

Welcome to the Langara College CS - Registered Massage Therapy Program student clinic.

We hope you enjoy your visit and look forward to providing you with quality care that matches your wellness goals. The Langara student clinics are intended to be an extension of the classroom learning our students complete. During your visit the students will be practicing the skills they are learning and applying them under supervision of an instructor who is a practicing Registered Massage Therapist. These skills include communication skills, assessment skills and hands on treatment skills.

At Langara we model our student clinic after the criteria set out by the College of Massage Therapists of BC. RMT students must complete 550 hours of clinical internship to graduate and be eligible for registration exams. To assist in their required learning your treatment today will include the following:

- 1. Assessment of your condition.** This will include the RMT student taking your health history, completion of a postural scan, hands on palpation of the area of concern, functional testing, range of motion assessment and special testing to ensure your treatment is safe and effective. To support their learning and clinical reasoning skills, please expect this to take up to 10-15 minutes of your 60 minute session.
- 2. Treatment time.** A treatment plan will be created for you based on the results of your assessment. Students are encouraged to practice the skills they are currently learning in class, as well as those they have learned to date. Treatment time varies based on the needs of each client and each student's level of learning. We encourage clients to rebook with students for consistency in treatment planning. This portion is usually 40-45 minutes of your 60 minute session.
- 3. Reassessment and homecare post treatment.** This will include revisiting some of the assessment completed prior to the treatment to assess effectiveness of the treatment plan. Students will also offer homecare strategies such as stretches, strengthening exercises and hot/cold therapy that can be done at home to support the progress made in today's treatment. This portion of your treatment is usually the last 5 minutes of your 60 minute session.

Please note that our student clinic is a teaching clinic and at times you may be joined in the treatment room by one of our Langara RMT instructors for either a short room check or for a longer assessment of the student's skills in the form of an evaluation.

Thank you again for taking the time to be part of this learning process for the next generation of RMTs. If you have any questions or concerns, please send an email to the RMT Program Clinical Coordinator, Dae Backus RMT at dbackus@langara.ca

Thank you and please come back to visit again soon!