



CONTINUING EDUCATION COURSES
Florida Provider # 50-13052

1. Chair Massage (12 Hours)

This course will allow therapist to focus on key manipulations that are used during chair massage. Understanding that, they are used to reduce muscle spam and stress and can be easily executed on the massage chair. The course will cover the main muscle groups of the upper, mid, and lower back. Also, there will be time allowed to discuss with the therapist any question and to share their opinions and experiences.

2. 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.

3. 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.

5. 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 type of massage. A graphic representation will be used to show every reflex point in the hands and feet that correlate 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.

6. 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, the 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.

7. Understanding the Function of Lymphatic System (12 Hours)

This course will allow understanding the functions of the lymphatic system, as a system that works independent from the cardiovascular system. The lymph element will be stressed, where it travels and what metabolic wastes it transports. Also, the primary lymphatic organs, collector and lymphatic ducts are reviewed. The primary manipulations used for lymphatic drainage will be instructed 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.

8. Spa Treatments (12 Hours)

The Spa Treatment Course will have a total of 12 hrs in which the main focus will be the different modalities that are effective, useful and popular within spa treatments allowing student to become more familiar and comfortable with the modalities helping them become more knowledgeable and experienced.

9. Sport Massage (12 Hours)

Sport Massage is a modality that possess 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.

10. Deep Tissue (12 Hours)

This course will allow therapist 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.

11. Ethics Course (2 Hours)

The Ethics course is about of Code of Ethics and Standards of ethical and professional practice in the delivery of services.

12. Overview & Update Course about Florida Law, Ethics, Medical Errors and HIV/AIDS (16 Hours)

This course is an overview of Florida Law, Medical Errors and HIV/ AIDS. Florida Law, Chapter # 480 and how this chapter applies to Massage Therapist in Florida State. Also, this course describes Medical Errors concept and types of medical errors frequent and infrequent that is often preventable. Analysis of medical errors common in massage therapist. HIV/AIDS definition. Risk factors and symptoms and prevalence rates and update.

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