

Course Description

MSS0300 | Hydrotherapy | 1 credits

The course covers the history and development of hydrotherapy, applications and equipment used within the scope of practice of hydrotherapy including spa treatments, appropriate temperature ranges and indications and contraindications of hydrotherapy treatments. In addition, the course will cover contents on various pathology diagnoses to understand its etiology and how to proceed in a massage therapy setting and if hydrotherapy is indicated or contraindicated.

Course Competencies

Competency 1: The student will be able to provide information for each for each pathological condition covered in the curriculum by identifying the definition of the condition, common contributing factors to the condition, list major signs and symptoms, and identify possible risks and benefits of massage therapy with hydrotherapy by:

- a. Describing and reviewing conditions of the integumentary system.
- b. Describing and explaining conditions of the musculoskeletal system.
- c. Describing and reviewing conditions of the nervous system.
- d. Describing and explaining conditions of the circulatory system.
- e. Describing and reviewing conditions of the lymphatic and immune system.
- f. Describing and explaining conditions of the endocrine system.

Learning Outcomes

- Communicate effectively using listening, speaking, reading, and writing skills.
- Solve problems using critical and creative thinking and scientific reasoning.

Competency 2: The student will develop the knowledge, skill, and attitudes that provide a general foundation for hydrotherapy and spa treatment by:

- a. Explaining the history of hydrotherapy.
- b. Describing the healing properties of water.
- c. Describing hydrotherapy facilities found in spas and health clubs.
- d. Comparing degree ranges for different temperature therapy modalities.
- e. Recognizing contraindications for hydrotherapy and temperature therapy.
- f. Describing and using hydrotherapy facilities effectively and safely.
- g. Describing and using thermotherapy and cryotherapy effectively and safely.
- h. Describing and using hot packs with the scope of massage therapy.
- i. Describing and using cold packs within the scope of massage therapy.
- j. Describing and using ice massage for therapeutic benefit.

- a. Describing and reviewing equipment and supplies needed for spa treatments.
- b. Describing and explaining the sanitation practices necessary for a spa practice.
- c. Describing and assisting clients choose spa treatments for themselves.
- d. Describing and reviewing exfoliation and its benefits.
- e. Describing and reviewing full body and quick prep dry brushing.
- f. Describing and reviewing e how to perform scrubs.
- g. Describing and explaining chemical, enzyme, and dissolving exfoliations.
- h. Understanding and describe how to perform body wraps.
- i. Describing and listing the features of 10 foundational essential oils.
- j. Describing and explaining how aromatherapy can be used in a massage practice.
- k. Describing and explaining stone massage.

Learning Outcomes

- Communicate effectively using listening, speaking, reading, and writing skills (LO1)
- Solve problems using critical and creative thinking and scientific reasoning (LO3)