

INTRODUCTION TO MASSAGE

(Classic massage, connective tissue massage, trigger point massage, shiatsu [acupressure])

Target group: Physiotherapists

On completion of the course you will be able to:

- Assess the following physiotherapy method
- Work with case studies and treat the patients impairment, which can be expressed in:
 - dermatome, for example by "referred pain" (pain point application/ pain areas/ Trigger points);
 - myotome (Muscular application, hypertonic key-muscles);
- Determine and specify the patient's problem.
- Make a treatment plan
- Treat the patient according to his/her demands or problems

Content:

Theory and practice:

- Patient assessment
- Patient education
- Use of massage in practice
- Theory of dermatome, myotome
- Theory of pain relief

Schedule:

Total duration	1 week
Number of participants	24 (maximum)

Requirements:

A room with a total of 12 massage tables (i.e. two participants to one massage table).