

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

Credit/clock hours: 2 credit hours/1 hour lecture, 2 hours lab

Meeting schedule and location: Lecture: Monday 1:00 – 2:00 pm (lecture) HC 229

Lab: Monday 2:00-4:00 pm (lab) HC 233

Practical examinations will occur on Fridays between from 10:00 am until 4 pm, **and the make-up practical final examination will occur on either Monday, December 10, 2018 after the final examination in the AM. The times for laboratory practical retakes are based upon staff availability.** Students are assigned specific times to arrive for practical exams. OPEN LAB HOURS: The clinical laboratories are open from 9:00-1:30 pm on Fridays; however, Professor Joyner begins at 10:00 am. The students are allowed in the lab only if a faculty member is on site.

Instructor: Angela Venerable-Joyner, PT, MHS, CKTP, CIMI

Lab Hours Assistance:

E-mail address: angela.venerablejoyner@montgomerycollege.edu

Lab Instructor: Lab Instructor: Anniet Glenn, PTA, MS.

Office hours: tba or by appointment

E-mail: anniet.glenn@montgomerycollege.edu

Course Description: In depth exploration of surface anatomy and palpation of structures essential for physical therapy practice. Students are introduced to joint movement terminology and performance. Massage techniques are presented along with tests and measures necessary for the safe application of range of motion and massage techniques.

Course prerequisites: Program standing; *earned grade of C or better in BIOL- 150 Principles of Biology.*

Course co-requisite: PHTH-102 Basic Skills for the Physical Therapist Assistant. 1 lecture hour, 2 lab hours per week.

Course outline

I. Massage

- a. Indications and how the modality works on injured tissue
- b. Contraindications and precautions or cautions
- c. Standard preparation and appropriate application **including professional behaviors**
- d. Modification and progression
- e. Timely gathering of subjective and objective data on effect of intervention
- f. Expected and unexpected outcomes
- g. Emergency interventions
- h. Documentation and communication

II. Planes, Movement, Skeleton and Joint Types

- a. Planes of movement
- b. Anatomical Directions
- c. Body Movements
- d. Axial vs. Appendicular skeleton
- e. Types of Joints

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

- f. Joint Movements
- g. Documentation and communication

III. Surface Anatomy and Palpation

- a. Palpation techniques
- b. Identification of anatomical topography
- c. Soft tissue layers
- d. Anthropomorphic measurements
- e. Sensation testing **including trigger point identification**
- f. Documentation and communication

See lab practice sheets for list of specific skills, modalities, and techniques instructed.

Course objectives: At the conclusion of this course, the student will:

- 1) **Identify surface anatomy structures**
 - a) describes the correlation between bony structures and surface anatomy
 - b) identify major bony structures
 - c) describes the correlation between muscular structures and surface anatomy
 - d) identify major muscle groups on the surface anatomy
 - e) describes the correlation between connective structures and surface anatomy
 - f) identify major connective structures on the surface anatomy
- 2) **Demonstrate accurate palpation skills of surface anatomy structures**
 - a) demonstrates the ability to palpate bony structures.
 - b) demonstrates the ability to palpate muscular structures.
 - c) demonstrates the ability to palpate connective structures.
- 3) **Demonstrate all movements available at all joints**
 - a) describes joint movement in appropriate planes of movement.
 - b) describes types of joints
 - c) utilize anatomical terms for segmental movement
 - d) identify motion available at bony joints
- 4) **Report sensation, integumentary condition, muscle mass, limb length, and limb girth**
 - a) perform test for sensation
 - b) inspects integument visually and manually
 - i. observes color, tone, hair, and inspects for lesions
 - ii. brings variations to attention of supervising PT and or patient as appropriate (e.g., patterns of absent hair, raised bumps, spots with uneven margins)
 - c) compares bilateral musculature to identify normal and abnormal muscle mass
 - d) demonstrate circumferential measurements for upper and lower extremity
 - e) demonstrate limb length measurements using anatomical landmarks
- 5) **Interpret data gathered on the sensation, integumentary condition, muscle mass, limb length, and limb girth**
 - a) document appropriate findings

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

- 6) **Demonstrate safe and accurate clinical massage techniques taught in this course**
 - a) demonstrates competent manual skill in the application of various therapeutic massage and connective tissue massage strokes
 - b) demonstrates preparation of self, treatment materials, the patient, and the treatment environment in order to enhance treatment safety and effectiveness
 - c) inspects and prepares skin for massage
 - i. observes color, tone, hair, and inspects for lesions
 - ii. brings variations to attention of supervising PT and or patient as appropriate (e.g., patterns of absent hair, raised bumps, spots with uneven margins)
 - d) given a clinical scenario, can accurately identify massage as either contraindicated or to be used only with caution
 - e) adjusts techniques in response to patients needs and or response to treatment
 - i) gathers appropriate and timely subjective and objective data on response to treatment
 - ii) recognizes when patient's responses are normal, within normal limits, or indicative of negative response to the intervention
 - iii) given information about a patient's response, takes all appropriate action including adjusting technique, equipment parameters, time, location, etc. as well as documentation and informing supervising physical therapist
 - f) produce thorough and accurate documentation of the episode of care

Required texts:

- I. Biel, Andrew. *Trail Guide to the Body: A hands-on guide to locating muscles, bones and more.* Boulder, CO: Books of Discovery, 2010.
- II. Benjamin, Patricia J. *Tappan's Handbook of Massage Therapy: Blending Art with Science. 6th Edition.* Upper Saddle River, NJ: Pearson Prentice Hall, 2016.

Additional text resources:

- I. Biel, Andrew. *Flashcards, Volume 1: Bones, Ligaments and Movements of the Body.* Boulder, CO: Books of Discovery, 2010.
- II. Biel, Andrew. *Flashcards, Volume 2: Muscles of the Body.* Boulder, CO: Books of Discovery, 2010.
- III. Benjamin, Patricia J & Tappan, Frances M. *Tappan's Handbook of Healing Massage Techniques: Classic, Holistic, and Emerging Methods, 5th Edition.* Upper Saddle River, NJ: Pearson Prentice Hall, 2010. (text recommended to enhance the student's knowledge and understanding of the content)

Teaching methods and leaning experiences: Teaching methods employed will include lectures, audiovisual presentations, small group discussions, question and answer sessions, demonstrations, patient case discussions, and supervised laboratory practice. Practical exams are video recorded if the student needs to repeat a practical examination.

Evaluation and grading: - See *Student Handbook* for grading scale. Final grade will be calculated from total earned points divided by the total of number of points earned. (Minimum of 680 points based on class

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

communicator, quizzes and examinations, only. **NOTE:** Practical laboratory and unannounced quizzes' point values will vary.)

Exam I -worth, 150 points

Exam II- worth, 150 points

Final Exam – worth, 180 points

Quizzes (3) – 50 points each, worth, 150 points

Class Communicator (2) - 25 points each, worth 50 points

Practical laboratory points, pending

Two unannounced quizzes in class assignments, pending

Three (3) Practical Examinations all of which are on a Pass/Fail basis, **as well as point value section which will be applied to your grade. All of the sections of the practical must be passed in order to pass the course, regardless of written exam scores.** Detailed criteria and scoring rubrics for each laboratory practical will be distributed prior to the due date of the practical. *Repeat video: Practical will be videotaped if student unsuccessfully completes this requirement then the student will be dismissed from the class.*

Course requirements

Attendance: On time attendance of all lecture and laboratory sessions are mandatory. The skills taught and practiced in this course are essential to physical therapist assistant practice. MC college-wide regulations state that if a student misses more than two classes (equivalent to one week of classes), then the student may be dropped from the class. All absences are considered unexcused with the exception of court appearances, sudden hospitalization, religious observation, natural disaster, or family emergency. In order to be considered an excused absence, the student must provide documentation. Automobile issues (i.e. car brakes down) will be considered on a case-by-case basis and only if documentation (e.g. bill, pick up slip) is provided.

Three late arrivals will count as one absence from class. Two absences will result in a decrease of the final grade by one letter. (An "A" becomes a "B," etc.)

Make up policy: If the student must be absent during a quiz, practical or written exam, he/she will notify the instructor by telephone or e-mail at least 24 hours in advance. In order to qualify for a makeup quiz, practical or written exam, the reason for absence must be documented. As stated above, only court appearance, sudden hospitalization, religious observation, natural disaster, or family emergency will we considered appropriate reasons.

Make-up written quizzes and exams are taken in the Assessment Center (Student Services Building). Make up practical exams are re-scheduled at the instructors availability. The instructor reserves the right to alter the content or format of any make up quizzes, written or practical exams in order to preserve the academic integrity of the assessment.

Re-takes and extra credit: If a student is unsuccessful in the first attempt at a practical exam, ONE re-take is scheduled. Additional re-takes on practical exams are scheduled at the discretion of the instructor and may require a second faculty member as an impartial evaluator. Re-takes will be videotaped.

No additional assignments outside of those scheduled on this syllabus, termed “extra credit”, will be given for grade improvement.

Attire: Proper laboratory attire is mandatory and consists of flat comfortable non-skid shoes, loose fitting shorts and a bikini or halter top for females. Males and females may wear T-shirts which would be removed during practice sessions. Laboratory attire must be available for all class sessions unless otherwise informed by the

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

instructor. Students will not be admitted to lab without proper attire. If a student does not have appropriate lab attire, he/she will wear a hospital-style patient gown during lab.

Lab attire is not to be worn during lectures or outside of the laboratory in the hallways, with the exception of break times. Visitors are not allowed in the labs without permission of the instructor before class begins. Visitors are not allowed in the labs during open lab practice sessions.

During labs, long hair must be fastened up off the neck. Jewelry that could endanger either the “patient” or student must be removed or otherwise secured during lab experiences. Good to excellent physical hygiene, with groomed hair and short, clean nails are expected of all students.

Course evaluations: The College has recently changed the semester course evaluation system on-line. Students will be notified via campus communication systems about when the course evaluation is active. The PTA Program faculty considers course evaluations to be good practice at giving professional feedback. In addition, the faculty uses course evaluation data to improve the learning experience for future students.

Student Code of Conduct and Academic Honesty: Students are referred to the *Student Handbook* as well as Academic and Student Services web pages for details.

<http://www.montgomerycollege.edu/departments/academiccevp>

Housekeeping and safety: All students are responsible for performing required safety checks, putting equipment away, keeping equipment clean, cleaning and sanitizing all surfaces, and in good working order at the end of each laboratory session. Students are expected to report unsafe and/or broken equipment to the instructor. It is not necessary to report who is responsible for breaking the equipment. Students are responsible for washing, drying, folding, and putting away linen; a washer and dryer with detergent are available across the hall from the lab. Walking on mats or mat tables with shoes on is not allowed. Putting your feet up on mat tables while wearing shoes is not permitted. Sitting on traction stools is not permitted. Pulling an electrical plug out of the wall by the cord is not permitted. Drinking or eating in the laboratory is not allowed at any time.

Classroom Behavior: Each and every student is expected to behave in ways which promote a positive learning atmosphere. Students have the right to learn; however, they do not have the right to interfere with the freedom of the faculty to teach or the rights of other students to learn. Students are treated respectfully; and in return, are expected to interact respectfully with peers and faculty.

All class discussions are carried out in a way that keeps the classroom environment respectful of the rights of others. This means that, for example, students should not interrupt someone else who is talking regardless of whether that person is the instructor or another student. Students should not monopolize class time by repeatedly interrupting and asking questions in a manner which hinders the learning process of others.

Students are also expected to conduct themselves in ways which create a safe learning and teaching environment that is free from such things as violence, intimidation, and harassment. Talking on cellular telephones, sending or receiving instant messages, and/or listening to audio devices during class or laboratory is not consistent with a supportive and respectful learning environment.

Further information on behavioral expectations is available in the *Student Handbook*, and the *Student Code of Conduct* mentioned above.

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

Electronic mail: Student e-mail (montgomerycollege.edu) is an official means of communication for the College. It is expected that students check e-mail regularly and frequently, as students are responsible for information and announcements sent from the College. ***Professor Joyner will view her emails on Wednesday in the early PM and over the weekend beginning on Sunday into early Monday mornings.***

For this class, student e-mail will be used only for situations where timing is essential. ***Most information is discussed in class and all assignments must be turned in as hard copy during regular class times or upon the due date.*** If students contact the instructor through e-mail, they must use the MC student e-mail account (rather than a personal account) so that the instructor will recognize this as a student communication. Please use the following line in the subject line: **STUDENT NAME with question in PHTH-104.**

Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

<http://cms.montgomerycollege.edu/mesyllabus>

Support services: Students are referred to the *Student Handbook* and MC service department web pages for further information on academic, communication, social, and emotional counseling services available to them. Students, who may need accommodations due to a disability, must make an appointment with the PTA program coordinator to discuss the documentation, specific accommodations, and disclosure needed in a clinical program. If a student believes that he/she has a disability, the Disability Support Services Office is available to screen and refer students to services for testing and for information.

Veteran's Services: If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and services, please visit the Combat2College website at www.montgomerycollege.edu/combat2college

Any student who has difficulty accessing sufficient food to eat every day, or who lacks a safe and stable place to live, is urged to contact Dr. Clemmie Solomon or look for support resources on the Student Affairs web page. <http://cms.montgomerycollege.edu/edu/secondary5.aspx?urlid=55>

Course schedule: Class time is allocated for one hour; however, additional time may be required for quizzes and written examinations (requiring a maximum of two hours). **NOTE:** Open lab on Fridays for review skills (*attendance is not mandatory except for the above mandatory dates; however students who are unsure of their skills are encouraged attend for additional supervised practice or group study*).

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

Required texts:

- I. Biel, Andrew. *Trail Guide to the Body: A hands-on guide to locating muscles, bones and more. Revised 5th Edition.* Boulder, CO: Books of Discovery, 2014.
- II. Benjamin, Patricia J. *Tappan's Handbook of Massage Therapy: Blending Art with Science. 6th Edition.* Upper Saddle River, NJ: Pearson Prentice Hall, 2016.

Additional text resources:

- I. Benjamin, Patricia J & Tappan, Frances M. *Tappan's Handbook of Healing Massage Techniques: Classic, Holistic, and Emerging Methods, 5th Edition.* Upper Saddle River, NJ: Pearson Prentice Hall, 2010. DVD-Video
- II. Biel, Andrew. *Trail Guide to the Body: A hands-on guide to locating muscles, bones and more.* Boulder, CO: Books of Discovery, 2010. DVD-Video
- III. Biel, Andrew. *Flashcards, Volume 1: Bones, Ligaments and Movements of the Body.* Boulder, CO: Books of Discovery, 2010.
- IV. Biel, Andrew. *Flashcards, Volume 2: Muscles of the Body.* Boulder, CO: Books of Discovery, 2010.

B: *Trail Guide to the Body: A hands-on guide to locating muscles, bones and more.*

T: *Tappan's Handbook of Massage Therapy: Blending Art with Science. 6th edition and Tappan's Handbook of Healing Massage Techniques, 5th edition-DVD.*

****Tappan, Tappan's Handbook of Healing Massage Techniques, 5th edition and Biel, Trail Guide to the Body: A hands-on guide to locating muscles, bones and more. DVD-Video is used as a reference book. *Copies will be available in the Learning Resource Center*, and copies of the older edition are located within the PTA department. Students who need additional reinforcement in content should consider allowing time to review the information within the book, as well as the DVDs.**

Date: Week	Class Topic:	Lecture Reading for Monday	Laboratory Skills for Monday	Reading for Laboratory Experiences and skill Reinforcement	Video Reference/ Assignments
---------------	--------------	----------------------------------	---------------------------------	---	---------------------------------

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

	Lecture for Monday			(Massage Techniques and Strokes)	
August 27	Review of syllabus Use Tappan 5 th ed. DVD	T:1, 2,3	Safety checklists, laundry assignments, cleansing and sanitizing surfaces and equipment; Draping, endangerment sites, hand washing. Professional Behaviors/Ethics Planes, Movement, Skeleton, and Joint Types Introduction to Regional Surface Anatomy, Endangerment sites and Pharmacology Overview, Tappan-Chapter 8	Biel: B Introduction Pages 1-18 Chapter 1 Tappan: T Chapters: 1,2, 10, 11, (T: Chapters: 4, 10, 11) hygienic hand washing, body mechanics, table skills, and skilled touch.	Use T, 5 th ed. DVD 1 to watch the following segments: Guidelines for Giving a Massage: hygienic hand washing, body mechanics, Positioning and Draping, also T: Chapters Endangerment Sites, Contraindications, and Cautions. Chapter 3 and 5, 6 th ed Tappan_ Professional Behaviors: Chapters 3,5 Complete prior to Monday, Lab, September 10, 2018 for introductory information
September 3	Holiday No Class however review the following information use as a self-directed learning assignment	B Ch 1 T: Chapters, 3-8, 18	Planes, Movement, Skeleton, and Joint Types	B Ch 1 T, 6 th edition. Chapters, 3-8, 18 T: Chapters 6-8: Chapters 6- Research and Effectiveness Chapter 7-Clinical Application; Chapter 8- Endangerment Sites/Contraindications, 8	Use T, 5 th ed. DVD to watch the following segments: Western Massage Techniques: Effleurage, Petrissage, Friction, Tapotement, and Vibration. <i>Complete prior to Monday class, Sept 11, 2017 for introductory information</i>
September 10	Introduction to Massage Strokes (continue) Shoulder & Arm (Introduction)	B Ch 2 T: Chapters 12, 15, 18	Review: Planes, Movement, Skeleton and Joint Types 1 st Hour: Massage Lecture: Introduction to Massage Strokes	B Ch 1 T, 6 th edition: Chapter 6-8, 12, 15, 18 T: Chapters 12, 15, 18 Chapters 12- Swedish Massage Techniques	

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

			2 nd Hour: Inspecting the integument and Introduction to Massage Strokes Clinical Application Massage Techniques for Shoulder and Arm	Chapter 15: Regional Massage Applications Chapter 18: Special Population Application/Life-Span Concepts Lecture	
September 17	Introduction to Massage Strokes (continue) Shoulder & Arm (Continued learning and practice)	B Ch 2	Review Regional Surface Anatomy End of class: Quiz-1	T : Chapters- 7, 12, 15 Review T:Chapters- 3-6, 10	Watch-B: Shoulder and Arm and Forearm and Hand section of Biel DVD. <i>Complete prior to Monday class, September 24, 2018 for reinforcement, if indicated.</i>
September 24 <i>Practice review for Practical examination #1 Extended time for review, if needed: 4:30-5:30 pm</i>	Shoulder and Arm (continue) Forearm & Hand	B Ch 2 – 3 Watch DVD, Biel, 4 th ed.: Forearm and hand	Review Regional Surface Anatomy Massage Techniques for Shoulder and Arm as well as Forearm & Hand Review UE Surface palpation and massage strokes for practical exam <i>Student pairs will be scheduled, Practice review for Practical examination #1 Extended time for review, if needed: 4:30-5:30 pm</i>	T:Chapters- 7, 8, 12, 15 Review T:Chapters- 6-8, 9-11 T: Chapter 9: Medical Terminology, Goal Planning/Documentation B, 4 th ed.: DVD- Shoulder, Arm, Forearm and Hand	T: Review chapters- 3-7, 15 Review UE Surface palpation and massage strokes for practical exam
Monday : September 24, 2018 and October 1, 2018					
Monday evening, reviews: Laboratory Review/Practice 4:30 am -5:30 pm Classroom Communicator Due, NO exceptions –Friday, September 28, 2018					
October 1, 2016 <i>Practice review for Practical examination #1</i>	<i>Practice review for Practical examination #1 1:00-1:45 pm Monday</i>		Review UE Surface palpation and massage strokes for practical exam	Friday: October 5, 2018 First laboratory practical, # 1	

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

1:00-1:45 pm, and 4:30-5:30 pm	October 1, 2017 Written Examination-#1 2:00-4:00 pm		<i>Student pairs will be scheduled, Practice review for Practical examination #1 1:00-1:45 pm, and 4:30-5:30 pm</i>		
October 5, 2018 Friday	PRACTICAL EXAMINATION -1 Classroom Communicator-1 DUE		<i>Student pairs will be scheduled, Practical examination #1</i>	<i>Rubric required in order to qualify student to take the practical exam Practical will be videotaped if student unsuccessfully complete the initial practical</i>	
October 8	Pelvis & Thigh	B Ch 6 T: Chapter, 16	Review Regional Surface Anatomy Massage Techniques for Lower limb and Buttocks (Buttocks-Pelvis & Thigh)	T:Chapters-16 T:Chapter 16 Regional Massage for Lower Body Review: Previous Chapters : Tappan : 6-8, 12, 15	Watch Pelvis and Thigh section of Biel DVD. <i>Complete prior to Monday class for self-directed learning experiences.</i>
Oct 15	Pelvis & Thigh Introduction to Leg & Foot	B Ch 6, 7 T:Chapters-8,16	Review Regional Surface Anatomy Massage Techniques for (Buttocks-Pelvis & Thigh)		Review: Pelvis and Thigh section of Biel DVD, and watch Leg and Foot section of Biel DVD. <i>Complete prior to Monday class, October 24, 2016 for reinforcement for pelvis and leg and for introductory information for the leg and foot.</i>
Oct 22	Leg & Foot	B Ch 6 – 7 T:Chapters-8,16	Review Regional Surface Anatomy Massage Techniques for Leg & Foot End of Class: Quiz-2 October 22, 2018		
Oct 29	Leg & Foot cont'd <i>Practice review for Practical examination #2 1:00-1:45 pm</i>	B Ch 7 T:Chapters 8,16	Review Regional Surface Anatomy of LE Massage Practice for LE		Watch Leg and Foot section of Biel DVD for reinforcement learning experiences.

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

	Written examination #2 Monday October 29, 2018 2:00-4:00 pm		<i>Student pairs will be scheduled for practical examination- #2</i>	Friday: November 2, 2018 Practical examination # 2	
Nov 2, 2018 Friday	Practical Exam # 2 Classroom Communicator -2, DUE		<i>Student pairs will be scheduled</i>	<i>Rubric required in order to qualify student to take the practical exam</i> <i>Students must bring rubric to lab practical and any other assignments that qualify the student to take the practical.</i> <i>Lab practical will be videotaped if student unsuccessfully completes the initial practical examination</i>	
Nov 5	Massage Technique:: Spine & Thorax	T: Ch 15; 20,21 B: Ch 4;5, Trigger Point Appendix	Review Regional Surface Anatomy Massage Techniques for Back Sequencing Massage Massage Practice for Back and Neck	Watch Spine and Thorax, Head, Neck & Face section of Biel DVD. Complete prior to Monday class.	
Nov 12	Continue: Spine & Thorax Begin: Myofascial Massage Myofascial Concepts for Treatment Myofascial Release (MFR) to include Sub-occipital release Technique: Trigger Point Therapy	T: Ch 15, 20 B: Ch 4;5, Trigger Point Appendix	Review Regional Surface Anatomy Massage Techniques for Back Sequencing Massage Massage Practice for Back and Neck End of class: Quiz-3	T: Ch 20, 21 T: Chapter 20: Myofascial Massage; Chapter 21: Trigger Point B: Ch 4, Trigger Point appendix	Review: Spine and Thorax section of Biel DVD, 4 th ed. Complete prior to Monday class. Watch B&T 5 th ed. DVD disk 2 to watch the following segments: Myofascial Massage from minutes 4:20 thru segment end (12:31), and Trigger Point Therapy.
Nov 19	Myofascial Release (MFR) to include Sub-occipital release Massage Technique: Trigger Point Therapy Review: Life-Span: Special Populations	T: Chapters -20, 21, 18		B Ch 4 Review: Chapters Previous Chapters in Tappan in preparation for final examination : 5, 6-8, 12, 15, 18	Watch B&T 5 th ed. DVD disk 2 to watch the following segments: Myofascial Massage from minutes 4:20 thru segment end (12:31), and Trigger Point Therapy.
Thanksgiving Break:					

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

Nov 26	Review: Massage Techniques Spine & Thorax , include Neck, Head Myofascial Massage/Concepts for Treatment Trigger Point identification	B Ch 4, 5, Trigger Point Appendix T: Chapters – 8, 15, 20, 21	Review Regional Surface Anatomy Massage Techniques for Neck Sequencing Massage Massage Practice for Neck and Back	FINAL PRACTICAL Exam Friday, November 30, 2018 Massage for Neck, and Back Myofascial Massage/Concepts Trigger Point Identification for the total body (UE/LE)
Friday: November 30, 2018 : Final Practical Exam Retakes: Laboratory Review/Practice 10:00 am -1:00pm, Friday December 7, 2018				
December 3	Review for Written Final Exam	Review: Chapters Previous Chapters in Tappan : 5, 6-8, 11, 12, 15, 18, 20, 21		Review: Prior Chapters in Tappan : 5, 6-8, 11, 12, 15, 18, 20, 21 Biel: Cumulative exam
Dec 7 (Fri) FINAL PRACTICAL-RETAKES Exam # 3 Retakes. By appointment with Professor			Students pairs will be scheduled	Rubric required in order to qualify student to take the practical exam Students must bring rubric to lab practical and any other assignments that qualify the student to take the practical. Lab practical will be videotaped if student unsuccessfully completes the initial practical
December 10	Final Written Examination -#3 Final			<i>Practical Retakes after written exam must be pre-approved by the Professor.</i>
Final Written EXAMINATION December 10, 2018-retakes after written examination,			<i>Student pairs will be scheduled, practical will be videoed</i>	Rubric required in order to qualify student to take the practical exam <i>Final Repeat Video: Practical will be videotaped if student unsuccessfully completes this requirement then the student will be dismissed from the class.</i>
Week of Dec 10-14, 2018: Make up practical; if needed, especially for Surface Anatomy Palpation. Equipment cleaning and storage				

The instructor reserves the right to adjust class topics, lab skills, readings or assignments based on the learning needs of the students.

Montgomery College Physical Therapist Assistant Program

PHTH 104 – Surface Anatomy, Palpation, and Massage

IMPORTANT DATES for Fall Semester 2018

Classes start: August 27, 2018

Classes end: December 07, 2018

Midterm exam week: October 14-20

Final exam week: December: 10-14, 2018

Check the following web sites for chapter and section meetings in 2018-2019

www.apta.org

Open Membership and Leadership page, select Chapters and Sections

www.aptamd.org

APTA of Maryland, select Meetings

www.dcpta.com

APTA of Washington DC, select Meetings