

Introduction to Massage

Classic massage, connective tissue massage, triggers point massage, shiatsu (acupressure).

Target group: Physiotherapist

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 express oneself 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 demands/problems

Content:

Theory & practice

Patient assessment

Patient education

Use of massage in practice

Theory of dermatome, myotome

Theory of pain relief