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PT 526.01: Therapeutic Exercise I - Soft Tissue Mobilization Unit

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PT 526
Therapeutic Procedures I
Soft Tissue Mobilization Unit
Fall 2001

Professor: Elizabeth (Beth) Ikeda, PT,MS,OCS

Assisting: JW Matheson, PT, MS

Meets: Wednesday 1-3, Sept 19- November 28

Text: Outcomes-based Massage Carla-Krystin Andrade and Paul Clifford

September

19 Introduction

Tissue Examination and Preparation

Touch

Read: Skim chapters 1 and 2

Chapter 3 (skim 68-78) and Chapter 4

26 Massage, Effleurage, petrissage- superficial techniques
TRUNK/SPINE

Read: Chapter 5 and 7

October

3 C SPINE/ EXTREMITIES- superficial techniques

10 EXTREMITIES -superficial techniques

17 Soft Tissue Manipulation techniques- connective tissue techniques
TRUNK/SPINE

Read: Chapter 8

24 QUIZ, STM – Extremities

31 STM – Extremities, Inhibitive and deep techniques

November

7 Friction Massage, Cases

READ: pp 266-273

14 tools, trigger points, tender points
Other practitioners

21 Holiday

28 Cases, open lab/ check out