

# MASSAGE THERAPY (LMT)

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## LMT 101 Intro Massage Therapy Career (1 Credit)

Explore the education and academic requirements of the LMT program and the requirements for massage therapy licensure in Oregon.

## LMT 113 Kinesiology for Massage Therapy I (4 Credits)

**Recommended preparation:** BI 105 or BI 231; WR 065 (or higher) or placement in Wr/Comm Level 7; MTH 015 (or higher) or minimum placement in Math Level 7.

Provides an introduction and overview of the basic principles of kinesiology. Emphasizes anatomical terminology, skeletal anatomy and function, the study of joints and their functions, and palpation skills. First in a three-part series of kinesiology for massage therapists.

## LMT 118 Kinesiology for Massage Therapy II (4 Credits)

**Prerequisites:** LMT 113.

Continues study of the muscles that will include attachments, actions, nerves, joints and the bony landmarks. Second course in a three-part series of kinesiology for massage therapist.

## LMT 124 Kinesiology for Massage Therapy III (4 Credits)

**Prerequisites:** LMT 118.

Continues a study of muscles that will include attachments, actions, nerves, joints, and the bony landmarks; emphasizes palpation skills. Third course in a three-part series of kinesiology for massage therapists.

## LMT 130 Massage Fundamentals (2 Credits)

**Corequisites:** LMT 155, LMT 170.

**Recommended preparation:** BI 105 or BI 231; WR 065 (or higher) or placement in Wr/Comm Level 7; MTH 015 (or higher) or minimum placement in Math Level 7.

Introduces the history of massage, self-care, proper body mechanics, basic medical terminology, universal sanitation precautions, draping, communication, and the effects of Swedish massage strokes. Repeatable for credit.

## LMT 135 Managing a Massage Practice (3 Credits)

Explores managing a massage practice, including business structures, legal, and tax documentation requirements. Formulate a marketing plan including advertising, market analysis, and professional goals.

## LMT 140 Pathology for Massage Therapy (4 Credits)

**Recommended preparation:** BI 105 or BI 231.

Covers effects of massage therapy on body systems, including indications and contraindications to massage. Reviews medical terminology and basic mechanisms of disease process.

## LMT 145 Massage I (5 Credits)

**Prerequisites:** LMT 130 and LMT 170.

The theory of Swedish massage, physiological effects, and the practical application will be incorporated into the development of a massage therapy routine. Basic Subjective Objective Action Plan (SOAP) charting skills and prenatal massage techniques are introduced.

## LMT 150 Massage II (5 Credits)

**Prerequisites:** LMT 113 and LMT 145.

Introduces theory and practice of various modalities including deep tissue, trigger point therapy, muscle energy technique, and stretching. Incorporates client assessment and treatment planning for a massage session.

## LMT 155 Eastern Theory & Practice (2 Credits)

**Corequisites:** LMT 130, LMT 170.

**Recommended preparation:** BI 105 or BI 231; WR 065 or higher or placement in Wr/Comm Level 7; MTH 015 or higher or minimum placement in Math Level 7.

Focuses on Chinese medicine as the primary model. Introduces Eastern philosophy and its complimentary healing techniques in a philosophically neutral way.

## LMT 160 Hydrotherapy (1 Credit)

**Prerequisites:** LMT 145.

The principles and techniques of water as it relates to a massage therapy session in its three forms; solid, liquid and vapor.

## LMT 170 Professional Ethics and Rules (2 Credits)

**Corequisites:** LMT 130, LMT 155.

**Recommended preparation:** BI 105 or BI 231; WR 065 or higher or placement in Wr/Comm Level 7; MTH 015 or higher or minimum placement in Math Level 7.

Explores professional and ethical boundaries governing massage therapy practice. Examines and discusses Oregon Administrative Rules and Revised Statutes applicable to licensed massage therapists.

## LMT 175 Swedish Relaxation Clinic (2 Credits)

**Prerequisites:** LMT 145.

Swedish Relaxation Clinic will perform basic Swedish relaxation massage therapy techniques on the general public while demonstrating professionalism, client communication, and client consent during supervised public clinics.

## LMT 190 Therapeutic Clinic (3 Credits)

**Prerequisites:** LMT 150.

Therapeutic Clinic offers relaxation and treatment massage therapy techniques to the general public. Subjective Objective Action Plan (SOAP) charting, professionalism, client communication, and client consent will be performed during supervised public clinics. P/NP grading.

## LMT 199 Selected Topics: Licensed Massage Therapy (1-4 Credits)

Selected Topics related to Massage Therapy.

## LMT 206 The Spirit of Massage (1 Credit)

Explores a holistic view of massage and facilitate a self-awareness of one's personal connection to the massage therapy session and client goals. P/NP grading.

## LMT 210 Community Outreach (2 Credits)

**Recommended preparation:** LMT 190.

Focuses on serving the needs of employees and residents of the community by providing massage therapy in an externship setting. May utilize research topics, case studies, and assessment skills to provide a high level of care to address specific needs. P/NP grading.

## LMT 216 Aromatherapy Fundamentals (2 Credits)

Introduces essential oils' properties, benefits, and effects on the body when used in clinical and holistic settings.

## LMT 217 Aromatherapy Applications (2 Credits)

Advanced exploration and utilization of essential oils.

## LMT 223 Thai Massage (4 Credits)

**Recommended Preparation:** LMT 155.

Fundamentals of traditional Thai massage and its applications will be explored. Advanced techniques will be practiced using traditional methods and their applications. Students should have the ability to kneel and move around comfortably in this position.

**LMT 228 Foot Reflexology (1 Credit)**

Students will practice reflexology routines, pressure points, and techniques that combine to make a unique foot massage similar to those enjoyed throughout the world. P/NP grading.

**LMT 229 Japanese Facial Massage (1 Credit)**

Japanese Facial Massage combines massage and acupressure to reduce muscular tensions, increase blood and energy flow, while restoring elasticity to the skin. P/NP grading.

**LMT 240 Neuromuscular Treatments I (5 Credits)**

**Prerequisites:** LMT 145, LMT 150, LMT 175.

This is advanced myofascial coursework that focuses on the treatment of specific conditions and injuries using neuromuscular massage therapy treatment protocols.

**LMT 245 Effective Office Decisions (2 Credits)**

**Recommended preparation:** Massage Therapy certificate, LMT, or other related health care professional.

Explores insurance billing, retail selling, target marketing, bookkeeping, credentialing and other issues a massage practice may encounter.

**LMT 255 Zen Shiatsu (4 Credits)**

**Recommended preparation:** LMT 155 and LMT 130.

Zen Shiatsu history, basic theory and techniques used in this massage modality will be introduced. This class will offer hands-on experience while working with a clothed client in the style of Shizuto Masunaga.

**LMT 265 Sports Massage (4 Credits)**

**Prerequisites:** LMT 150.

The principles of deep tissue massage, neuromuscular therapies, and muscle energy techniques will be applied to target athletic performance and recovery, as well integrating techniques to aide in rehabilitation of athletic related injuries.

**LMT 271 Pregnancy Massage (1 Credit)**

**Prerequisites:** LMT 145.

Advanced massage training when working with pregnant clients that will include precautions, draping, positioning and how massage can support women in labor.

**LMT 298 Independent Study: Massage Therapy (1-6 Credits)**

**Prerequisites:** Instructor approval.

**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**LMT 299 Selected Topics: LMT (1-7 Credits)**

**Recommended preparation:** Massage Therapy certificate, LMT, or other related health care professional.

Selected topics related to massage therapy.