

Florida Provider # 50-13052

#### CLINICAL INDICATIONS FOR USE OF EXTERNAL AGENTS (12 HOURS)

This course teaches how the massage therapist can use external agents to specific needs or conditions to improve the patient. Description of different types of external agents used. Indications and contraindications for the use of external agents. Pathologies and treatment to be applied in different diagnoses. Description and application de external agents. Precautions and adverse reactions.

# THERAPEUTIC EXERCISES FOR SPECIFIC NEEDS (12 HOURS)

In this course we will focus on important elements the massage therapist should know about the muscular system, target muscles worked from the supine and prone positions exercises, indications and contraindications within different pathologies and their possible adverse processes. The students will be exposed to all practical procedures necessary for the profession.

# **REFLEXOLOGY (12 HOURS)**

This course will have a total of 12 Hours, in which we will focus in reflexology as one of the most used types of massage. A graphic representation will be used to show every reflex point in the hands and feet that correlates to every organ and body part. We will discuss the manipulation of these points to create general well-being and health. Also, we will discuss the concept, highlighting the effects and influence in the improvement of health in general, and explain in depth the healing crisis and the application in every different person.

#### **UNDERSTANDING THE NEUROMUSCULAR SYSTEM (12 HOURS)**

The neuromuscular system is of vital relevance for the professional practice of the massage therapist. It works with the muscular and nervous system. The therapist will learn the nerve-muscle interaction. Also, neuromuscular therapy will be presented as a fundamental tool in the hands of the massage therapist. The course will cover the signs and symptoms of pathologies and disorders of the nerves and muscles, combining the material with practical procedures to reduce pain of neuromuscular disorders.

# **UNDERSTANDING THE LYMPHATIC SYSTEM (12 HOURS)**

This course will allow understanding of the lymphatic system, as a system that works independently from the cardiovascular system. The lymph element will be stressed, where it travels and what metabolic waste it transports. Also, the primary lymphatic organs, collectors and lymphatic ducts are reviewed. The primary manipulations used for lymphatic drainage will be instructed by allowing the professional therapists to develop the skills necessary to execute them. Furthermore, the course will cover the close relation of the lymphatic system and the immune system.

#### **SPORT MASSAGE (12 HOURS)**

Sport Massage is a modality that possesses its own application system different from therapeutic massage and other modalities of massage. The course focuses on the types of sport massage for the different stages of the sport such as, massage during training, pre-event massage, during the event massage, and post event. This is the reason why it is necessary to understand when and how it should be applied.

It will be stressed that the application of sport massage depends on the training period the player is undergoing, along with other aspects of the players characteristics that will give way to the type of sport massage to be applied focusing on the appropriate manipulations and their correct application.

#### **KINESIO-TAPE (12 Hours)**

This course aims to demonstrate the use of kinesiology tape in the treatment of different pathologies and procedures. The correct way to place the tape, depending on the purpose, will be taught and is essential to this course. After placing the tape in the proper form, the students will learn the appropriate way to set the tape on different muscle groups and different pathological conditions depending on the goal. This procedure is another resource that a massage therapist must have to develop their professionalism.

# PRENATAL MASSAGE (12 Hours)

Prenatal massage or massage to a pregnant mother is essential and is within the framework of our profession. In this course, we learn to treat various topics considering the benefits, precautions, contradictions, dangerous places, points we should not touch, certain types of manipulations used, and the ideal position for pregnant women. Another vital thing to consider is which period or trimester we should avoid the massage, in which trimester/period we can start working, how we should perform the massage, and how we should place the bolsters.

# **HOT STONE MASSAGE (12 HOURS)**

This course will allow the therapist to know the main manipulations used during a hot stone massage. Also, they will know the specific points where the stones can be placed, and other important information like indications, contraindications, temperature, etc.

#### **DEEP TISSUE (12 HOURS)**

This course will allow therapists to focus on key manipulations that are used during deep tissue massage. Understanding that the purpose of Deep Tissue Massage is to release the fibers and toxins of the muscle and deeply held tension points specifically on the deeper layers of the muscle tissue.

# OVERVIEW & UPDATE ABOUT FLORIDA LAWS, MEDICAL ERRORS, HUMAN TRAFFICKING, ETHICS AND HIV/AIDS (12 HOURS)

This course is an overview of Florida Laws, Ethics, Medical Errors and HIV/AIDS. This course addresses the Florida Statues, Charter 456 health Professions and occupations: General Provisions. Chapter 480 and how this chapter applies to Massage Therapist in Florida State. The Medical Errors portion describes definition, prevention, patient safety, adverse reactions, types of factors and analysis of medical errors common in massage therapists. The Human Trafficking portion will focus on Massage therapist, definition, its effects, identification of potential victims, assist and report victims of human trafficking as well as the resources necessary to help these people. The Ethics rules and Boundaries, code and standards of practice. The HIV/AIDS definition, risk factors, symptoms and prevalence rates and update statistics.

For more information and dates please contact us (239) 689-8299.