Course Information Sheet

Course Title: Soft Tissue and Trigger Point Release, 2nd ed.

Course Description: Soft Tissue and Trigger Point Release, Second Edition, is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation. Whether you are a student or a professional, the detailed instruction and numerous photos will help you gain proficiency and confidence in applying these techniques.

Soft Tissue and Trigger Point Release thoroughly explains the differences between the three types of STR—passive (clients do not help), active-assisted (clients and therapists work together), and active (clients do it on their own)—and provides step-by-step descriptions for performing each type. This edition incorporates new content on how soft tissue release may be used to deactivate trigger points, aiding in the treatment of musculoskeletal pain. Additional updates include the following:

- More than 150 new photographs and 21 new anatomical illustrations
- Guiding arrows overlaid on photos to show the direction in which to apply pressure
- Illustrations of trigger points found in 21 muscles
- New descriptions of the use of active-assisted STR on the iliotibial band (ITB), infraspinatus, biceps brachii, and triceps
- New sections describing how to apply active STR to gluteals, trapezius, scalenes, rhomboid, and pectoral muscles
- Instruction for applying passive STR to shoulder adductors
- Case studies providing examples of how STR was used with four clients with differing problems

Complementing each technique are information on the key holds, moves, and stances for various muscles and handy reference charts indicating the types of clients and situations for which each technique is particularly useful. The full-color photos depict the locks and stretches, while some of the more difficult techniques are accompanied by photos showing the position of the therapist and a skeletal overlay on the client so you can pinpoint the specific muscle being targeted. The book also explains how to use alternative options—such as massage tools and forearms, fists, and elbows—to protect your hands and thumbs from overuse. Tip boxes offer practical comments on applying the techniques, while Client Talk boxes provide insight into real-world situations.
Soft Tissue and Trigger Point Release also shows you how to incorporate the proper techniques into a treatment program. It guides you through the consultation process and provides examples of initial questions to ask clients and various assessment forms to use in identifying clients’ needs. Using case studies and comparisons, you will learn how the data gleaned from clients can guide the design of an effective treatment program.

Soft Tissue and Trigger Point Release, Second Edition, is part of the Hands-On Guides for Therapists series, developed to provide the best clinical and educational resources available for those in bodywork professions.

Learning Objectives: After completing the Soft Tissue & Trigger Point Release course, the participant will:

1. Identify who is a candidate for soft tissue release.
2. Analyze when soft tissue release should be done.
3. Prioritize the equipment needed for soft tissue release.
4. List the three types of soft tissue release.
5. List the fundamental moves, holds and stances for soft tissue release.
6. Explain the difference between active and passive soft tissue release.
7. Explain safety guidelines for active and passive soft tissue release.
8. Determine whether soft tissue release is indicated or not.
9. Compare and contrast soft tissue release techniques for the upper and lower body.
10. Analyze how to collect and utilize a client’s medical history.
11. Explain how to create a soft tissue release program.

Target Audience: AT’s, PTs, PTAs, LMTs, Strength & Conditioning Specialists.

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.
Author Credentials:

Jane Johnson, MSc, is a chartered physiotherapist and sport massage therapist specializing in musculoskeletal occupational health. She has been using and teaching soft tissue release (STR) for many years and has a thorough grounding in anatomy, which she uses to explain STR in straightforward terms. She has worked with numerous client groups, including athletes, recreational exercisers, office workers, and older adults; this experience has enabled her to adapt STR for various types of clients and provide practical tips for readers.

Johnson has taught continuing professional development workshops for many organizations in the United Kingdom and in other countries. This experience has brought her into contact with thousands of therapists of all disciplines and informed her own practice. She is passionate about supporting and inspiring newly qualified or less confident therapists so they feel more self-assured in their work. She frequently presents STR at conferences and exhibitions for therapists.

Johnson is a member of the Chartered Society of Physiotherapy and is registered with the Health and Care Professions Council. A member of the Medico Legal Association of Chartered Physiotherapists, she provides expert witness reports on cases involving soft tissue therapies.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A