



## Basic Small Animal Massage Certification

### Practitioner 02 – Body Mechanics & Practical Physiology

#### Course Description

This course is the second of the training required to become a certified animal massage therapist. This course is intended to develop skills and build on concepts introduced in *Practitioner 01 (Introduction to Therapeutic Animal Massage)*.

The focus of this module is to hone the student's skill in massage techniques, address specific animal demographic and lifestyle considerations, and prepare the student for interacting with professional colleagues.

This course curriculum incorporates multimodal learning opportunities by utilizing self-paced online learning, small group size in-person training, hands-on practice with mannequins, and supervised interactions with volunteer clients and patients.

Completion of the self-paced, in-person clinical training, and independently completed case studies allow for compilation of classroom material and the development of technical skills.

#### Method of Instruction

This course consists of three parts:

- 1) Module 1: Self-Paced Learning – The self-paced portion of this course is available online for students to work through independently and at their own pace.
- 2) Module 2: In-Person Clinical Intensive – An in-person, intensive, three-day learning event with small classroom sizes and a high teacher to student ratio.
- 3) Module 3: Independent Case Work - Students will independently complete four case studies after successfully finishing both the self-paced and in-person course work.

#### Enrollment Prerequisites

- 1) Education & Experience: Completion of Practitioner01: Introduction to Animal Therapeutic Massage
- 2) Age: At least 18 years old at time of enrollment

#### Course Objectives

- 1) Expand anatomic knowledge of regions commonly affected by clinical pathologies
- 2) Develop competence in massage techniques
- 3) Develop competence in safe animal handling techniques
- 4) Develop competence in gait & conformation analysis
- 5) Refine SOAP medical record techniques
- 6) Introduce breed, age, conformation, activity, injury specific massage techniques
- 7) Introduce concepts of immune system & disease transmission physiology



- 8) Introduce pathophysiology concepts for common disease encountered by the massage practitioner
- 9) Introduce & discuss hospice, quality-of-life, & euthanasia topics

## Course Schedule

### *Module 1 – Self-Paced Learning (19 Hours)*

Course Topics		Method of Study
<b>Section 1</b>		
<b>Introduction</b>	<ul style="list-style-type: none"><li>Course Introduction &amp; Overview</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li></ul>
<b>Canine Anatomy</b>	<ul style="list-style-type: none"><li>Review</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li></ul>
<b>Disease Conditions of the Stifle Joint</b>	<ul style="list-style-type: none"><li>Cranial cruciate ligament rupture</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #1</li></ul>
	<ul style="list-style-type: none"><li>Patellar luxation</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #2</li></ul>
<b>Disease Conditions of the Coxofemoral Joint</b>	<ul style="list-style-type: none"><li>Coxofemoral joint anatomy</li><li>Pathophysiology of hip dysplasia</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #3</li></ul>
<b>Pathophysiology of Osteoarthritis</b>	<ul style="list-style-type: none"><li>Pathophysiology of osteoarthritis</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #4</li></ul>
	<ul style="list-style-type: none"><li>Supplements for osteoarthritis</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #5</li></ul>
	<ul style="list-style-type: none"><li>Conformation and gait</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #6</li></ul>
<b>Section 1 Exam</b>		<ul style="list-style-type: none"><li>At Home Study</li><li>Section 1 Exam</li></ul>
	Hours of Theory	8
	Hours of Lab	0
<b>Section 2</b>		
<b>Massage Techniques</b>	<ul style="list-style-type: none"><li>Review</li><li>Additional massage strokes &amp; techniques</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #1</li></ul>



<b>Stretching &amp; Passive Range of Motion</b>	<ul style="list-style-type: none"><li>Stretching &amp; passive range of motion</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #2</li></ul>
<b>Handling for Life Stages</b>	<ul style="list-style-type: none"><li>Handling for life stages</li><li>Evaluating the environment for geriatric animals</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #3</li></ul>
<b>Grief, Hospice, and End-of-Life</b>	<ul style="list-style-type: none"><li>End-of-life considerations</li><li>Grief: housemates, caregivers, practitioners</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #4</li></ul>
<b>Section 2 Exam</b>		<ul style="list-style-type: none"><li>At Home Study</li><li>Section 2 Exam</li></ul>
	Hours of Theory	9.5
	Hours of Lab	0
<b>Section 3</b>		
<b>Medical Recordkeeping</b>	<ul style="list-style-type: none"><li>Review</li><li>Working with the clinic team</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #1</li></ul>
	<ul style="list-style-type: none"><li>Completing the medical history</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #2</li></ul>
<b>Physiology of Body Systems</b>	<ul style="list-style-type: none"><li>Physiology of the immune system</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #3</li></ul>
	<ul style="list-style-type: none"><li>Physiology of the lymphatic system</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #4</li></ul>
<b>Disease Transmission &amp; Zoonosis</b>	<ul style="list-style-type: none"><li>Disease transmission &amp; zoonosis</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #5</li></ul>
<b>Pathology of Common Diseases</b>	<ul style="list-style-type: none"><li>Pathology of common diseases</li></ul>	<ul style="list-style-type: none"><li>Recorded Lectures</li><li>At Home Study</li><li>Quiz #6</li></ul>
<b>Section 3 Exam</b>		<ul style="list-style-type: none"><li>At Home study</li><li>Section 3 Exam</li></ul>
	Hours of Theory	10.5
	Hours of Lab	0

*Module 2 – In-Person Clinical Intensive (21 Hours)*

Once Module 1 has successfully been completed, join us at our school facility in Wheat Ridge, CO for the 3-day clinical intensive training. Clinical Intensive must be completed within 6 months of finishing the self-paced learning module (Module 1).

Duration		Topic
<b>Day 1</b>		
9:00 – 9:30	ADM07	Orientation & Introductions
9:30 – 10:15		Review Case Studies
10:15 – 10:30		Break
10:30 – 11:15	AP07/AP08/AP09/AP10	Anatomy Review
11:15 – 11:45	MT01 / MT02	Massage Stroke & Technique Review
11:45 -12:15	MT09 / MT10	Additional Massage Strokes & Techniques
12:15 – 1:00	AP12	Stifle Joint Anatomy
1:00 – 2:00		Lunch
2:00 – 2:30	MT17	Cranial Cruciate Ligament Rupture
2:30 – 3:00	AP18	Patellar Luxation
3:00 – 3:30	AP19	Coxofemoral Joint Anatomy
3:30-3:45		Break
3:45 – 4:15	AP20	Hip Dysplasia
4:15 – 5:00	ADM03	Practical Skills Workshop: Practice on Demo Dogs
Homework	ER05	Medical Recordkeeping Practice
	BP07	Literature Search
		Anatomy Review
<b>Day 2</b>		
9:00 – 9:45	BP07	Literature Search Review
9:45 – 10:15	ER05	Medical Recordkeeping Practice
10:15 – 10:30		Break
10:30 – 11:00	AP13/AP14/AP15/AP16	Muscular Anatomy Review
11:00 – 11:15	AP03	Muscle Physiology Review
11:15 – 11:45	MT11	Stretching & Passive Range of Motion
11:45 – 12:15	MT03 / MT04	Preparing for a Massage & Body Mechanics



12:15 – 1:00	MT05	Practical Skills Workshop: Safe Handling
	ADM03	Practical Skills Workshop: Practice on Demo Dogs
1:00 – 2:00		Lunch
2:00 – 2:30	MT12	Handling for Life Stages
2:30-3:00	MT13	Evaluating the Environment for Geriatric Animals
3:00 – 3:30	AP26	Disease Transmission & Zoonosis
3:30 – 3:45		Break
3:45 – 4:15	AP27	Pathology of Common Diseases
4:15 – 5:00	ADM03	Practical Skills Workshop: Practice on Demo Dogs
Homework	QR02	Massage Sequence Review
		Anatomy Review
<b>Day 3</b>		
9:00 – 9:30	BP05	The “Elevator Pitch”
9:30-10:15	ADM03	Practical Skills Workshop: Practice on Demo Dogs
10:15 – 10:30		Break
10:30 – 11:00	AP45 / AP25	The Immune & Lymphatic Systems
11:00 – 11:30	MT14/MT15/MT16/MT17	Hospice & End-of-Life Considerations
11:30 – 12:15	AP18	Grief: Housemates, Caregivers, Practitioners
12:15 – 1:00	ADM03	Practical Skills Workshop: Practice on Demo Dogs
1:00 – 2:00		Lunch
2:00 – 2:30	BP08	Equipment for Massage Therapists
2:30 – 4:30	ADM04	Practical Exam & Mentorship Session
4:30 – 5:00	ADM05	Instructions for Independent Case Studies

### *Module 3 – Independent Case Work (36 Hours)*

Students will complete 4 case studies independently and submit case information for review and grading. Case work must be completed within 6 months of finishing the clinical intensive module (Module 2).

### **Course Evaluation**

Students must receive >70 score to proceed through each section of Module 1: Self-Paced Learning.

Students must receive a PASS on a practical evaluation to successfully complete Module 2: Clinical Intensive.

Each section of the practical exam is awarded one of the following numeric grades:

#### **Practitioner01- ADM01**



1 – Unsatisfactory

2 – Needs Improvement

3 – Fair

4 – Good

5- Excellent

A FAIL grade will be assigned in the following cases:

2+ “Unsatisfactory” scores

3+ “Needs improvement” scores

Students must complete and receive a PASS on four independently completed case studies within six (6) months of completing the Clinical Intensive. Each massage series consists of the following:

- Completed medical records from each massage visit (three visits within each series)
- A 5-7 minute case summary video

### **Textbook(s) and Required Tools or Supplies**

Required Textbook(s): Dog Anatomy Workbook: A Guide to the Canine Body; Andrew Gardiner; Trafalgar Square; copyright: 2014

Required Supplies: Solid colored scrub top is required for Module 2: Clinical Intensive

Reference Materials:

- *Canine Medical Massage: Techniques & Clinical Applications*; Robinson, N. & Sheets, S.; American Animal Hospital Association Press; copyright: 2015
- *Guide to the Dissection of the Dog*, 6<sup>th</sup> edition; Evans, H. & deLaHunta, A.; Elsevier (USA); copyright: 2003
- *Color Atlas of Veterinary Anatomy, Volume 3: The Dog & Cat*; Done, S., Goody, P., et. al.; Elsevier Limited; copyright: 2009
- *Anatomy of Domestic animals: Systemic & Regional Approach*, 10<sup>th</sup> edition; Pasquini, C., Spurgeon, T., Pasquini, S.; Sudz Publishing; copyright: 2003

Teaching aids:

- Clay modeling aids
- Stuffed animal figures
- Massage table
- Massage pad