

Therapeutic Applications Class

Deep Tissue Techniques

~ Continuing Education Units ~

****This course is a review of the material listed below***

September: FALL CLASS - Head, Neck & Face and Leg & Foot

November: WINTER CLASS - Pelvis & Thigh

February: SPRING CLASS - Shoulder & Arm and Forearm and Hand

May: SUMMER CLASS - Spine & Thorax

Review - Therapeutic Applications

Mechanisms of Injury & Tissue Repair
Pain-Spasm Cycle

Review - Massage Strokes and Flow

Four Phases of Deep Tissue
Deep effleurage and/or Stripping Strokes
Variations of Petrissage/Deep Petrissage
Friction, Effects of Friction & Application of Friction
(Deep fiber friction) & Cross Fiber Friction (XFF)

Review - Therapeutic Applications

Lengthening & Stretching and Pin/Stretch Technique
Direct Pressure (DP)
Mechanisms of Injury & Tissue Repair
Pain-Spasm Cycle
Myofascial Techniques
45-Degree Stroke, Skin Rolling, C & S Stroke and Scar Release
Neuromuscular Techniques: Proprioceptive Neuromuscular
Facilitation (PNF) or Muscle Energy Techniques (MET)
Post Isometric Relaxation and/or Contract/Relax Technique (PIR)
Reciprocal Inhibition
Trigger Point Therapy