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PT 526.01: Therapeutic Procedures I - Soft Tissue Mobilization Unit

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PT 526
Therapeutic Procedures I
Soft Tissue Mobilization Unit
Fall 2002

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