

NEUT 1050: Technique and Theory I

This course lays the foundation for other neuromuscular courses as it provides the essential basic skills for soft tissue manipulations. Students will learn how to incorporate the basic Swedish strokes as well as integrate each body region into a full body treatment session. Topics include: therapeutic environment; client positioning, bolstering, and draping; endangerment sites; Swedish strokes per NCE; integrated routine; mobile practice; and self-care.

Credits: 5

Prerequisites:

ALHS 1090

ALHS 1011

Program: Neuromuscular Massage Therapy