

DIPLOMA IN REMEDIAL & SPORTS MASSAGE - 4 WEEKENDS

This is an accelerated course for fully qualified physios and sports therapists only. Upon completion the therapist will hold a Diploma in Remedial & Sports Massage and will be qualified to apply for insurance to work as a Remedial & Sports Massage Therapist.



COURSE CONTENT

- Anatomy, physiology and pathology
- Philosophy and role of Remedial & Sports Massage
- Pain: the Pain Gate; Pain Control; Electronic Pain Control
- Examination Procedures: general & specific assessments
- Mobilising techniques: passive, active and resisted movements
- Safe & practical application of movements of massage using safe and efficient posture
- Effleurage, petrissage, friction and tapotement
- Soft tissue palpation skills; neuro-muscular techniques; soft tissue manipulation; myofascial techniques, soft tissue techniques, muscle energy techniques; compressions, vibration, friction and stripping
- Preventing and treating Repetitive Strain Injury
- Preventing and treating back pain
- Sports Massage - pre, post and intra-event
- Injury prevention, performance enhancement, common sports injuries, psychology of the athlete
- Rehabilitation in sport

COURSE DATES

The course will run over 4 weekends with an exam day additional to that. Dates are dependent on the location that suits you best - please email for details

LOCATIONS

Perth
Edinburgh
Inverness
Aberdeen

COURSE FEE

£875 for the full 4 weekends plus exam day. A non-refundable deposit of £75 is required to secure your place and there is the potential to pay each weekend separately after that

ADDITIONAL INFO

All courses are highly practical and students are expected to have excellent knowledge of anatomy, physiology and pathology.

All equipment, massage tables, course manuals and light refreshments are included in the cost.

EMAIL: info@athletesangels.com
CALL: Caroline on 07977 151540

Places are given on a first come, first served basis. A non-refundable £50 deposit will secure your place. Please contact us to ask about how to pay.



**EVENT CLINIC,
PHYSIO & MASSAGE**