



SQA Approved
Centre

Course Information, Curriculum and Modules

Diploma in Advanced Remedial Massage

27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS

Phone: 08454-757871 or 07917-757871

Email: info@scottishmassage.co.uk

Website: www.scottishmassage.co.uk



www.facebook.com/scottishmassage/



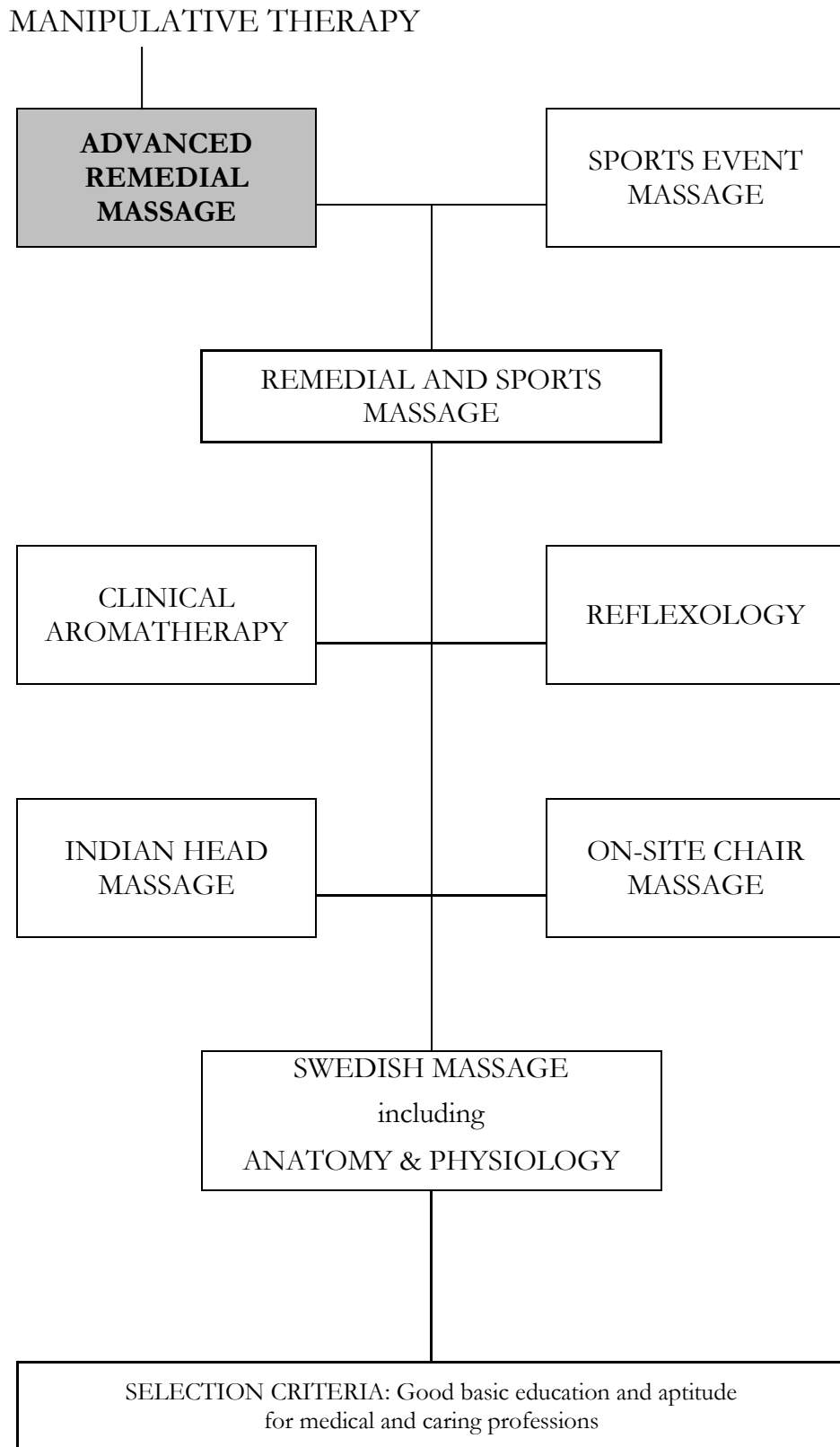
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CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





Scottish Massage Schools

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Scotland's leading provider of complementary therapies training

DIPLOMA IN ADVANCED REMEDIAL MASSAGE

**Welcome to the Scottish Massage Schools'
Diploma in Advanced Remedial Massage
held only in Edinburgh.**

This leaflet contains information about our course, an outline of the course weekends and the modules. This Diploma is a qualification in its own right; and it is the entry requirement for the graduates wishing to study Manipulative Therapy.

The Advanced Remedial Massage Diploma course takes the student through the more detailed anatomy, physiology and pathology required for practise at this level, with particular emphasis on assessment procedures and specific techniques for each joint.

Advanced Remedial Massage is very effective and has many health benefits. In addition to learning new skills, you will learn the importance of maintaining and restoring your own structure and health. This is particularly true if you have any kind of musculo-skeletal back pain.

Most people can benefit from Advanced Remedial Massage.

If there is anything in this leaflet that requires clarification, please do not hesitate to get in touch. We include a brochure, which contains the dates of the current course, and an application form.

We look forward to hearing from you.

Best wishes,

Lorna Forrester
Principal



DIPLOMA IN ADVANCED REMEDIAL MASSAGE

To gain a Diploma in Advanced Remedial Massage the student must:

1. Attend 180 hours of training over 12 weekends
2. Complete home assignments and practice the Advanced Remedial skills learned at each weekend
3. Attain the required standard, passing the final written and practical assessments
4. Compile the required 20 treatment case studies to the standard required and submit
5. Complete a treatment log of 250 hours throughout the duration of the course
6. Have the attitude and professionalism required for an Advanced Remedial Massage Therapist.

This course consists of twelve (12) weekends of training in Advanced Remedial Massage.

ENTRY REQUIREMENTS:

- 1 - Diploma in Swedish Massage, or equivalent.
- 2 - Diploma in Remedial & Sports Massage, preferably from Scottish Massage Schools. *
- 3 - Time management, motivation and a reasonable level of fitness are necessary for the home study and practise required.

*Equivalent / non-SMS qualifications: applicants will be contacted by phone and asked for more specific details of their prior training and qualifications, to determine that their knowledge and skills competencies are equivalent to those of SMS's Diploma in Remedial & Sports Massage and therefore at the required entry level for the Diploma in Advanced Remedial Massage. If necessary, a short, informal theory and / or practical preparatory session might be arranged.

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTO), the pre-eminent Organisation in Scotland working to unite Scotland's Massage Therapists, Remedial and Sports Massage Therapists, Advanced Remedial Massage Therapists, Manipulative Therapists, Clinical Aromatherapists and Reflexologists.

Graduates are invited to join the SMTO for membership and insurance to practice.

SCOTTISH MASSAGE SCHOOLS

Aberdeen:	Curl Aberdeen , Eday Walk, Summerhill, Aberdeen AB15 6LN
Inverness:	Jurys Inn Hotel , Millburn Road, Inverness, IV2 3TR.
Perth:	10th Perthshire Scout Hall , Murray Place, Perth, PH1 1NJ.
Edinburgh:	Edinburgh Academy Junior School , 10 Arboretum Road, Edinburgh EH3 5PL
Borders:	St Boswell's Village Hall , Jenny Moore's Rd, St Boswells, Melrose TD6 0AA

For course details at all schools, please contact Lorna Forrester, Principal, Scottish Massage Schools, on: 08454-757871 or 07917-757871 or info@scottishmassage.co.uk

FEES

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Paying all the fees at the beginning of the course works out slightly cheaper.

Should a course not run, the registration fee and any tuition fees paid, will be returned, free of any charges. All fees must be paid before weekend nine (10). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, should a student defer / leave due to illness, no refunds are given after weekend one (1). However, the student can return and pick the course up again, the next time it runs.

REGISTRATION

Please complete application form and return to Scottish Massage Schools, along with your registration fee and copies of your diplomas, as soon as possible to avoid disappointment.

DATES

These are found enclosed in the course brochure. Start dates for all courses can also be found on our website <http://www.scottishmassage.co.uk/diploma/advancedRemedialDates.html>

DURATION

Twelve (12) weekends; 8.30am – 5pm both days.

VENUES

Edinburgh: Edinburgh Academy Junior School, Edinburgh EH3 5PL

B&B

A list of bed and breakfast establishments is available on request.

ATTENDANCE

100% is recommended. Minimum requirement is 11 out of the 12 weekends, but students are advised to attend the full course.

ABSENCE

Please discuss any planned absences before the start of the course. Condensed sessions can be arranged with course tutors for missed weekends, however a charge of £75 will apply to cover the tutor's time. Only one weekend can be missed.

COURSE REGULATION

The modules and curriculum comply with those set by the General Council for Massage Therapy, which is the governing body for massage therapies and all bodyworks and soft tissue techniques in the UK. GCMT establishes and maintains national standards of Training, Conduct and Competence.

<http://www.gcmt.org.uk>

The Complementary and Natural Health Council (CNHC) is the UK regulator for complementary healthcare practitioners. <http://www.cnhc.org.uk>

REQUIREMENTS

Please bring a portable massage couch, a couch cover, two bath towels, two hand towels, and three pillows. Notebook and pen are also necessary

BOOKS

A book list is available on the weekend one (1) of the course.

HANDOUTS

You will receive handouts, which we hope will help you in your studying.

HOME STUDY & PRACTICE

Students should undertake a minimum of 400 hours home study and practice time throughout the course. This breaks down to approximately ten (10) hours per week.

It is very strongly recommended that students arrange to meet as frequently as possible between weekends to study and practice together. This provides an essential means of learning and support out-with course weekends.

HOMEWORK

Homework will be set at each of the first seven (7) weekends. This will range from short to long answer form: the questions are designed to complement and aid study. A research essay, based on an area of interest pertaining to our Advanced Remedial Massage work, should also be undertaken. The completed essay should be a minimum of 5000 words in length.

CASE STUDIES & LOG

20 case studies (5 clients x 4 treatments each) are required to be submitted during the course, before final exams can be attempted.

A log of 250 practice hours is also required to be completed throughout the course. (Guidelines will be given at the beginning of the course for both).

STANDARDS

A programme of Continuous Assessment is in place and will contribute 10% to the final mark. This includes homework, practical class work, public consultation workshops, essay, log sheet and case studies.

COURSE TUTORS

Lorna Forrester - RMT DCA DIR DOSM SMTO - Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Maxime Neill - BSc (Hons) Ost, RMT, DSM

Maxime spent many years training for the national Judo team, where she first encountered massage and Osteopathy. Maxime graduated from The British School of Osteopathy with a master's degree, with distinction. Since graduating she has worked in private practice in London and now Glasgow & Edinburgh.

Sue Stoker – Dmanip, DARM, RMT, SMTO

Qualified in Advanced Remedial Massage and Manipulative Therapy, Sue has been a practical tutor on many massage courses associated with the Scottish Massage Schools from Swedish up to Advanced level.

Natasha Peachey - BSc (Hons) Ost, LSSM Dip

Originally trained as a Sports Massage Therapist, Natasha is now a Registered Osteopath and is trained in Modern Acupuncture. She runs her own clinic in Edinburgh and lectures on the Advanced Remedial and Remedial & Sports Massage courses.

Maggie Brooks-Carter - DO RGN SMTO

Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, at the Brooks-Carter Clinic in Aberdeen.

SPECIALIST TUTORS

Vary from venue to venue and include Osteopaths, Manipulative Therapists, Physiotherapists, Sports Therapists, Nursing Lecturers, Anatomists, Doctors and Pathologists.

MODULES – DIPLOMA IN ADVANCED REMEDIAL MASSAGE

- **Anatomy, Physiology and Pathology**
- **Advanced Remedial Massage Therapy**
- **Pharmacology**
- **The role of Advanced Remedial Massage in pathological conditions**

TEACHING METHODS

As the students' range of knowledge and learning styles will vary, a broad range of teaching methods is employed on the course.

FORMAL TEACHING

On Scottish Massage Schools' courses, we tend to cover theoretical work in the mornings and the practical work in the afternoons. This is also the pattern, as far as possible, for the Advanced Remedial Massage Diploma course, however a significant amount of practical work is covered throughout the day alongside the theoretical work.

GROUP LEARNING

Group work is encouraged in practical and theoretical sessions, when students can refer to charts and models under the auspices of a practical tutor.

SMALL GROUP TUTORIALS

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

SPECIAL NEEDS

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successful in their achievements. If you wish to discuss your special needs and how we can help you, please call the office at Scottish Massage Schools on 08454-757871 or 07917-757871.

ASSESSMENTS

Continuous assessment applies throughout the course. Clinical Practice workshops and 'scenarios' workshops addressing lesions and conditions are assessed and graded during the course. Mock practical assessments are set in advance of the Final Assessments at the end of the course. Final assessments consist of 2 written assessments, a Clinical Practice assessment, and a combined practical/oral assessment. An Assessment Timetable is provided at weekend 1 of the course, to enable students to plan their study appropriately.

EXTERNAL EXAMINER

An external examiner presides at the Final Assessments to ensure that standards are upheld.

PLAGIARISM

Intentional plagiarism will not be tolerated and will result in disciplinary action will be taken.

RESITS

If the required standard is not reached and the examinations are not passed; resits will be organised within three months of the examination date. Resit fee £75. Two resits are allowed.

APPEALS

There is an appeals procedure.

DISCONTINUATION OF TRAINING

The Principal and/or Head of Studies reserve the right to discontinue the training with any trainee therapist who is likely to bring disrepute to the profession or is not keeping finances up to date.

DIPLOMA

A Diploma in Advanced Remedial Massage is awarded to graduates who successfully complete the course, satisfy all the criteria, have submitted case studies & treatment log, and are considered to be competent and professional Advanced Remedial Massage Therapists. Graduates are entitled to use the letters **DARM** after their name.

INSURANCE

Insurance to practice can be obtained through various organisations. Before the start of the course, all students should advise their insurance company that they will be undertaking the Advanced Remedial Massage course and request student cover to be added to their policy: **Advanced Remedial Massage (student case study work including work prior to getting the qualification)**.

All students should bring a copy of their updated insurance certificate with them on the first weekend.

FIRST AID

All students must have a valid First Aid certificate. This must be produced at the start of the course. Arrangements can be made to update your certificate along side the Swedish Massage course students at a nominal fee.

POST-GRADUATE TRAINING

Post-graduate workshops and training days will be arranged, and graduates will be informed. To further develop confidence and competence it is important to update skills and attend anatomy and pathology lectures. These are available through Scottish Massage Schools, SMTO and each of the individual schools. Details are publicised in *'On The Massage Scene'* magazine and websites www.scotmass.co.uk, www.scottishmassage.co.uk, www.highlandmassage.co.uk and www.essencemassage.com

FURTHER TRAINING

Sports Event Massage:	Courses held in Perth
Reflexology:	Courses held in Aberdeen, Edinburgh, and Inverness
Clinical Aromatherapy:	Courses held in Edinburgh
On-Site Massage:	Courses held in Aberdeen, Perth, Edinburgh and Inverness
Indian Head Massage:	Courses held in Aberdeen, Perth, Edinburgh and Inverness

Please ask for course dates, details and modules.

PLEASE NOTE THAT VISITING SPEAKERS WILL BE INVOLVED IN SOME OF THE LECTURES IN THE FOLLOWING MODULES AND TIMETABLE LAYOUTS. THIS MEANS THAT THE TIMETABLE LAYOUTS WILL VARY FROM COURSE TO COURSE.

CONTENTS OF MODULES FROM SWEDISH / REMEDIAL & SPORTS MASSAGE & ADVANCED REMEDIAL MASSAGE

MODULE 1 ANATOMY, PHYSIOLOGY AND PATHOLOGY

MODULE 1 – A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY.

- 1 The make up and contents of a typical cell.
The contents to include:-
 - (a) The basic structure of the cell
 - (b) The cell membrane
 - (c) Cytoplasm
 - (d) The Golgi apparatus
 - (e) The mitochondria
 - (f) Lysosomes
 - (g) Organelles
- 2 Cell division: cell physiology.
- 3 Types of tissues found in the human body to include:
 - (a) Epithelial tissue - simple squamous, cuboidal, columnar, transitional and glandular
 - (b) Connective tissue - specialised cells, fibres, matrix,, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood cells
 - (c) Muscle tissue - skeletal, cardiac, smooth
 - (d) Nervous tissue
 - (e) Membranes - mucous, serous
 - (f) Neoplasms and abnormal growths
- 4 Terminology: Words pertaining to parts of the body / Basic medical terminology

MODULE 1 - B THE SKELETAL SYSTEM

- 1 The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- 2 Types of bone: long, flat, short, irregular, sesamoid.
Macroscopic and microscopic anatomy and the development of bone.
- 3 Bones of the axial and appendicular skeleton, cranium and face.
- 4 Bone deformities and bone disorders.

MODULE 1 - C THE SKELETAL SYSTEM: The Articulatory System:

- 1 The classification of Joints:-
 - (a) Fibrous
 - (b) Cartilaginous
 - (c) Synovial
- 2 Types of Synovial Joints:
 - (a) Ball and socket
 - (b) Condylloid
 - (c) Gliding
 - (d) Hinge
 - (e) Pivot
 - (f) Saddle
- 3 Movements of joints - terminology
- 4 Anatomy of the:-
 - (a) Shoulder joint and shoulder complex
 - (b) Shoulder girdle
 - (c) Elbow joint
 - (d) Wrist, hand and finger joints
 - (d) Hip joint
 - (e) Joints of the pelvic girdle
 - (f) Knee joint
 - (g) Ankle, foot and toe joints
 - (h) Temporo-mandibular joint
 - (i) Sternum, clavicle and ribs
- 5 Anatomy of the vertebral column
 - (a) Cervical spine
 - (b) Thoracic spine
 - (c) Lumbar spine
 - (d) Sacrum
 - (e) Coccyx
- 6 The intervertebral disc and its functions
- 7 Diseases and abnormalities of joints

MODULE 1 - D THE MUSCULAR SYSTEM

- 1 Types of muscle:
 - (a) Smooth
 - (b) Cardiac
 - (c) Skeletal
- 2 Characteristics of muscle
- 3 Structure of muscle
- 4 The function of muscle
- 5 Principles of muscle contraction
- 6 The origins, insertions and actions of major skeletal muscles
- 7 Muscle conditioning, strengthening and stretching
- 8 Levers
- 9 The relationship between muscle health and circulation
- 10 Effects of trauma and exercise

MODULE 1 - E THE INTEGUMENTARY SYSTEM

- 1 The structure and function of the skin:-
 - (a) The epidermis
 - (b) The dermis
 - (c) The subcutaneous layer
- 2 Accessory organs of the skin:-
 - (a) Hair follicles
 - (b) Sebaceous glands
 - (c) Nails
 - (d) Sweat glands
- 3 Functions of the skin: protection, absorption, excretion, secretion and temperature control
- 4 Skin Disorders

MODULE 1 - F THE CARDIO-VASCULAR SYSTEM

- 1 The structure and function of:-
 - (a) The heart
 - (b) The arteries
 - (c) The arterioles
 - (d) The capillaries
 - (e) The venules
 - (f) The veins
- 2 Blood:
 - (a) Function and composition
 - (b) The coagulation of blood
 - (c) Disorders of the blood
- 3 The physiology of circulation:
 - (a) Pulmonary circulation
 - (b) Systemic circulation
 - (c) Blood pressure
- 4 Disorders of the cardio-vascular system
- 5 Exercise and its effects on the cardio-vascular system

MODULE 1 - G THE LYMPHATIC SYSTEM

- 1 The structure and function of the lymphatic system
 - (a) Lymph
 - (b) The vessels, capillaries and trunks
 - (c) The collecting ducts
 - (d) Lymphatic nodes
- 2 Organs connected with the lymphatic system:-
 - (a) The spleen
 - (b) The thymus gland
 - (c) The tonsils and the adenoids
 - (d) Peyer's patches
- 3 Immunity
- 4 Disorders of the lymphatic system

MODULE 1 - H THE NERVOUS SYSTEM

- 1 The general function and role of the nervous system
- 2 The nerve:

- (a) Structure
- (b) Nerve pathways and transmission
- (c) The synapse
- 3 The reflex arc
- 4 The central nervous system - the brain and cranial nerves
- 5 The peripheral nervous system - the spine and spinal nerves
- 6 The autonomic nervous system - sympathetic and parasympathetic
- 7 The lumbar, sacral and brachial plexi
- 8 Dermatomes
- 9 The nervous system and related pathology.

MODULE 1 - I THE ENDOCRINE SYSTEM

- 1 The endocrine and exocrine gland
- 2 Hormones, their actions and interactions with the nervous system and their regulation and transport
- 3 The position, structure and function of:-
 - (a) The pituitary gland
 - (b) The thyroid gland
 - (c) The parathyroid glands
 - (d) The adrenal glands
 - (e) The pancreas
 - (f) The pineal gland
 - (g) The thymus gland
 - (h) The testes and ovaries
- 3 Disorders of the endocrine system

MODULE 1 - J THE RESPIRATORY SYSTEM

- 1 The organs of the respiratory system:-
 - (a) Nasal cavity
 - (b) Pharynx
 - (c) Larynx
 - (d) Trachea
 - (e) Bronchi
 - (f) Lungs
- 2 The physiology of respiration:-
 - (a) Pulmonary ventilation
 - (b) Inspiration
 - (c) Exhalation
 - (d) Modified respiratory movements
- 3 The exchange of gases
- 4 Internal and external respiration
- 5 The transport of gases
- 6 Control of respiration
- 7 Ageing and the respiratory system
- 8 Disorders of the respiratory system

MODULE 1 - K THE DIGESTIVE SYSTEM

- 1 The digestive processes and organisation of the gastro-intestinal tract
- 2 The position, structure and function of:-
 - (a) The oral cavity, tongue and pharynx
 - (b) The salivary glands
 - (c) The oesophagus
 - (d) The stomach
 - (e) The pancreas
 - (f) The liver
 - (g) The gallbladder
 - (h) The small intestine - duodenum, jejunum, ileum
 - (i) The large intestine
 - (j) The rectum and anus
- 3 The actions of enzymes and digestive secretions on:-
 - (a) Carbohydrates
 - (b) Proteins
 - (c) Fats
- 4 Nutrition
- 5 Ageing and disorders of the digestive system

MODULE 1 - L THE URINARY SYSTEM

- 1 The function of the urinary system
- 2 The location, function and structure of:-
 - (a) The kidneys
 - (b) The ureters
 - (c) The bladder
 - (d) The urethra
- 3 The formation and elimination of urine
- 4 Disorders of the urinary system

MODULE 1 - M THE REPRODUCTIVE SYSTEM

- 1 The position, structure and function of:-
 - (a) Ovary
 - (b) Uterine tubes
 - (c) Uterus
 - (d) Vagina
 - (e) Mammary glands
 - (f) Testes
 - (g) Epididymus
 - (h) Prostate gland
 - (i) Scrotum
 - (j) Penis
- 2 Pre-menstrual tension, menstruation and menopause.
- 3 Disorders of the male and female reproductive systems.

MODULE 1 - N BASIC CHEMISTRY AND PHYSICS

- 1 Composition of atoms and molecules and their relation to energy
- 2 The meaning of osmosis, diffusion, and filtration, phagocytosis, pinocytosis
- 3 Electricity: sound and light as forms of energy

MODULE 1 - O PATHOLOGY

- 1 Definition of pathology
- 2 The inflammatory response
- 3 The acute and sub-acute conditions
- 4 The chronic condition
- 5 The emergency condition
- 6 Pathological conditions as related to the different systems

MODULE 2 STRESS MANAGEMENT

- 1 Stress
 - (a) Definition
 - (b) Recognising stressors
 - (c) Signs and symptoms of stress
- 2 General adaptation syndrome
 - (a) The alarm reaction - 'fight or flight'
 - (b) The resistance reaction
 - (c) Final phase - exhaustion
- 3 Effects of long-term stress
- 4 Stress and disease
- 5 Stress Management
- 6 Stress and relaxation
- 7 Relaxation techniques

MODULE 3 SWEDISH MASSAGE

- 1 The history, philosophy and role of Swedish massage.
- 2 The benefits and physiological effects of massage - general and specific including the effects of massage on the different systems of the body.
- 3 How to present oneself professionally with due regard to hygiene, manner and posture.
- 4 The preparation and maintenance of the working area with due regard to the safety and comfort of the client.
- 5 The practical application of the movements of massage incorporating safe and efficient posture and the uses and effects of the different moves:-
 - (a) Effleurage
 - (b) Petrissage
 - (c) Friction
 - (d) Tapotement

- 6 The consultation, history taking and evaluation of the client, checking for cautions and contra-indications and assessing the client's needs, referring clients where appropriate.
- 7 Swedish massage to back, abdomen, legs, feet, arms, hands, neck and shoulders (seated and prone), and face. Full body massage.
- 8 Care of clients with special needs:
 - (a) The pregnant lady
 - (b) The elderly, frail, babies, toddlers, children
 - (c) The disabled client
 - (d) The client with M.S., M.E., etc.
 - (e) The visually or hearing impaired client.
- 9 The evaluation of the effectiveness of the Swedish Massage, aftercare and advice.

MODULE 4 PRACTICE MANAGEMENT

- 1 Ethics and Professionalism - how to interpret and apply rules and ethics of professional practice and codes of conduct.
- 2 Setting up, managing and promoting an Advanced Remedial Massage Therapy Practice
- 3 Record keeping - taking and keeping clients notes, keeping accounts, legalities, insurance and public liability

MODULE 5 FIRST AID

- 1 Identifying the emergency condition
- 2 Emergency procedures and immediate action response
- 3 Cardio-Pulmonary Resuscitation
- 4 First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- 5 First Aid treatment of sprains and strains

MODULE 6 REMEDIAL AND SPORTS MASSAGE

- 1 The philosophy and role of Remedial and Sports Massage
- 2 Pain
 - (a) The Pain Gate
 - (b) Pain Control
 - (c) Electronic Pain control
- 3 Introduction to examination procedures
- 4 The role of mobilising techniques
 - (a) Active movements
 - (b) Passive movements
 - (c) Resisted movements
 - (d) Stretching
 - (e) Muscle Testing
- 5 Postural analysis
- 6 More specific techniques:
 - (a) Myofascial Release (MFR)
 - (b) Neuro-Muscular Techniques (NMT)
 - (c) Trigger Point Therapy (TPT)
 - (d) Soft Tissue Release (STR)
 - (e) Muscle Energy Techniques (MET)
 - (f) Deep Transverse Frictioning (DTF)
 - (g) Compressions
 - (h) Proprioceptive Neuro-muscular Facilitation (PNF)
 - (i) Positional Release (PoR)
- 7 Preventing and treating RSI (Repetitive Strain Injury)
- 8 Preventing and treating Back Pain
- 9 Sports Massage:
 - (a) Pre-event
 - (b) Post event
 - (c) Performance enhancement
 - (d) Injury prevention
 - (e) Common sports injuries
 - (f) The psychology of the athlete
 - (g) Rehabilitation in sport
- 10 Principles of training
- 11 Nutrition
- 12 The role of Remedial and Sports Massage in pathological conditions including arthritic conditions
- 13 The after care and rehabilitation of the patient

MODULE 7 – HEALTH AND SAFETY

- (a) Carry out correct hygiene, health and safety procedures.
- (b) Ensuring security in the Workplace.
- (c) Carry out a Risk Assessment, recognise potential hazards and take necessary safety action.
- (d) Demonstrate correct storage of material and equipment and deal with spillages and breakages safely.
- (e) Have an understanding of COSHH and RIDDOR.
- (f) Be able to correctly identify fire fighting equipment, their location and use, evacuation sites and fire drill.
- (g) Demonstrate security arrangements to protect stock, client and colleague personal belongings.
- (h) Know the procedures for reporting breaches of security and to whom.
- (i) Demonstrate a knowledge and understanding of contra-indications and actions with regard to the client's health, safety, the treatment effectiveness and insurance issues.

Demonstrate knowledge of appropriate National and Local Legislation.

MODULE 8 ADVANCED REMEDIAL MASSAGE

- 1 More detailed assessment procedures
- 2 More detailed anatomy knowledge
- 3 Specific joint mobilising techniques
 - a) Proprioceptive Neuro-muscular Facilitation Techniques
 - b) Muscle Energy Techniques
 - c) Strain and Counter-strain
- 4 Soft tissue manipulation
 - a) Trigger point therapy
 - b) Neuromuscular techniques
 - c) Myofascial techniques
 - d) Friction
- 5 Introduction to manipulative techniques
 - a) Muscle energy techniques
 - b) Positional release
 - c) Spinal mechanics
- 6 Lymphatic drainage techniques
- 7 Introduction to cranial osteopathy
- 8 Radiography - its use in diagnosis
- 9 Introduction to Healing
- 10 The use of the following machines in conjunction with Advanced Remedial Massage:
 - a) Likon
 - b) Interferential
 - c) Faradism
 - d) Laser
 - e) Ultra-Sound
 - f) Magneto Pulse
 - g) Microwave
 - h) Infra-red
 - i) G5
 - j) Pulsed Electro-Magnetic Energy

MODULE 9 PHARMACOLOGY

- a) Drugs in common use: their uses and side effects
- b) Prescription drugs: their uses and side-effects

MODULE 10 The role of Advanced Remedial Massage in pathological conditions

Weekend 1	Weekend 2	Weekend 3	Weekend 4	Weekend 5	Weekend 6
<p>Introduction to Adv Rem Massage (ARM):</p> <ul style="list-style-type: none"> • Aims & objectives • Cautions & Contraindications • Consultation process: Assessment procedures & record keeping • The nervous system - sacral division • <u>Pelvis & pelvic girdle</u> - anatomy, biomechanics, lesions and pathology • Pelvic imbalances & effects • <u>Hip</u>: anatomy, biomechanics, lesions, & pathology 	<ul style="list-style-type: none"> • Spinal mechanics – <ul style="list-style-type: none"> ➢ Cervical to coxxygeal spinal divisions ➢ Spinal motion – Fryette’s Laws • <u>Lumbar spine & sacrum</u> - anatomy, biomechanics, lesions & pathology. • The Muscular system and Muscular contraction review • The nervous system - lumbar plexus • <u>Abdomino-pelvic cavity</u> – anatomy, biomechanical relationship with pelvis & lumbar spine 	<ul style="list-style-type: none"> • Joint levers – understanding functional kinetic chain – pelvis, lumbar spine, to lower limb joints • <u>Knee</u> - anatomy, biomechanics, lesions & pathology • <u>Joints of the foot & ankle</u> - anatomy, biomechanics, lesions & pathology • <u>Gait analysis</u> 	<ul style="list-style-type: none"> • Nervous system – <ul style="list-style-type: none"> ➢ Somatic & autonomic NS ➢ thoracolumbar division • <u>Thoracic spine</u> - anatomy, biomechanics, lesions & pathology • Theory Review – Lower body: <ul style="list-style-type: none"> ➢ Pelvis ➢ Hip ➢ Lumbar spine ➢ Lower limb joints ➢ Lumbar plexus 	<ul style="list-style-type: none"> • The nervous system – <ul style="list-style-type: none"> ➢ Brachial plexus • Respiratory System - <ul style="list-style-type: none"> ➢ pulmonary, internal & external ➢ related pathology • <u>Thorax – sternum, clavicle & ribs</u> - anatomy, biomechanics, lesions & pathology • Biomechanics of breathing – rib motion, muscles, imbalances affecting breath • <u>Shoulder complex</u> - anatomy, biomechanics, lesions & pathology 	<ul style="list-style-type: none"> • The nervous system – <ul style="list-style-type: none"> ➢ Cervical plexus • <u>Cervical spine</u> - anatomy, biomechanics, lesions & pathology • <u>Elbow complex</u> - anatomy, biomechanics, lesions & pathology • <u>Wrist, hand & fingers</u> - anatomy, biomechanics, lesions & pathology
<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Clinical assessment & treatment procedures & techniques for: <ul style="list-style-type: none"> ➢ <u>pelvic girdle</u> ➢ <u>sacro-iliac joint</u> ➢ <u>hip joint</u> • ARM techniques: MET, PNF, NMT, TPT, MFR, mobilisations / articulations, soft tissue techniques. 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for lesions of the: <ul style="list-style-type: none"> ➢ <u>lumbar spine</u> ➢ <u>sacrum</u> ➢ <u>abdominal muscles & fascia</u> • Practical review <ul style="list-style-type: none"> ➢ Pelvis ➢ Hip • Q&A/Informal theory quiz 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for: <ul style="list-style-type: none"> ➢ <u>knee</u> ➢ <u>ankle (talo-crural mortice)</u> ➢ <u>joints of foot & toes</u> • <u>Gait Analysis</u> – practical workshop • Practical review <ul style="list-style-type: none"> ➢ Pelvis & hip ➢ Lumbar spine ➢ Lower limb • Tutor massage • Q&A/Theory quiz 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for: <ul style="list-style-type: none"> ➢ <u>thoracic spine</u> • ARM techniques review • Practical review – lower body: <ul style="list-style-type: none"> ➢ Pelvis & hip ➢ Lumbar spine ➢ Lower limb • Tutor massage • Q&A/Theory quiz 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for: <ul style="list-style-type: none"> ➢ <u>Thorax – sternum, clavicle & ribs</u> ➢ <u>Shoulder complex</u> ➢ <u>Treating respiratory conditions</u> • Review: thoracic spine & rib lesions • Tutor massage • Q&A/Theory quiz 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for: <ul style="list-style-type: none"> ➢ <u>cervical spine</u> ➢ <u>elbow</u> ➢ <u>wrist, hand & fingers</u> • Practical review <ul style="list-style-type: none"> ➢ Lumbar, thoracic & cervical spine ➢ Shoulder & thorax • Review: landmarks, ligaments, tendons, muscles O&I’s • Tutor massage

Weekend 7	Weekend 8	Weekend 9	Weekend 10	Weekend 11	Weekend 12
<ul style="list-style-type: none"> • Nervous system – brain, cranial nerves & sensory organs • TMJ – anatomy, biomechanics, lesions & pathology • Theory review - upper body: <ul style="list-style-type: none"> ➢ Thoracic spine & Thorax ➢ Cervical Spine ➢ Upper Limb joints, ➢ Cranium & TMJ 	<ul style="list-style-type: none"> • Pharmacology: <ul style="list-style-type: none"> ➢ Intro to common prescribed & OTC drugs ➢ self-medicated drugs (legal & illegal) ➢ the significance for ARM treatments • Pathology: <ul style="list-style-type: none"> ➢ Cardiovascular ➢ Bone ➢ ARM role 	<ul style="list-style-type: none"> • Lymphatics: <ul style="list-style-type: none"> ➢ System review ➢ Pathology • Whole body – theory review 	<ul style="list-style-type: none"> • <u>Final written assessment – part 1 Anatomy & physiology</u> • Pain Management – <ul style="list-style-type: none"> ➢ Research ➢ Approaches ➢ ARM role 	<ul style="list-style-type: none"> • <u>Final written assessment – part 2 Advanced Remedial Massage</u> • Nervous system: <ul style="list-style-type: none"> ➢ Somatic motor pathways ➢ Sensory pathways; reflexes ➢ Neurological Testing ➢ Vascular Contra-indications • Intro to use of Clinic Treatment Aids – <ul style="list-style-type: none"> ➢ Electro Physical agents: <ul style="list-style-type: none"> - Hivamat - Ultrasound 	
<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment & treatment procedures & techniques for <ul style="list-style-type: none"> ➢ TMJ • Practical review – upper body: <ul style="list-style-type: none"> ➢ Pelvis, hip & lower limb joints ➢ Lumbar spine & Abdomen ➢ Thorax – thoracics, ribs, sternum & clavicle ➢ Cervical spine ➢ Shoulder & upper limb joints ➢ TMJ 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Pier Review - Clinical Practice – treating common conditions: assessment & treatment • The Consultation & record-keeping • Practical Scenarios: conditions treated in the clinic 	<ul style="list-style-type: none"> • Whole body - practical review: <ul style="list-style-type: none"> ➢ Pelvis & Hip ➢ Lumbar spine & Abdominals ➢ Lower limb joints ➢ Upper limb joints ➢ Shoulder complex ➢ Thoracic spine & Thorax ➢ Cervical spine ➢ TMJ & Cranium • Practical workshop: treatment of lymphatic system conditions <ul style="list-style-type: none"> ➢ MLD ➢ ARM 	<ul style="list-style-type: none"> • <u>Practice Assessment – Mock – Part 1 - Clinical Practice (In-house)</u> • Pain Management: <ul style="list-style-type: none"> ➢ Approaches & techniques ➢ Intro to ‘light touch’ therapies – unwinding, CST ➢ Visualisation • Practical Review • Case studies, essay & treatment log review 	<ul style="list-style-type: none"> • <u>Practical Assessment – Mock - Part 2 – Practical & Oral ‘quick-fire’ assessment</u> • Practical Assessment feedback and review • Procedures for: <ul style="list-style-type: none"> ➢ Muscle Testing ➢ Reflex & sensation testing ➢ Cardiovascular health ➢ BP testing ➢ Introducing ‘Leg Length Inequality’ & neuromuscular function testing • Practical Review 	<ul style="list-style-type: none"> • <u>Practice Assessment – Final – Part 1 - Clinical Practice (with General Public)</u> • <u>Practical Assessment – Final - Part 2 – Practical & Oral ‘quick-fire’ assessment</u> • Introduction to the Adjustor Pro tool