

COURSE: PATHOLOGY FOR MASSAGE THERAPISTS  
TARRANT COUNTY COLLEGE DISTRICT  
MSSG 2014

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**COURSE NUMBER: MSSG 2014**

**HOURS: 45**

**COURSE DESCRIPTION:** The course design encompasses the components of the Curriculum Guidelines promulgated by the Department of Health Services Massage Program, State of Texas. Additionally, it fulfills knowledge requirements to ensure safe practice of massage by program graduates. We will cover the signs, symptoms, the physiological and psychological results of acute and chronic disease and normal and abnormal reactions to injury and disability. This course exceeds the minimum 40 contact hour requirement of the State of Texas for licensure as a Massage Therapist.

Before we even begin to address the rest of the course, there are three things I want to stress to you about the study of pathology and a fourth obvious statement which you should already know, but about which I will remind you:

- The body's capacity for healing is as important as the illness. When we keep this in focus, the study of pathology includes the study of how we repair or compensate. This puts in context the fact that what we will do, body-work, is a therapeutic intervention and we are working to create an environment conducive to positive change and healing of the client's body/mind/spirit.
- People who live with illnesses and disorders deserve to be discussed with respect and appreciation—even the fictional Mrs. Smith or client X we make up to act as examples.
- No pathology course (or any course for that matter) can be comprehensive, i.e. there isn't time enough to cover everything. Forty-five hours just "don't cut it." While it is important to know a lot of this material, (you are going to be tested on it for licensure) it is even more important to know *when and where to get more information*, either from this text or from other resources. This means that:
  - Students must learn how to learn.
  - Students must read and study the material in the book that is not covered in lecture.
  - Students must learn to gather information that they can then process for the benefit of their clients.
  - Students should learn to use legitimate Pathology resources available on the Web. This only peripherally includes Wikipedia. The data there is often wrong.
  - The most important thing the student can learn about each condition is the Massage Considerations related to the disease itself and any medication your client might be taking to treat it.
- **Life is, after all, an open-book test.**

## TEXTBOOKS:

### MAJOR TEXT

Pathology for Massage Therapists. 2<sup>nd</sup> Ed. Susan Salvo, New York: Mosby (2009) ISBN 978-0-323-05588-8

### ADJUNCTIVE TEXTS:

(at your personal discretion. The first two listed are good office resources for the future)

Drug Handbook for Massage Therapists. Wible, Jean, New York: WoltersKluwer, (2009) ISBN 978-0-7817-6309-7

Disease Handbook for Massage Therapists, Werner, Ruth, Philadelphia: WoltersKluwer (2010) ISBN 13-978-0-7817-5094-3

Pathology A to Z: a Handbook for Massage Therapists: 3<sup>rd</sup> Edition, Premkumar, Kalyani. New York: Lippincott, Williams and Wilkins (2010) ISBN: 10-7817-4799-8

Medical Terminology: An illustrated Guide, 6<sup>th</sup> Edition: Cohen, Barbara Janson, New York: Lippincott, Williams and Wilkins (2011) ISBN 10: 1-60547-604-8

### ADJUNCTIVE COURSE MATERIAL AND RESOURCES:

Stedman's Medical Dictionary for the Health Professions and Nursing, 5<sup>th</sup> edition: New York: Lippincott, William and Wilkins (2005) ISBN: 0-7817-4426-1.

### INSTRUCTIONAL METHODS:

- ❖ Lectures and Discussions
- ❖ Demonstrations
- ❖ Tests/Quizzes
- ❖ In class activities/presentations (Powerpoint)
- ❖ All tests will be 'multiple choice' in the same style as the MBLEx and the NCETM examinations used by the State of Texas as the state exam.
- ❖ *It is impossible to cover all the material in the text book in the limited amount of time available for this class. The student is therefore responsible to familiarize themselves with the content of the text. We will discuss the most common conditions that the massage therapist might have to deal with in their client population.*
- ❖ Your reading assignments will come from Susan Salvo's text. Diseases are addressed by Salvo by body system.
- ❖ Kalyani Premkumar's text Pathology A to Z is a resource for your use and to gain additional information and perspective on various pathological conditions. It can be found used at Amazon.com. Diseases are discussed in alphabetical order in this book.
  - This book will be a handy resource in your practice as it is a perfect size to keep in your office as a reference source.

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- ❖ Expect random quizzes.
- ❖ **Expectations are that the student will have read the material prior to the class and come prepared to ask questions on content they do not understand.**
- ❖ We will stress the body's amazing capability for self-healing, as well as examine how the normal function of each interactive body system is interrupted and affected by the process of disease.
- ❖ We will examine the process of the pathology of the human body in light of how this affects us in the practice of our profession.
  - We will discover ways for bodywork practitioners to compensate for issues and problems caused by disease.
  - We will examine the aphorism: "First -- do no harm."
  - We will discuss various alternatives that can be used with clients who have chronic illness.
  - We will discuss how illness, and particularly chronic illness, affects the body, mind and spirit.

**COURSE PROJECT**

1. Choose one of the 11 systems of the body.
2. Make a list of the major common diseases of that system that you might run into as a practicing massage therapist. You should have at least seven diseases to analyze.
3. List the etiology of the disease:
  - a. That is:
    - i. for a contagious condition
      1. Where it comes from
      2. What season of the year you catch it
      3. Method of transmission
      4. Major symptoms
      5. Usual outcomes
    - ii. For a noncontagious disease or condition
      1. Where it come from
      2. How is manifests in the body
      3. Major symptoms
      4. Usual outcomes

**CURRICULUM GUIDE FOR STUDENTS:**

**CLASS 1:**

**Topic: The Integumentary System**

**Assignments:**

1. Salvo: Ch. 4

**Objectives:**

1. To understand and identify the signs and symptoms of disease and health in the conditions of the Integumentary system.

This system is particularly important. The diseases of this system will be right in your face and under your hands and it is vitally that you recognize them. You need to know if these diseases are:

1. Contagious
2. Absolute contraindications
3. Simply harmless though perhaps disfiguring
4. Dangerous to the client and require a referral

**We will study:**

1. Skin lesions: bulla, fissures, macules, nodules, papules, plaque, pustules, ulcers, vesicles, wheals
2. Wounds, burns, pressure ulcers (decubiti), vitiligo
3. Dermatitis, psoriasis, autoimmune skin disorders like lupus, urticaria
4. Skin cancers” carcinomas and melanomas
5. Contagious skin conditions
  - a. Impetigo
  - b. Tinea
  - c. Scabies
  - d. Lice

**CLASS 2:**

**Topic: The Musculo-skeletal System**

**Assignment:**

1. Salvo: Ch. 5

**Objectives:**

1. To identify and understand the signs and symptoms of the health and disease of the muscular system and the skeletal system.

**We will study**

- |                             |                              |
|-----------------------------|------------------------------|
| 1. Fibromyalgia             | 10. Osteoarthritis           |
| 2. Myofascial pain syndrome | 11. Patella-femoral syndrome |
| 3. Shin splints             | 12. Rheumatoid arthritis     |
| 4. Spasms, cramps           | 13. Sprains                  |
| 5. Strains                  | 14. TMJ                      |
| 6. Hernia                   | 15. Bursitis                 |
| 7. Osgood Schlatter         | 16. Plantar fasciitis        |
| 8. Tenosynovitis            | 17. whiplash                 |
| 9. Lyme disease             |                              |

**Bones:** Osteoporosis, fractures

**Joints:** Ankylosing spondylitis, dislocation, sprain, strain

Genetics: muscular dystrophy

Neuromuscular: carpal tunnel, disk disease, thoracic outlet syndrome

**Class 3:**

**Topic: the Nervous System**

**Assignment:**

1. Salvo: Ch. 6

**Objectives:**

1. To identify and understand the signs and symptoms of health and disease of the nervous system.

We will study:

1. Type one – chronic degenerative diseases
  - a. Alzheimer’s
  - b. Lou Gherig’s (ALS) Amyotrophic Lateral Sclerosis
  - c. Multiple sclerosis
  - d. Peripheral neuropathy
2. Type two – infections
  - a. Herpes zoster
  - b. Meningitis
  - c. Post-polio syndrome
3. Type 3 – movement disorders
  - a. Parkinson’s
  - b. Essential tremor
4. Type 4 – psychiatric/neurochemical issues
  - a. Anxiety
  - b. ADD/ADHD
  - c. Chemical dependency
  - d. Addiction
  - e. Autism spectrum disorders
  - f. depression
5. Type 5 – injuries
  - a. Cerebral palsy
  - b. Spinal cord injury
  - c. Stroke
  - d. Traumatic brain injuries
6. Type 6 – miscellaneous
  - a. Headache
  - b. Seizure disorder
  - c. Sleep disorders
  - d. Meniere’s syndrome

**Class 4:**

**Topic: the Endocrine System**

**Assignments:**

1. Salvo: Ch. 7

**Objectives:**

1. To identify and understand the symptoms and signs of the health and disease of the endocrine system

Areas of concentration for this system:

1. Cushing’s syndrome
2. Addison’s disease
3. Diabetes mellitus: type one and type two
4. Hyperthyroidism
5. Hypothyroidism
6. Metabolic syndrome

**Class 5:**

**Topic: the Heart and Circulatory System**

**Assignment:**

1. Salvo: Ch. 8

**Objectives:**

1. Identify considerations for the HIV/AIDS virus
2. To identify and understand signs and symptoms of the health and disease of the heart and circulatory system

Areas of concentration:

1. Blood dyscrasias
  - a. Anemia
  - b. Embolism/thrombus
  - c. Hematoma
  - d. Leukemia
  - e. Myeloma
  - f. Sickle cell disease
  - g. Thrombophlebitis
  - h. DVT – deep vein thrombosis
  - i. HIV/AIDS
2. Vascular Dyscrasias
  - a. Atherosclerosis
  - b. Arteriosclerosis
  - c. Hypertension
3. Heart conditions
  - a. Myocardial infarct
  - b. Congestive heart failure (CHF)

**Class 6:**

**Topic: Lymphatics and the Immune System**

**Assignments:**

1. Salvo: Ch. 9

**Objectives:**

1. To identify considerations for HIV virus
2. To identify and understand the signs and symptoms of the health and disease of the lymphatic and immune systems.

We will consider:

1. Type one: systemic conditions
  - a. Edema
  - b. Lymphedema
  - c. Mononucleosis
  - d. Lymphoma
    - i. Hodgkin's
    - ii. Non-Hodgkin's
2. Type two: immune system conditions
  - a. Allergic reactions
  - b. CFS (chronic fatigue syndrome)
  - c. Lupus
  - d. HIV/AIDS

**Class 7:**

**Topic: the Respiratory System**

**Assignments:**

1. Salvo: Ch. 10

**Objectives:**

1. To identify and understand the signs and symptoms of the health and disease of the respiratory system.

We will consider:

1. Type one: infectious diseases
  - a. Acute bronchitis
  - b. Common cold
  - c. Influenza
  - d. Sinusitis
  - e. tuberculosis
2. Type two: Other disorders-noninfectious

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- a. Cystic fibrosis
- b. COPD
- c. Asthma
- d. Chronic bronchitis
- e. Emphysema
- f. Lung cancer

**Class 8:**

**Topic: the Digestive System (GI Pathologies)**

**Assignments:**

- 1. Salvo: Ch. 11

**Objectives:**

- 1. To identify and understand the signs and symptoms of the health and disease of the digestive system.

**We will consider:**

- 1. Type one: disorders of the upper GI tract
  - a. Peptic ulcers
  - b. Crohn's disease
  - c. Gastroesophageal reflux disease
- 2. Type 2: disorders of the large bowel
  - a. Colorectal cancer
  - b. Diverticular disease
  - c. IBS
  - d. Ulcerative colitis
- 3. Type 3: disorders of the accessory organs of digestion
  - a. Cirrhosis
  - b. Gallstones
  - c. Cholecystitis
  - d. Pancreatic and hepatic cancers
  - e. Hepatitis
  - f. Pancreatitis
  - g. Diabetes as a digestive issue
- 4. Type 4: other GI issues
  - a. Candidiasis

**Class 9:**

**Topic: the Urinary System**

**Assignments:**

- 1. Salvo: Ch. 12

**Objectives:**

- 1. To identify and understand the symptoms and signs of the health and disease of the reproductive system

**Areas of Concentration:**

- 1. Kidney stone
- 2. Pyelonephritis
- 3. Renal failure
- 4. Dialysis
- 5. Bladder cancer
- 6. Interstitial cystitis
- 7. UTI (urinary tract infection)
- 8. Male genitourinary issues:
  - a. BPH, both urinary and reproductive repercussions

**Class 10:**

**Topic: the Reproductive System**

**Assignments:**

- 1. Salvo: Ch. 13

**Objectives:**

- 1. To identify and understand the symptoms and signs of the health and disease of the endocrine system

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Areas of concentration:

1. Problems of the uterus:
  - a. Spontaneous abortion
  - b. Elective abortion
  - c. Cervical cancers
  - d. HPV
  - e. Dysmenorrhea
  - f. Endometriosis
  - g. Fibroid tumors
  - h. Uterine cancers
2. Other female disorders:
  - a. Breast cancer
  - b. Ovarian cancer
  - c. Ovarian cysts
3. Disorders of the male reproductive system
  - a. BPH (benign prostatic hypertrophy)
  - b. Prostate cancer
  - c. Prostatitis
  - d. Epididymitis
4. Other problems of the genital tract
  - a. PID (pelvic inflammatory disease)
  - b. Premenstrual syndrome
  - c. Pregnancy
  - d. Menopause
  - e. Sexually transmitted disease

**Class 11:**

**Topic: Cancer**

**Assignments:**

1. Salvo: Ch. 14
2. Handout from Instructor

**Objectives:**

1. To understand and identify the signs and symptoms of the disease process in the human body faced with neoplastic disease and the treatment of it.

Areas of concentration:

1. Principles of cancer treatment
2. Diagnosis
3. Signs and symptoms
4. Causes
5. Metastasis
6. Prevention
7. Diagnosis
8. Staging
9. Grading
10. Treatment protocols
11. Specific concerns with leukemias

**Class 12:**

**Topic: Pharmacology**

**Assignments:**

1. Salvo: Ch 3

**Objectives:**

1. To develop understanding of basic principles and concerns in pharmacology as it relates to massage
2. Understand the actions, side effects, and the precautions of commonly used medications as related to the practice of massage
3. Understand the effects, precautions and possible interactions of common herbal remedies
  - a. In relation to massage
  - b. When used with allopathic medications
4. To obtain knowledge of the various classes of drugs and their major actions on the body and cautions and precautions for massage therapy:

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- a. Pain medications
  - i. Opiates
  - ii. Non-opiate pain meds
  - iii. NSAIDs
  - iv. Other pain control medications
- b. Drugs that act on the cardiovascular system
- c. Hematological drugs
- d. Respiratory drugs
- e. Gastrointestinal drugs
- f. Anti-infectives
  - i. Antibiotics
  - ii. Antivirals
  - iii. Disinfectants, etc.
- g. Anti-inflammatory, anti-allergy, immunosuppressants, antihistamines
- h. Psychiatric drugs
- i. Fluid and electrolyte balance
- j. Cancer drugs
  - i. Chemotherapy
- k. Herbal supplements, alternatives
  - i. Known actions of herbs
  - ii. Potential interactions of common herbal supplements with allopathic drugs