



Course Information, Curriculum and Modules

Diploma in Advanced Remedial Massage

**27 Craigs Avenue, Corstorphine,
Edinburgh, EH12 8HS**

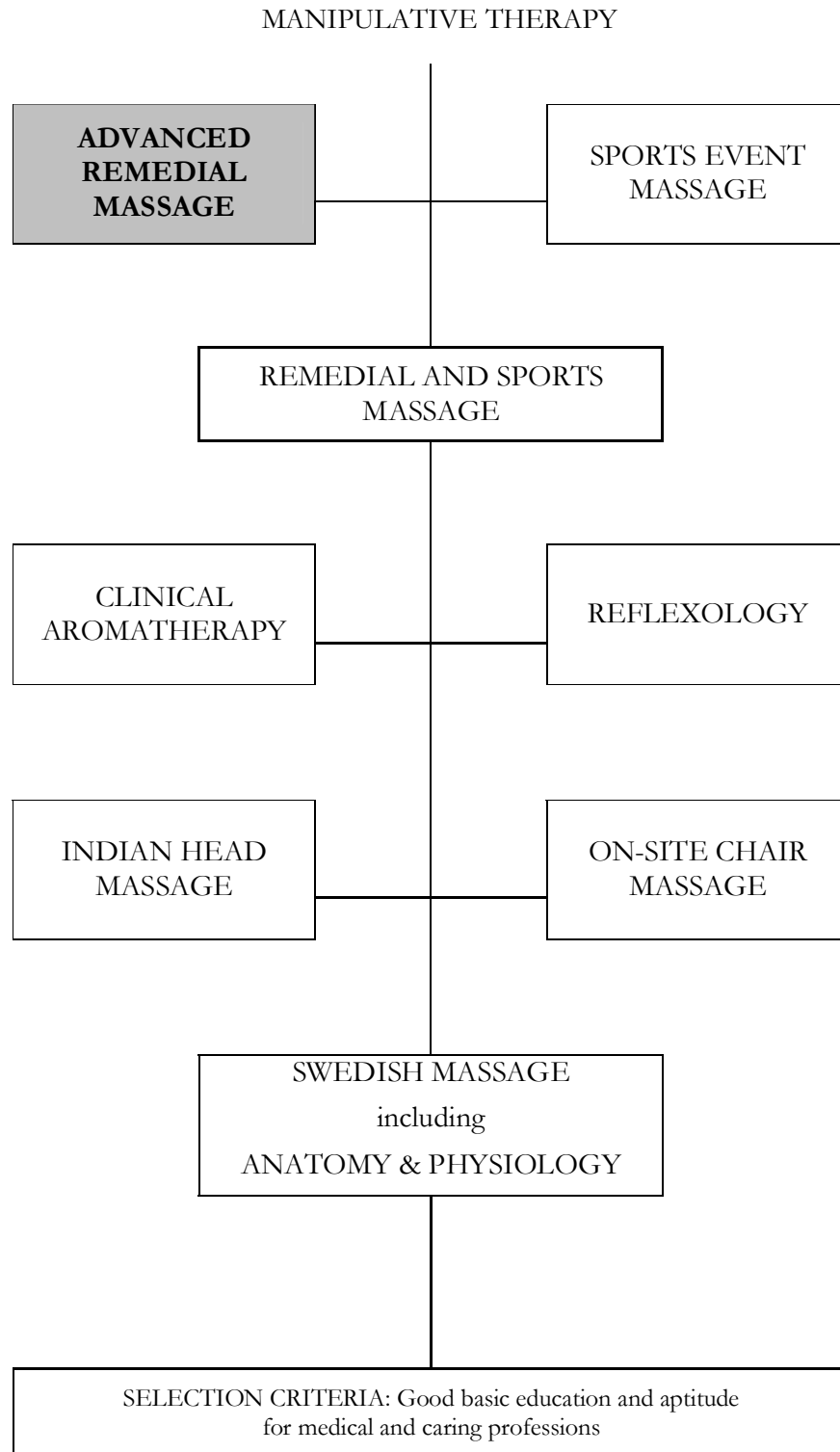
Telephone: 08454-757871 Mobile: 07917-757871

Email: info@scottishmassage.co.uk

Website: www.scottishmassage.co.uk

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 in Aberdeen and 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,

A handwritten signature in cursive script that reads "Lorna Forrester".

Lorna Forrester
Principal

DIPLOMA IN ADVANCED REMEDIAL MASSAGE

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

1. Attend 150 hours of training over 10 weekends
2. Complete home assignments, practice the remedial skills learned at each weekend
3. Attain the required standard, passing the final written and practical assessments
4. Compile the required case studies to the standard required and submit
5. Have the attitude and professionalism required for an Advanced Remedial Massage Therapist.

This Course is consists of ten (10) weekends of training in Advanced Remedial Massage.

ENTRY REQUIREMENTS:

- 1 - Diploma in Swedish Massage, or equivalent qualification, e.g. Diploma in Shiatsu or Clinical Aromatherapy.
- 2 - Diploma in Remedial & Sports Massage or equivalent.

Time management, motivation and a reasonable level of fitness are necessary for the home study and practise required.

AFFILIATION

This course is affiliated to the Scottish Massage Therapists Organisation (SMTTO), 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 SMTTO for membership and insurance to practice.

SCOTTISH MASSAGE SCHOOLS

Aberdeen: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Edinburgh: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

Perth: Scottish Massage Schools
Contact Lorna Forrester on 08454-757871, info@scottishmassage.co.uk

ASSOCIATED MASSAGE SCHOOLS

Inverness: Highland School of Massage
Contact Kit Harling on 01540-661689, kitandjohn@btinternet.com

Borders: Borders School of Massage
Contact Moira Watson on 07748-955922, info@essencemassagetherapy.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.

Should a course not run, the registration fee and any tuition fees paid, will be returned. All fees must be paid before weekend ten (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, a proportion of the fees will be returned should a student defer / leave due to illness. However, as our costs are front loaded, there are no refunds after weekend one (1).

REGISTRATION

Please complete application form and return to Scottish Massage Schools, along with your registration fee, 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 www.scottishmassage.co.uk.

DURATION

Ten (10) weekends; 8.30am – 5pm both days, plus additional one- and two-day workshops, as advised, running concurrently with course.

VENUES

Aberdeen: Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN
Edinburgh: Edinburgh Academy Junior School, Edinburgh EH3 5PL
Perth: AK Bell Library, 2-8 York Place, Perth PH2 8EP
Inverness: Morayfirth Training Centre, Harbour Road, Inverness
Borders: various locations throughout the Borders

Maps are available for all venues.

B&B

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

ATTENDANCE

100% is recommended. Minimum requirement is 90%, 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 £50 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, two bath sheet towels, two bath 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 240 hours home study and practice time throughout the course. This breaks down to approximately five (5) hours per week. Specific homework is set and students are encouraged to meet between weekends to study and practice.

A log of 100 hours of recorded practical work is required.

HOMEWORK

There will be homework set each weekend; this will vary from an essay to question sheets. This is **posted** to the Course Leader responsible, whose contact details will be provided on weekend one (1) of the course.

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, 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.

Moira Watson DARM RMT DOSM HNDaromatherapy SMTO - Head of Studies for Scottish Massage Schools and Principal of the Borders School of Massage. Moira is a practising Advanced Remedial Massage Therapist, Aromatherapist, and On-Site Massage Therapist. She also practises in Indian Head Massage and Cranio-sacral Therapy.

Robert J Macaskill DipManip DARM RMT OSM GSSR SMTO

Qualified in Manipulation, Advanced Remedial Massage, Reflexology, On-Site Accupressure Massage and E.F.T. (Emotional Freedom Technique). He has been a practical tutor on many massage courses associated with the Scottish Massage Schools from Swedish up to Advanced level, and has been involved with the Borders Massage School courses, both Swedish and Remedial courses, from the start as both a lecturer and practical tutor.

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.

Sheila Brown BSc Anat DARM SMTO PGCE - Anatomist; physics, chemistry and biology teacher, teacher of special educational needs; and Education Advisor to Scottish Massage Schools

Dr Ian Macaskill B.Med Biol M.B. ChB

Pathologist and medical advisor to Scottish Massage Schools.

Maggie Brooks-Carter DO RGN SMTO

Founder of Scottish Massage Schools, Maggie practises as a Registered Osteopath, Advanced Remedial Massage Therapist, Clinical Aromatherapist and Reflexologist at the Brooks-Carter Clinic in Aberdeen.

SPECIALIST TUTORS

Vary from venue to venue and include physiotherapists, sports therapists, counsellors, nurse tutors, remedial massage therapists, anatomists, doctors and pathologists.

MODULES – DIPLOMA IN ADVANCED REMEDIAL MASSAGE

- **Anatomy, Physiology and Pathology**
- **Advanced Remedial Techniques**

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.

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. Mock written assessment is done as closed book homework. Final assessments consist of a written assessment (weekend 9), and a combined practical/oral assessment (weekend 10).

EXTERNAL EXAMINER

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

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 £50. A total of three attempts are allowed.

CASE STUDIES & LOG

40 hours of case studies are required to be submitted during the course, before examinations can be attempted. (Guidelines and checklists are available to assist).

A log of 100 practice hours is also required to be completed throughout the course. Though this sounds a lot, the 40 case studies count towards this total. Also, all practical work undertaken on the course weekends count. (Guidelines will be given at the beginning of the course).

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 (40 hours), 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. 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, SMTTO 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.essencemassagetherapy.co.uk

FURTHER TRAINING

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

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 Articular System:

- 1 The classification of Joints:-
 - (a) Fibrous
 - (b) Cartilaginous
 - (c) Synovial
- 2 Types of Synovial Joints:
 - (a) Ball and socket
 - (b) Condylod
 - (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) Peyers' 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 THERAPY

- 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) Passive movements
 - (b) Active movements
 - (c) Resisted movements
 - (d) Stretching
- 5 Postural analysis
- 6 More specific techniques:
 - (a) Soft tissue palpation skills
 - (b) Neuro-muscular massage techniques
 - (c) Soft tissue manipulation
 - (d) Myofascial techniques
 - (e) Compressions, friction and stripping
- 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
- 14 Introduction to Counselling

MODULE 7 ADVANCED REMEDIAL MASSAGE

- 1 More detailed assessment procedures
- 2 More detailed anatomy knowledge
 - a) Observing dissection
- 3 Specific joint mobilising techniques

- a) Proprioceptive Neuro-muscular Facilitation Techniques
 - b) Muscle Energy Techniques
 - c) Strain and Counterstrain
 - d) Impact Therapy
- 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 Pharmacology
- a) Drugs in common use: their uses and side effects
 - b) Prescription drugs: their uses and side-effects
- 9 Radiography - its use in diagnosis
- 10 Introduction to Healing
- 11 The role of Advanced Remedial Massage in pathological conditions
- 12 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

Weekend 1	Weekend 2	Weekend 3	Weekend 4	Weekend 5
<ul style="list-style-type: none"> Advanced Remedial Massage - aims and objectives Advanced Remedial Massage Consultation: Assessment procedures and record keeping The nervous system: sacral division, and related pathology Remedial Massage in the disorders of the nervous system Spinal mechanics The hip: anatomy, lesions and assessment The pelvic girdle: anatomy, lesions and assessment Effects of pelvic imbalances 	<ul style="list-style-type: none"> Advanced Remedial Massage - principles, cautions and contra-indications The muscular system and related pathology Muscular contraction The abdomen The lumbar plexus The knee: anatomy, lesions and assessment. The lumbar spine: anatomy, lesions and assessment Back pain Freyette's Laws 	<ul style="list-style-type: none"> Practice Management Assessment procedures Somatic nervous system The nervous system: thoracolumbar division, and related pathology The thorax, sternum, clavicle and ribs The thoracic spine: anatomy, lesions and assessment Respiratory System – review and related pathology Assessment of breathing Dermatomes 	<ul style="list-style-type: none"> Reflexes and reflex testing Blood pressure The cervical plexus The brachial plexus The cervical spine: anatomy, lesions and assessment The shoulder girdle: anatomy, lesions and assessment Physics Electricity - sound and light as forms of energy Test – Q&A 	<ul style="list-style-type: none"> Ethics and professionalism Review The elbow: anatomy, lesions and assessment The wrist, hand and fingers: anatomy, lesions and assessment Lesions of upper limb Techniques – impact therapy, TPT, soft tissue release, pin & hold Gait Analysis The ankle: anatomy, lesions and assessment The foot: anatomy, lesions and assessment Review Knee assessment
<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> Assessment, treatment and mobilisation techniques for: <ul style="list-style-type: none"> hip joint sacro-iliac joint pelvic girdle & proprioceptive neuromuscular facilitation techniques 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> Assessment, treatment and mobilisation techniques for: <ul style="list-style-type: none"> knee lumbar spine and pelvic girdle 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> Assessment, treatment and mobilisation techniques for: <ul style="list-style-type: none"> thoracic spine, sternum, clavicle and ribs treating respiratory conditions 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> Assessment, treatment and mobilisation techniques for: <ul style="list-style-type: none"> cervical spine shoulder Electrotherapy Workshop 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> Assessment, treatment and mobilisation techniques for: <ul style="list-style-type: none"> ankle foot elbow wrist, hand and fingers Review workshops

Weekend 6	Weekend 7	Weekend 8	Weekend 9	Weekend 10
<ul style="list-style-type: none"> • Practice management • Sleep • Introduction to pharmacology: <ul style="list-style-type: none"> • Prescription & over the counter drugs in common use • uses and side effects • The nervous system: the sensory organs, and related pathology • The brain and cranial nerves • The temporo-mandibular joint: anatomy, lesions and examination • Anatomy, lesions, examination and treatment review for: <ul style="list-style-type: none"> • pelvic girdle, hip, lumbar spine, thoracic and ribs 	<ul style="list-style-type: none"> • Principles of Advanced Remedial Massage: <ul style="list-style-type: none"> • Review anatomy and assessment of ankle and foot • Review anatomy and assessment of knee • Review anatomy and assessment of elbow, wrist, hand and fingers • Review anatomy and assessment of pelvic girdle and spine • Pathology review: bone pathology 	<ul style="list-style-type: none"> • <u>Final written assessments:</u> <ul style="list-style-type: none"> • Anatomy and physiology • Advanced Remedial • Trigger Point Therapy • The reproductive system • Gynaecological disorders • Remedial massage in gynaecological disorders • Neoplasms and abnormal growths 	<ul style="list-style-type: none"> • Repetitive Strain Injury • Review cervical spine • Anatomy, lesions, assessment and treatment of the sacrum • Landmarks review • The cranium • Introduction to cranio-sacral therapy • Introduction to healing 	<ul style="list-style-type: none"> • Positional Release • Myofascial Release techniques workshop • Muscle Energy Techniques for: <ul style="list-style-type: none"> • cervical spine • lumbar spine • pelvic girdle • Advanced Remedial Massage Practice Management: <ul style="list-style-type: none"> • radio interview • T.V. interview • liaising with the medical profession • Repetitive Strain Injury • Personal development of the therapist • Human Anatomy Dissection - observation
<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Assessment, treatment and mobilisation techniques for: temporo-mandibular joint • Practical review workshops 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Practical workshop with members of the public <ul style="list-style-type: none"> • Practical review workshops – pelvic girdle and spine: • Review upper limb • Review ankle and foot 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • <u>Mock practical assessments</u> <ul style="list-style-type: none"> • Assessing joints review • Trigger Point Therapy workshop 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • <u>Final practical assessments</u> <ul style="list-style-type: none"> • Assessment, treatment and mobilisation techniques for: sacrum • Cranio-Sacral workshop 	<p><u>Practical Assignment</u></p> <ul style="list-style-type: none"> • Case studies review • Repetitive Strain Injury workshop • Positional Release workshop • Muscle Energy Technique workshop • MFR techniques workshop