

Outline

Hour

1. Introduction to soft tissue care
2. Physiology of soft tissue healing processes.
3. Historical progression of soft tissue care – part one
4. Historical progression of soft tissue care continued and identification of complications to care.
5. Methods of soft tissue care.
6. Therapeutic stretching techniques

Objectives

In this course the learner will:

- Review the current and past history as it relates to soft tissue care.
- Understand the risks associated with using sort tissue techniques.
- Develop a methodology for treatment of soft tissue conditions.
- Define different methods of therapeutic stretching.
- Investigate the current science as it relates to soft tissue injuries.