learn how to modify treatment plans to safely accommodate clients taking common medications.

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Concepts of Business Planning and Managing 2 *Instructor Led*

This course reinforces and expands on knowledge gained in the prerequisite Concepts of Business Planning and Managing 1. You will explore business marketing concepts and develop a comprehensive business plan based on the outline created in Concepts of Business Planning and Managing 1. You will also learn how to prepare treatment reports for insurance providers and directly billing common insurance companies.

Clinical Assessment 2 *Instructor Led*

This course is a continuation of the course Clinical Assessments 1. You will continue the assessment process and apply it to the lower body. You will be able to perform assessments techniques that include client interview and intake, vital signs, observation, palpation, range of motion, and special tests of the lower body. You will learn to determine if massage is indicated based on your assessment findings. You will also be able to assess if a client should be referred for urgent or non-urgent medical care. You will gain the skill of integrating the findings of other healthcare professionals into an assessment.

Kinesiology and Remedial Exercise *Instructor Led*

This course begins with introducing you to the basic concepts of levers and biomechanics of the human body. You will learn to relate the indications, contraindications, precautions, and uses of remedial exercises. You will be able to perform appropriate remedial exercises on a client and assign remedial exercises and home care to a client.

Massage Techniques 2 *Instructor Led*

This course builds on the lessons learned in Massage Techniques 1. You will perform advanced massage techniques in an effective manner corresponding to the standards of practice in your province. You will continue to demonstrate safe and hygienic practices with a massage therapy setting. You will be able to identify indications and contraindications to massage therapy. You will be able to select appropriate massage techniques based on clients' goals and condition.

Advanced Treatments 2 *Instructor Led*

This course will reinforce the lessons learned in Advanced Treatments 1. You will be able to develop comprehensive massage treatments plans and administer a massage therapy consistent with your treatment plan. You will demonstrate massage treatments that safely accommodate various conditions and pathologies. You will learn how to obtain informed consent and maintain informed consent for treatment plans, including treatment of sensitive areas.

Nutrition *Instructor Led*

This course will introduce you how metabolism and nutrition contribute to homeostasis. You will gain an understanding of the role of a massage therapist in promoting healthy eating and nutrition. You will become familiar with healthy eating as outlined in Canada's Dietary Guideline and food labelling.

Comprehensive Treatment Planning and Assessment *Instructor Led*

This course will employ your critical thinking skills as you assess and treat diverse clients based upon multifactorial case scenarios. You will learn to communicate clearly and professionally as a massage therapist. You will assess clients for specific conditions and pathologies and design a comprehensive treatment plan based on client history, presentation, and assessment findings. You will execute treatment plans while adapting to and accommodating clients' presentation.

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Review 3 *Instructor Led*

The purpose of this course is to review the material taught in previous classes in a comprehensive manner. You will revise the anatomy, physiology, and pathologies of the lymphatic, digestive, urinary, respiratory, and endocrine systems. You will practice developing treatment plans based on client goals and conditions. You will recap performing effective treatments addressing client goals, impairments, and conditions. You will review the role of pharmaceutical and nutritional education in massage therapy. You will relook at business management skills related to massage therapy.

Exam Preparation *Instructor Led*

The purpose of this course is to review the material taught in previous classes in a comprehensive manner to ensure you are confident and safe practitioners. You will be introduced to the content and process of the Objectively Structured Clinical Examination (OSCE) and Multiple-Choice Questionnaire (MCQ). You will complete mock OSCE stations efficiently. You will also gain an understanding of the performance indicators tested on the regulatory exams.

Mock Multiple Choice Questionnaire *Instructor Led*

This course will review key theoretical components that will be on the provincial examinations to ensure a safe competent therapist. You will complete a mock Multiple-Choice Questionnaire (MCQ) in a manner consistent with the provincial regulatory examinations.

Mock Objectively Structured Clinical Examination *Instructor Led*

This course will review key oral and practical components in a clinically structured environment to mimic what will be on the provincial examinations and to ensure a safe competent therapist. You will complete the mock Objectively Structured Clinical Examination (OSCE) in a manner consistent with the provincial regulatory examination.

Career Planning and Preparation - Level 2 *Instructor Led*

This module builds on concepts and skills introduced in the Career Planning and Preparation Level 1 prerequisite module. In this subsequent module, you will update and refine your resume and Linked In Profile. You will continue writing cover letters and learn the value of customizing cover letters to specific job postings. You will have the opportunity to apply this knowledge as you conduct a job search and write a cover letter tailored to an ideal job post. Through research, you will create a list of top employers and target current industry opportunities. You will learn about current methods for applying to job postings using technology. You will also gain an understanding of the job interview process, typical interview questions and possible responses, and expectations of both the interviewer and interviewee. In addition, you will engage in practical application of the interview process through role-plays. Topics such as negotiating salary, self-management, and on-the-job success for placements and post-graduate employment will be also covered.

Clinic *Instructor Led*

This course will introduce you to all aspects of running a client-centered clinic. You will develop treatment plans for clients of a variety or ages, conditions, and health statuses. You will treat clients effectively in accordance with standards of practice and provincial regulations. You will apply the practical and manual skills learned in the classroom to a clinical setting. You will assess clients with a variety of impairments to determine massage therapy indications, contraindications, and precautions. You will exemplify treating clients professionally, ethically, and safely. All clinic will be under the supervision of a Registered Massage Therapist and in accordance with all applicable regulatory laws.

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Outreach *Instructor Led*

This course will introduce you to diverse populations of persons in the community with a variety of goals and condition treatment or management. You will develop treatment plans for clients of a variety or ages, conditions, and health statuses. You will treat clients effectively in accordance with standards of practice and provincial regulations. You will apply the practical and manual skills learned in the classroom to a clinical setting. You will assess clients with a variety of impairments to determine massage therapy indications, contraindications, and precautions. You will exemplify treating clients professionally, ethically, and safely. All clinic will be under the supervision of a Registered Massage Therapist and in accordance with all applicable regulatory laws.

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