
Objectives and Program Schedule

MedBridge Education
Advanced Soft Tissue Techniques Part 1
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Chapter 1: Neuromuscular Technique

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

- Describe the neuromuscular mechanism that can lead to muscle hyper-tonicity and trigger points
- Understand how deep pressure and friction techniques can have a positive effect on the neuromuscular system and trigger points
- Apply deep techniques to affect neuromuscular change and reduce trigger points

Chapter 2: Pin & Stretch – Soft Tissue Release

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

- Understand the principles of how to apply the technique by maintaining a manual lock into hypertonic tissue whilst applying a stretch to release it
- Apply the techniques to all skeletal muscles using active and passive movements
- Apply the technique with the client on the treatment couch and also in standing or sitting positions