



# 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	Head & Neck  (Cadaver Class)	Lumbar – Pelvic Region	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

*Are you ready to take your massage to the next level?*

*Master techniques that will advance your career to new heights. It's all a part of us helping you have work you love.*

### 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)



Cynthia Ribeiro, Advanced Program Developer, introducing advanced concepts.

Text Books:

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| <ol style="list-style-type: none"> <li>1. Myofascial Pain and Dysfunction: The Trigger Point Manual---Janet Travell, David Simons &amp; Barbara Cummings</li> <li>2. Orthopedic Assessment in Massage Therapy---Whitney Lowe</li> </ol> | <ol style="list-style-type: none"> <li>3. Therapeutic Massage in Athletics ---Pat Archer</li> <li>4. Trail Guide to the Body ---Andrew Biel</li> </ol> |
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