has successfully completed the full 3-day course in

Foundation in Advanced Clinical Massage

Certified by JING Advanced Massage + Training 11th-13th February 2011

Meghan Mari, BA, MA, LMT.

Yvonne Cervetti PGCE, ACMT, CLM

has successfully completed all the requirements for Foundation Course in Advanced Clinical Massage for Treating pain conditions.

Duration of Course and contact hours: 3 days (24 hours)

Course dates: 11th-13th February 2011

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith

Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and pratical fashion, including palpation of musculo-skeletal attachment points and the actions/range of motion of each muscle.

- erector spinae muscles
- upper & middle trapezius
- sternocleidomastoid
- quadratus lumborum
- gluteus maximus, medius & minimus
- adductors
- hamstrings
- scalenes
- neck extensors
- pectoralis major

- pectoralis minor
- latissimus dorsi
- piriformis
- lateral rotators of hip
- internal ortators of hip
- aastrocnemius
- . soleus
- triceps brachii
- tibialis anteriro
- invertors & evertors of foot

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- . Diffference between acute/subacute/ chronic pain and indications for treatment
- . Principles of heat and cold as an adjunct therapy for holistic medical massage.

Practical

- Basic myofascial release techniques including still point work.
- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.
- . Advanced Massage techniques to these muscles drawing from a blend of:

Shiatsu Myofascial therapy Sports massage Trigger point therapy Deep tissue Swedish massage Soft tissue release

- Static stretching techniques for the cervical spine and shoulder girdle.
- Safe body mechanics while treating.
- . Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 80% of their time learning through receiving and practicing these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors..

TANDER BERTAREN BERTA

Paul Hopfensperger

has successfully completed the course in

Living Anatomy

Certified by The JING Institute of Advanced Massage Training 25th march 2011

Rachel Fairweather, BA, AOS, LMT Sue Ingram MCThA Yvonne Cervetti ACMT, PGCE Sarah Symonds LLSA

Sydel Hodson ACMT, ITEC

TANDANDEN SANDANDEN SANDAN

Paul Hopfensperger

has successfully completed the full Advanced course in

Advanced Clinical Massage for Lower Back Pain

Certified by JING Advanced Massage + Training

7th-8th May 2011

Sue Ingram MCThA

Sydel Hodson ACMT, ITEC

has successfully completed all the requirements for Advanced Clinical Medical Massage Techniques for Treating Low Back Pain conditions

Duration of Course and contact hours: 2.5 days (20 hours)

Course dates: 26th-27th March 2011

Course Tutors

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy. Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Tounders and principal instructors of Jing Advanced Massage Therapy and Training.

Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and pratical fashion, including palpation of mucsulo-skeletal attachment points and the actions/range of motion of each muscle.

- o Erector Spinae: Iliocostalis; longissimus; spinalis
- Quadratus Lumborum
- o Gluteus maximus, medius, minimus
- o Piriformis
- o lliacus
- o Psoas
- o Ilio-tibial band

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment
- o Diffference between acute/subacute/ chronic pain and indications for treatment
- o Principles of heat and cold as an adjunct therapy for holistic medical massage.

Pathologies.

The following pathologies were covered.

- o Piriformis Syndrome
- Muscle Strain
- o Neuromuscular Pain
- o Lordosis
- o Kyphosis
- Scoliosis
- Lumbar Disc pathology
- Spondylolysis
- Spondylolisthesis
- Facet joint Irritation

Practical

- Basic myofascial release techniques including skin rolling.
- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.

Advanced Massage techniques to these muscles drawing from a blend of:

- Shiatsu
- Sports massage,
- Trigger point,
- Deep tissue
- Western Swedish massage.
- Soft tissue release.
- o Static stretching techniques for the lumbar spine and pelvic girdle.
- Safe body mechanics while treating.
- o Tai Chi and relaxation skills to enhance therapeutic work.
- o Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 80% of their time learning through receiving and practising these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

Certified by

Rachel Fairweather, BA, AOS. LMT

Meghan Mari, BA, MA, LMT



has successfully completed the full 2-day course in

Advanced Clinical Massage for Neck and Upper Shoulder Pain

Certified by JING Advanced Massage + Training 23rd - 24th June 2011

Rachel Fairweather BA, AOS, LMT

K. Sones

Kathryn Jones BED, ACMT

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Neck and Shoulder pain conditions

Duration of Course and contact hours: 2 days (16 hours)

Course dates: 23rd -24th June 2011

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and pratical fashion, including palpation of musculo-skeletal attachment points and the actions/range of motion of each muscle.

- sternocleidomastoid
- scalenes
- splenius capitis
- splenius cervicis
- upper, middle and lower trapezius
- serratus anterior
- subscapularis
- pectoralis major
- omohyoid
- levator scapula
- rhomboids
- semispinalis capitis
- semispinalis cervicis
- sub occipitals

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

 Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment

- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- o Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.

Pathologies.

The following pathologies were covered.

- o thoracic outlet syndrome
- whiplash
- o torticollis
- o forward & retracted head posture
- o cervical disk pathology
- o muscle strain
- o neuromuscular pain.

Practical

- Basic myofascial release techniques including still point work.
- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.
- o Advanced Massage techniques to these muscles drawing from a blend of:
 - Shiatsu
 - Myofascial therapy
 - Sports massage
 - Trigger point therapy
 - Deep tissue
 - Swedish massage
 - Soft tissue release
- Static stretching techniques for the cervical spine and shoulder girdle.
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 80% of their time learning through receiving and practicing these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

Certified by



has successfully completed the full 2-day course in

Advanced Clinical Massage for Shoulder Girdle Pain

Certified by JING Advanced Massage + Training 25th-26th June 2011

Rachel Fairweather BA, AOS, LMT

Sydel Hodson ACMT, ITEC

JING Institute of Advanced Massage Training Rachel Fairweather + Meghan Mari P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Treating Shoulder Girdle Pathogies and Injuries

Duration of Course and contact hours: 2 days (16 hours)

Course dates: 25th-26th June 2011

Course Tutors

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy. Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Founders and principal instructors of Jing Advanced Massage Therapy and Training.

Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and pratical fashion, including palpation of mucsulo-skeletal attachment points and the actions/range of motion of each muscle.

- Subscapularis
- Deltoids
- Rhomboids
- Supraspinatus
- Infraspinatus
- Triceps
- Teres Major
- Teres Minor
- Latissimus Dori

Theory

- `Theoretical knowledge of the principles underlying the following holistic medical massage techniques:
 - Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
 - Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
 - Diffference between acute/subacute/ chronic pain and indications for treatment
 - Principles of heat and cold as an adjunct therapy for holistic medical massage

- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- o Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.

Pathologies.

The following pathologies were covered.

- o thoracic outlet syndrome
- o whiplash
- o torticollis
- o forward & retracted head posture
- o cervical disk pathology
- o muscle strain
- o neuromuscular pain.

Practical

- o Basic myofascial release techniques including still point work.
- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.
- Advanced Massage techniques to these muscles drawing from a blend of:
 - Shiatsu
 - Myofascial therapy
 - Sports massage
 - Trigger point therapy
 - Deep tissue
 - Swedish massage
 - Soft tissue release
- Static stretching techniques for the cervical spine and shoulder girdle.
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 80% of their time learning through receiving and practicing these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

Certified by

TARKING KARKING KARKIN

Paul Hopfensperger

has successfully completed the Advanced Clinical Massage Course for

Carpal Tunnel Syndrome, Wrist and Arm Pain

Certified by JING Advanced Massage + Training 13th July 2011

Rachel Fairweather BS, AOS, LMT

Sue Ingram MCThA ACTM

JING Institute of Advanced Massage Training

Rachel Fairweather + Meghan Mari P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Carpal Tunnel Syndrome

Duration of Course and contact hours: 1 days (8 hours)

Course dates: 13th July 2011

Course Tutors

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy. Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Founders and principal instructors of Jing Advanced Massage Therapy and Training.

Skills learned

Applied Anatomy and Physiology

The following were covered both in a theoretical and pratical fashion, including palpation of mucsuloskeletal attachment points and the actions/range of motion of each muscle.

0	Scalenes	o serratus posterior,	
0	pectoralis minor	o triceps,	
0	Brachioradialis,	o coracobrachialis,	
0	extensor retinaculum:	o brachialis,	
0	Palmaris Longus	o supinator,	
0	metacarpals	o extensor carpi radialis brevis,	
0	radial,	o flexor carpi ulnaris,	
0	median	o flexor digitorum	
0	and ulnar nerves.	o pronator teres.	

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.

- Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.
- The importance of working with and treating the myofascial system.

Pathologies.

The following pathologies were covered.

- Tendinitis
- Tendonosis
- · Tennis Elbow:
- · Golfers Elbow:
- · DeQuervains Thumb
- Thoracic Outlet Syndrome
- · Carpal Tunnel Syndrome

Practical

- Palpation, muscle stripping and treatment techniques for trigger points in the relevant muscles.
- Advanced Massage techniques taught drawing from a blend of:

Shiatsu Myofascial therapy Sports massage, Trigger point, Deep tissue Swedish massage. Soft tissue release.

- Static stretching techniques
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 85% of their time learning through receiving and practising these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

Certified by

Rachel Fairweather, BA, AOS, LMT

Meghan Mari, BA, MA, LMT

has successfully completed the full 3-day course in

Advanced Clinical Massage Advanced Stretching Techniques

Certified by JING Advanced Massage + Training 2nd - 4th September 2011

Sarah Symonds LLSA, MIFA, CIMI, ACMT

Kasia Robertson ACMT, Dip.HT

Fiona Serle AOS, ACMT, Dip



P.O. Box 5291, Brighton, BN50 8AG 01273 628 942 info@jingmassage.com www.jingmassage.com

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Advanced Sports Stretching techniques

Duration of Course and contact hours: 3 days (24 hours)

Course dates:

2nd - 4th September 2011

Principal Tutors:

Rachel Fairweather, BA, Licenced Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and practical fashion, including location of musculo-skeletal attachment points and actions of each muscle.

quadriceps iliopsoas gastrocnemius soleus tibialis anterior peroneals tibialis posterior piriformis adductors abductors

quadratus lumborum latissimus dorsi rotator cuff: infraspinatus; teres minor; supraspinatus subscapularis wrist flexors and extensors erector spinae upper trapezius sternocleido-mastoid scalenes levator scapula pectoralis major pectoralis minor biceps brachii tricps brachii rhomboids obliques hamstrings

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage advanced stretching techniques:

- Static stretching
- PNF stretching
- Active isolated stretching (AIS)
- Stretch reflex; reciprocal inhibition;
- Agonist and antagonist muscles

Practical

- Static, PNF and AIS Advanced Stretching techniques for all of muscles listed in applied anatomy and physiology section above.
- Application of techniques for effective clinical treatment of common musculo-skeletal complaints.
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 85% of their time learning through receiving and practising these techniques in a clinical setting.

Certified by

Rachel Fairweather, BA, AOS. LMT

Meghan Mari, BA, MA, LMT

has successfully completed the full 2-day course in

Advanced Clinical Massage for Leg, Knee and Foot Pain

Certified by The JING Institute of Advanced Massage Training 29th-30th October 2011

Sydel Hodson ITEC, ACMT

Kasia Robertson Dip.HT

Karia Robert



JING Institute of advanced massage training
JING Institute of Advanced Massage Training
Rachel Fairweather + Meghan Mari
P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Treating Leg, Knee and Foot conditions.

Duration of Course and contact hours: 2 days (16 hours)

Course dates: 29th-30th October 2011

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith Skills learned

Applied Anatomy and Physiology

The following muscles were covered both in a theoretical and pratical fashion, including palpation of musculo-skeletal attachment points and the actions/range of motion of each muscle.

o hamstrings	o adductors
o gastrocnemius	o tensor fascia latae
o soleus	 iliotibial band
 achilles tendon 	o peroneus longus & brevis
o tibialis posterior	o tibialis anterior
o popliteus	 extensor hallucis longus
o plantaris	o digitorum longus
o flexor hallucis longus	o quadriceps
o flexor digitorum longus	 musculature of foot
	 ankle ligaments

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- Diffference between acute/subacute/ chronic pain and indications for treatment
- o Principles of heat and cold as an adjunct therapy for holistic medical massage.

Pathologies.

The following pathologies were covered.

0	genu valgum	0	meniscal injury
0	genu varum	0	patellofemoral pain syndrome
0	genu recurvatum	0	chondromalacia patella
0	excessive Q angle	0	patellar tendinitis
0	anterior & posterior cruciate ligament sprain	0	Osgood-Schlatter's disease
0	medial collateral ligament sprain	0	prepatellar bursitis
0	lateral collateral ligament sprain	0	iliotibial band friction syndrome
0	neuromuscular pain	0	muscle strain

Practical

- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.
- Applied Anatomy and Physiology
- Advanced Massage techniques to these muscles drawing from a blend of:
 - Shiatsu
 - Myofascial therapy
 - Sports massage
 - Trigger point therapy
 - Deep tissue
 - Swedish massage
 - Soft tissue release
- Safe body mechanics while treating.
- o Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 85% of their time learning through receiving and practising these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

has successfully completed the full 2-day course in

Advanced Clinical Massage for Hip and Pelvis

Certified by JING Advanced Massage + Training 16th-18th November 2011

Kasia Robertson AMCT, Dip HT

Yvonne Cervetti ACMT, PGCE, CLM



JING Institute of Advanced massage training
JING Institute of Advanced Massage Training
Rachel Fairweather + Meghan Mari
P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Treating Conditions of the Hip and Pelvis

Duration of Course and contact hours: 2 days

Course dates: 16th-18th November 2011

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith

Skills learned

Applied Anatomy and Physiology

The following muscles and ligaments were covered both in a theoretical and practical fashion, including palpation of musculo-skeletal attachment points and the actions/range of motion of each muscle.

- o quadratus lumborum
- o gluteus maximus, medius & minimus
- o piriformis
- o obturator internus
- quadratus femoris
- iliacus
- psoas major
- iliotibial band

- rectus abdominus
- bony anatomy of hip joint
- sacrotuberous ligament
- iliolumbar ligament

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.

Pathologies

The following pathologies were covered:

- o piriformis syndrome
- iliolumbar ligament strain
- adductor strain
- sartorius tear
- sacroiliac joint dysfunction
- osteoarthritis of the hip
- trochanteric bursitis
- muscle strain
- neuromuscular pain

Practical

- Palpation, muscle stripping and treatment techniques for trigger points in all of the above muscles.
- Advanced Massage techniques to these muscles drawing from a blend of:
 - Shiatsu
 - Myofascial therapy
 - Sports massage
 - Trigger point therapy
 - Deep tissue
 - Swedish massage
 - Soft tissue release
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 80% of their time learning through receiving and practicing these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

Certified by

KARING KA

Paul Hopfensperger

has successfully completed the one day course in Advanced Clinical Massage for

TMJ, Face, Headache & Jaw Pain

Certified by JING Advanced Massage + Training 23rd April 2012

Tracey Kiernan ACMT, PCE

Sydel Hodson BA ITEC



Institute of advanced massage training
JING Institute of Advanced Massage Training
Rachel Fairweather + Meghan Mari
P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for TMJ, Face and Jaw Pain

Duration of Course and contact hours: 1 day (8 hours)

Course dates: 23rd April 2012

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith Amanda Oswald

Skills learned

Applied Anatomy and Physiology

The following musculo-skeletal areas were covered both in a theoretical and practical fashion, including palpation of attachment points and actions/range of motion of each muscle.

- masseter
- temporalis

- lateral pterygoid
- trapezius
- sternocleidomastoid
- platysma & clavico-pectoral fascia

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.
- The importance of working with and treating the myofascial system.

Pathologies.

The following pathologies were covered.temporomandibular joint syndrome (TMJ) face & jaw pain headaches trismus bruxism neck, shoulder & back pain

Practical

- Palpation, muscle stripping and treatment techniques for trigger points in the relevant muscles.
- Advanced Massage techniques taught drawing from a blend of:
- Shiatsu
- Myofascial therapy
- Sports massage
- Trigger point therapy
- Deep tissue
- Swedish massage
- Soft tissue release
- Static stretching techniques
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 85% of their time learning through receiving and practising these techniques in a clinical manner with continual supervision.

Constant feedback is provided by peers and supervisors.

has successfully completed the advanced course in

ACM for Ribs, Thorax & Abdomen

Certified by The JING Institute of Advanced Massage Training 16th-17th May 2012

Melanie Smith Dip. Holl. Mass, ACMT

Kathryn Jones BED, ACMT



JING Institute of Advanced massage training
JING Institute of Advanced Massage Training
Rachel Fairweather + Meghan Mari
P.O. Box 5291, Brighton, BN50 8AG. 01273.628.942

Paul Hopfensperger

has successfully completed all the requirements for Advanced Clinical Massage Techniques for Ribs, Thorax & Abdomen

Duration of Course and contact hours: 2 days (16 hours)

Course dates: 16th-17th May 2012

Principal Tutors:

Rachel Fairweather, BA, Licensed Massage Therapist, Associate in Occupational Studies in Massage Therapy.

Meghan Mari, BA, MA, Certified Holistic Educator and Massage Therapist, Licensed Massage Therapist.

Course Tutors:

Tracey Kiernan Sue Ingram Kasia Robertson Mel Smith

Skills learned

Applied Anatomy and Physiology

The following musculo-skeletal areas were covered both in a theoretical and practical fashion, including palpation of attachment points and actions/range of motion of each muscle.

- intercostals
- pectoralis major
- serratus posterior superior
- pectoralis minor
- quadratus lumborum
- scalenes
- serratus anterior

- subclavius
- rectus abdominus
- ribcage
- bony anatomy of spine

Theory

Theoretical knowledge of the principles underlying the following holistic medical massage techniques:

- Trigger point therapy: nature of trigger points; referral patterns; primary vs secondary trigger points; latent vs active trigger points; principles of treatment
- Stretching techniques: the importance of stretching during a massage for injury prevention and treatment.
- Diffference between acute/subacute/ chronic pain and indications for treatment
- Principles of heat and cold as an adjunct therapy for holistic medical massage.
- The importance of working with and treating the myofascial system.

Pathologies.

The following pathologies were covered.:

- restricted breathing patterns
- bronchitis
- asthma
- allergies affecting the respiratory tract
- · irritable bowel syndrome
- abdominal pain & congestion

Practical

- Palpation, muscle stripping and treatment techniques for trigger points in the relevant muscles.
- Advanced Massage techniques taught drawing from a blend of:
 - Shiatsu
 - Myofascial therapy
 - Sports massage
 - Trigger point therapy
 - Deep tissue
 - Swedish massage
 - Soft tissue release
- Static stretching techniques
- Safe body mechanics while treating.
- Tai Chi and relaxation skills to enhance therapeutic work.
- Integration of all principles and techniques learned into an effective client consultation and treatment.

In this hands-on course students spend approximately 85% of their time learning

through receiving and practising these techniques in a clinical manner with