Fall 9-1-2001

PT 526.01: Therapeutic Exercise I - Soft Tissue Mobilization Unit

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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