

University of Montana

ScholarWorks at University of Montana

University of Montana Course Syllabi

Open Educational Resources (OER)

Fall 9-1-2001

PT 526.01: Therapeutic Exercise I - Soft Tissue Mobilization Unit

Elizabeth Ikeda

University of Montana - Missoula, elizabeth.ikeda@umontana.edu

Follow this and additional works at: <https://scholarworks.umt.edu/syllabi>

Let us know how access to this document benefits you.

Recommended Citation

Ikeda, Elizabeth, "PT 526.01: Therapeutic Exercise I - Soft Tissue Mobilization Unit" (2001). *University of Montana Course Syllabi*. 6262.

<https://scholarworks.umt.edu/syllabi/6262>

This Syllabus is brought to you for free and open access by the Open Educational Resources (OER) at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana Course Syllabi by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.

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