
Objectives and Program Schedule

MedBridge Education
Deep Massage Techniques with Functional Anatomy Part 1
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Chapter 1: Soft Tissue Injuries

At the end of this chapter the participant will:

- Consider the underlying postural and occupational factors which can cause musculoskeletal injury with clients who have minor and chronic conditions
- Assess the underlying neuromuscular and functional factors which can lead to a musculoskeletal injury
- Understand the need to encourage the client to carry out rehabilitation and corrective exercises

Chapter 2: Strain & Sprains

At the end of this chapter the participant will:

- Give advice to a client on how to reduce inflammation during the acute phase of a minor acute injury
- Apply a range of massage techniques to achieve a faster and more complete recovery for clients with minor acute injuries in the post-acute phase

Chapter 3: Deep Tissue Massage Techniques - Introduction

At the end of this chapter the participant will be able to:

- Use palpation to identify all the musclemain skeletal muscles on the body
- Understand the common dysfunctional issues that can affect the muscles
- Identify, through palpation and massage, specific areas of soft tissue damage
- Apply a range of Deep Tissue Massage techniques to effectively treat all the skeletal muscles

Chapter 4: Deep Tissue Massage Techniques – Upper Limb

At the end of this chapter the participant will be able to:

- Use palpation to identify all the musclemain skeletal muscles of the upper limb
- Understand the common dysfunctional issues that can affect the muscles
- Identify, through palpation and massage, specific areas of soft tissue damage
- Apply a range of Deep Tissue Massage techniques to effectively treat all the skeletal muscles

Chapter 5: Deep Tissue Massage Techniques – Neck and Upper Back

At the end of this chapter the participant will be able to:

- Use palpation to identify all the musclemain skeletal muscles of the neck and upper back
- Understand the common dysfunctional issues that can affect the muscles
- Identify, through palpation and massage, specific areas of soft tissue damage
- Apply a range of Deep Tissue Massage techniques to effectively treat all the skeletal muscles