

## Deep Tissue Massage Course Outline

The Deep Tissue Massage course covers the theory and practice of deep tissue massage techniques. It follows on from foundation diploma courses in massage and/or sports injuries.

Topics include:

- Body Palpation - how and what to feel.
- Surface anatomy of the body.
- Theory of Deep Tissue Massage.
- Practice of Deep Tissue Massage.
- Effective Practitioner Posture for Deep Tissue Massage.
- How to "Save Your Hands" during massage treatments.
- Refined Soft Tissue Technique.
- Learn "Effective Massage" technique.
- How to treat "Knots" and sore spots.
- Introduction to Trigger Points.