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**PT 526.01: Therapeutic Procedures I - Soft Tissue Mobilization Unit**

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Professor: Elizabeth (Beth) Ikeda, PT, MS, OCS
Assisting: Nancy Siegel, PT
Meets: Tuesday 1-3, Sept 17- November 26
Text: Outcomes-based Massage Carla-Krystin Andrade and Paul Clifford

September
17 Introduction
Tissue Examination and Preparation
Touch
Read: Skim chapters 1 and 2
Chapter 3 (skim 68-78) and Chapter 4

24 Massage, Effleurage, petrissage- superficial techniques
TRUNK/SPINE
Read: Chapter 5 and 7

October
1 SPINE/ EXTREMITIES- superficial techniques
8 EXTREMITIES -superficial techniques
15 Soft Tissue Manipulation techniques- connective tissue techniques
TRUNK/SPINE
Read: Chapter 8

22 QUIZ, STM – Extremities
29 STM – Extremities, Inhibitive and deep techniques

November
5 Election day
12 Friction Massage, Cases
READ: pp 266-273
19 tools, trigger points, tender points
Other practitioners
26 Cases, open lab/ check out