



National Holistic Institute's ADVANCED 400 Hour PROGRAM

Advanced Neuromuscular Massage Therapist

Module 1	Module 2	Module 3	Module 4	Module 5	TOTAL 400 Hours
Shoulder & Thoracic Region (Anatomical Modeling)	Head & Neck (Cadaver Class)	Lumbar – Pelvic Region (Anatomical Modeling)	Upper Extremities (Cadaver Class)	Lower Extremities (Cadaver Class)	5 Modules 80 Hrs each 20 classes 4 hour classes 5.5 months

Designed as a fully integrated 400 hour program,
*Including specialty activities: Cadaver Classes, Anatomical Modeling
 & Integral Anatomy work*

Program Overview:

Intensive hands-on bodywork and critical thinking skills:

- Advanced Orthopedic Assessments
- Myofascial injury, pain & dysfunction evaluation
- Understanding forces that damage soft tissue
- Physiology of soft tissue injury & healing
- Medical Massage – applying high level skills in a medical setting

Deep Tissue Techniques & Clinical “Sports Massage”:

- Trigger Point Therapy
- Neuromuscular re-education
- Deep Transverse Friction
- Advanced techniques in
 - Myofascial Release
 - Proprioceptive Neuromuscular Facilitation
 - Lymphatics (post surgical and post injury)



Text Books:

1. Myofascial Pain and Dysfunction: The Trigger Point Manual---Janet Travell, David Simons & Barbara Cummings
2. Orthopedic Assessment in Massage Therapy---Whitney Lowe
3. Therapeutic Massage in Athletics ---Pat Archer
4. Trail Guide to the Body ---Andrew Biel