
Objectives and Program Schedule

MedBridge Education

Deep Massage Techniques with Functional Anatomy Part 2

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Chapter 1: Deep Tissue Massage Techniques – Hip, Low Back, and Abdomen

At the end of this chapter the participant will be able to:

- Use palpation to identify all the musclemain skeletal muscles of the hip, low back, and abdomen
- Understand the common dysfunctional issues that can affect the muscles
- Identify, through palpation and massage, specific areas of soft tissue damage
- Apply a range of Deep Tissue Massage techniques to effectively treat all the skeletal muscles

Chapter 2: Deep Tissue Massage Techniques – Lower Limb

At the end of this chapter the participant will be able to:

- Use palpation to identify all the musclemain skeletal muscles of the lower limbs
- Understand the common dysfunctional issues that can affect the muscles
- Identify, through palpation and massage, specific areas of soft tissue damage
- Apply a range of Deep Tissue Massage techniques to effectively treat all the skeletal muscles