Lecture Notes

CAM101: Massage Therapy - An Introduction

CLASS SESSION WEEK ONE

Prior to class arrange seats facing toward projection screen for presentation and have all handouts printed for easy distribution.

6:00 pm  Introduce yourself as the instructor for the class, pass out syllabus and handout on massage therapy.

6:05 pm  Use research and information from National Center for Complementary and Alternative Medicine (2010) website to highlight key points, history, the usage, the two most common types in the United States Swedish and Deep Tissue (also known as sports massage), research status and funds, and safety of massage therapy.

6:35 pm  Start National Institute of Health Tutorial on what is massage therapy with risks, benefits, and information on what happens before, during and after a massage on overhead projector with speakers turned on. Explain that the handout goes along with this presentation and encourage interaction when review questions come up on slides.
7:05 pm  Link the information presented on checking the training, credentials and licenses that a massage therapist must complete prior to joining this complementary and alternative medicine profession with the information found on the American Massage Therapy Association website for national board certifications, state requirements and accredited schools. Handout North Carolina state regulations sheet at this time.

7:20 pm  Wrap up introduction to massage therapy and ask participants for any questions, comments or concerns. Express a thank you for coming and that you look forward to next week’s session on the introduction to the Swedish massage and demonstration from local massage therapist Gail Williams. Pass out the ‘For More Information’ handout as participants depart.

CLASS SESSION WEEK TWO

Prior to class arrange seats in a ‘U’ shape to be ready for demonstration and have all handouts printed and materials (hand sanitizer) ready for easy distribution. Allow Mrs. Williams to setup massage table in middle of seat arrangement before class for smooth transaction from introduction to her demonstration.

6:00 pm  Re-introduce yourself as the instructor for the class just in case there are new participants joining you this week and pass out syllabus if applicable.

6:05 pm  Use research and information from NIH News in Health, Everest College and Massage Magazine to introduce what a Swedish massage is, the history, research studies, the basic techniques, and the benefits of this massage.
6:30 pm  Introduce Licensed Massage and Bodywork Therapist Gail Williams to the participants. Explain that she will be giving a brief educational live demonstration of the techniques for a Swedish massage on her assistant for everyone to see. Then once she is done, everyone will get a chance to experience a hands-on approach to various basic techniques with the assistant and Mrs. Williams’ guidance. Safety precautions and ethical considerations as mentioned in the NIH Tutorial of asking questions to determine medical history or if there are any current injuries, the importance of no inappropriate touching and having proper consent from patient prior to massage session should be reintegrated and reinforced at this time. Pass around hand sanitizer prior to participation.

7:20 pm  Wrap up introduction to Swedish massage and ask participants for any questions, comments or concerns they may have for you or Mrs. Williams. Express a thank you for coming to your guest speaker and express that you look forward to seeing your participants for the last session for this complementary and alternative medicine class next week for the introduction to the Deep Tissue massage, also known as sports massage. Pass out the ‘For More Information and Local Resources’ handout as participants depart.

CLASS SESSION WEEK THREE

Prior to class arrange seats facing toward projection screen for YouTube videos and have all handouts printed and materials (pens) ready for easy distribution.

6:00 pm  Re-introduce yourself as the instructor for the class just in case there are new participants joining you this week.
6:05 pm  Use research and information from Jane Johnson’s 1st Edition 2010 book on Deep tissue massage: Hands-on guide for therapists, Everest College, American Cancer Society, American Pregnancy Association, and the WebMD to familiarize participants with Deep tissue massage, the foundation of its beginning, research studies, basic techniques, safety precautions, and the benefits of this massage.

6:35 pm  Start YouTube videos on Deep Tissue massage techniques presented by Robert Brynes, LMT parts I: introduction, II: back and shoulders, III: hips and legs, and IV: the neck on overhead projector with speakers turned on.

6:50 pm  Distribute handout on the difference between a Swedish massage and the Deep Tissue massage. Discuss the information on the handout along with other information provided from today’s videos and prior data presented in last week’s session. Wrap up class with a recap of what they have learned in the last three weeks about massage therapy, Swedish massage and Deep tissue massage. Ask participants for any questions, comments or concerns.

7:20 pm  Explain to everyone an evaluation form must be completed prior to leaving class. Distribute pens and forms to participants. As forms are completed, thank everyone for attending your class on CAM101: Massage Therapy – An Introduction, collect the evaluation forms and pass out the ‘For More Information and Local Resources’ handout as participants depart.
References


   medicine/manualhealingandphysicaltouch/massage


   or.asp&utm_medium=web&utm_campaign=redirect


Williams, G. (n.d.). *About me*. Retrieved from

[http://www.amtamembers.com/gailwilliams/about-me](http://www.amtamembers.com/gailwilliams/about-me)