

# MASS 121R: Intermediate Massage Theory and Application

This course focuses on health care massage, postural dysfunction and outcome based treatment planning. Assessments, mechanical and reflexive techniques, hydrotherapy and endangerment sites, designing the massage treatment and the body/mind connections will be introduced. Topics to be reviewed are body mechanics movement, history, client expectations, indications and contraindications.

**Credits:** 3

**Lab Hours:** 3

**Lecture Hours:** 2

**Prerequisites:**

MASS 101R

MASS 102R

**Program:** [Massage Therapy](#)