

The *Complementary and Alternative Medicine CPU* introduces students to some of the most widely used nontraditional medical therapies. Students examine the beliefs and scientific evidence relevant to nontraditional therapies such as massage, chiropractic, acupuncture, and recreational therapy. Students explore and practice alternative therapeutic methods and discover the importance of integrating alternative methods into traditional medical care. Activities include soft tissue manipulation, proper body mechanics, acupressure, patient assessment, role plays, and more.

## Areas Covered

- ◆ Overview of the relevant body systems
- ◆ Exploration and practice of the five basic strokes used in Swedish massage
- ◆ Therapeutic stimulation of various body points in acupuncture, acupressure, and reflexology
- ◆ Ethical, financial, and legal responsibilities of alternative care providers
- ◆ Procedures used in the chiropractic office, including:
  - Physical exam
  - Imaging
  - Instrumentation
- ◆ Development of appropriate recreational therapy activities for various patients
- ◆ Discovery of the history of homeopathy and its influence on allopathic medicine
- ◆ Skills and knowledge to aid students in various HOSA competitions



## Career Pathway Unit Includes:

Complementary and Alternative Medicine CD and Instructor's Overview Booklet, Acupuncture Model, Alternative Medicine Courseware DVD, Chinese Healing DVD, FactoR-R Manual and Score Sheet, Homeopathic Remedies Booklet, Skills Cart™, Intro to Simple Machines: Gears, Portable Massage Chair, Recreational Therapy Activity Kit/Assembly, Simulated Chiropractic Folder

# Complementary & Alternative Medicine Goals & Activities

- Explore major careers associated with alternative medicine and the responsibilities, education, and licensing requirements for each.
- Research laws pertinent to naturopaths, acupuncturists, and homeopaths.
- Write a paper discussing a chosen career field using information gained during research.
- Discover the basic principles of massage therapy.
- Review the anatomy of the muscular, nervous, and lymphatic body systems.
- Learn the importance of professionalism in massage therapy.
- Design a client brochure to help new customers become familiar with the principles, goals, and scope of the practice of massage therapy.
- Explore the importance of sanitation, hygiene, and safety in any health care career and the specific sanitation practices related to massage therapy.
- Define body mechanics and understand its importance in massage therapy.
- Explore the basic principles of body mechanics and how to incorporate these practices into a massage.
- Practice the proper use of body mechanics.
- Discover the history of Swedish massage.
- Explore the five primary strokes used in Swedish massage.
- Demonstrate the principle steps of Swedish massage.
- Define acupuncture, acupressure, and reflexology.
- Explore both the traditional and scientific theories behind acupuncture.
- Discover the relationship between acupuncture, acupressure, and reflexology.
- Observe an acupuncture demonstration video.
- Define chiropractic.
- Review the skeletal system.
- Study current scientific findings concerning chiropractic.
- Discover the dangers associated with chiropractic, including who should not receive chiropractic treatment.
- Explore and practice proper intake procedures for a chiropractic clinic.
- Study the vertebrae and the spine.
- Explore the various components of a chiropractic exam.
- Discover the procedures and instruments that may be used by a chiropractor.
- Define recreational therapy.
- Discover where a recreational therapist works.
- Explore how a patient is evaluated to determine if recreational therapy is appropriate.
- Conduct a patient evaluation.
- Discover the tools and methods used by recreational therapists.
- Examine animal assisted therapy.
- Discover how recreational therapy is adapted for individual patients.
- Develop recreational activities for patients.
- Discover how to read homeopathic labels.
- Select the most appropriate homeopathic remedy for several hypothetical patients.
- Create a presentation on an alternative treatment or method that is not covered in this unit.
- Conduct research regarding recent developments in alternative therapy.



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