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PT 526.01: Therapeutic Exercise I - Soft Tissue Mobilization Unit

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

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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