

**The Learning Company**  
**General Principles and Techniques 2**  
**Student Outline**

**COURSE DESCRIPTION:**

This course will provide an understanding of connective tissue mobility and mobilization techniques, frictions, NMT techniques as well as an understanding of massage and the inflammatory process, burns, wounds, and scar tissue. This course also examines breast massage and pregnancy treatment, pain syndrome management techniques, treatments for gastrointestinal conditions (constipation and irritable bowel), and common musculoskeletal injuries (sprains, strains, dislocations, fractures, plantar fasciitis, periostitis and compartment syndrome, tendinitis, bursitis and frozen shoulder).

**DURATION:**               **145 Hours**

**TEXTBOOK/RESOURCES:**

- *Clinical Massage Therapy* – Fiona Rattray, Linda Ludwig
- Trigger Point Referral Booklet

**PRE-REQUISITES:** General Principles and Techniques 1

**COURSE OBJECTIVES:**

After completing this course, you will understand:

- Understand anatomical and physiological principles of Non-Swedish Techniques
- Demonstrate appropriate application of Non-Swedish Techniques
- Anatomical and physiological principles of breast massage, pregnancy massage, gastrointestinal massage and pain syndrome management:
  - Indications
  - Contraindications and precautions
  - Uses
  - Potential effects
  - Ethical behaviour
- Anatomical and physiological principles of various musculoskeletal and overuse injuries:
  - Strains, sprains
  - Cruciate and meniscal injuries
  - Dislocation
  - Fractures
  - Plantar fasciitis
  - Periostitis and compartment syndromes
  - Tendonitis
  - Bursitis
  - Frozen shoulder

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You will also be able to:

- Demonstrate profession and accurate treatment of breast massage, pregnancy massage, gastrointestinal massage and pain syndrome management
  - Ethical behaviour
  - Effective communication
  - Appropriate techniques utilized
- Demonstrate profession and effective treatment of various musculoskeletal and overuse injuries
  - Strains, sprains
  - Cruciate and meniscal injuries
  - Dislocation
  - Fractures
  - Plantar fasciitis
  - Periostitis and compartment syndromes
  - Tendonitis
  - Bursitis
  - Frozen shoulder

**KEY TOPICS:**

- Connective Tissue Mobilization Technique
- Neuromuscular Techniques
- Friction Therapy
- Musculoskeletal Injuries
- Breast Massage and Pregnancy
- Gastrointestinal Conditions
- Pain Syndrome Management
- Overuse Injuries

**EVALUATION:**

Each student's performance is evaluated based on the satisfactory completion of all exercises and assignments to the standard set by the instructor as well as achieving a passing grade on all tests. The passing grade for this subject is 70%.

Quizzes	10%
Midterm written	15%
Midterm OP	20%
Final written	25%
Final OP	30%