



# Vicars Massage Courses

## **Anatomy & Physiology**

**Year 1 & 2**

The branches of science that study the structures and functions of the normal human body.

## **Pathology**

**Year 1 & 2**

- Concepts of health and disease.
- Mechanisms of disease as they relate to the systems of the body.
- Pharmacology and medication.

## **Foundations**

**Year 1**

- Massage tables, accessories, linens, lubricants, the massage environment, body mechanics, massage clinic equipment and supplies.
- Wellness, wellbeing, and self-care.
- Client safety.

## **Therapeutic Relationship (Ethics)**

**Year 1 & 2**

The interpersonal skills necessary for developing an effective therapeutic relationship with a client, including ethical behaviour, professional boundaries, confidentiality, and conflict resolution.

## **Palpatory Anatomy & Kinesiology**

**Year 1**

Bones and bony landmarks of the skeletal system; origins, insertions, and actions of the muscular system; and accessory structures of the musculoskeletal system.

## **Biomechanics & Movement**

**Year 1**

The essentials of movement, including connective tissue, joints, nerves, nerve pathways, biomechanics, posture, and gait.

## Medical Terminology

Year 1 & 2

The terminology of science and medicine; the pronunciation and origins of scientific and medical terms.

## Massage Techniques

Year 1

- Manual techniques of massage therapy, sometimes referred to as Swedish and non-Swedish techniques.
- Indications, safety considerations, effects, outcomes, and modifications for a variety of manual techniques.
- Client draping in a therapeutic setting.
- Application of massage techniques while the client is sitting erect or reclining.
- Use of infant and child massage techniques to create a nurturing and bonding experience between child and caregiver.

## Orthopedic Assessment

Year 1 & 2

The gathering and interpretation of assessment results to make informed decisions about treatment.

## Treatment Planning

Year 1 & 2

- Scope of practice, standards of care, assessments, documentation, informed consent, treatment planning, and referrals.
- Factors affecting treatment for clients in different stages of their lives and for clients with physical challenges and health-related issues.
- Presence of a disease or condition that requires the therapist to postpone massage, avoid an area, or modify the client's position or the delivery of procedures or techniques.
- The documented process of planning a client-centered massage treatment and plan according to client goals; subjective and objective intake information; the current health status of a client; and current best evidence for practice.
- Hydrotherapy: the external therapeutic use of all forms of water (ice, cool, warm).

## Remedial Exercise

Year 2

Stretching, strengthening, and movement techniques for remedial exercise.

## Business

Year 2

Business, marketing, accounting, and finance knowledge and skills for the business of massage.

## Research

Year 1 & 2

Types of research, research articles, and research literacy that aid in understanding how massage therapy affects both physiology and psychology.

## Supervised Clinical Experience

Year 1 & 2

- Practical application of theory and massage techniques performed in the context of a therapeutic relationship while in a supervised clinical setting.
- Module clinics and public clinics, including the general public; special populations (clients diagnosed with a variety of medical conditions); and outreach (variety of off- campus settings and events).