

Course Information Sheet

Course Title: Soft Tissue and Trigger Point Release

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 for treatment and rehabilitation. You are sure to appreciate the detailed instruction and the numerous full-color photos will help you gain proficiency and confidence in applying these techniques. This course 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 and speeding recovery and a return to activity. 288 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

- After completing this course, you will be able to:
 - Identify the causes of trigger points and musculoskeletal pain.
 - Explain various soft tissue release (STR) strategies.
 - Define passive tissue release.
 - Define active-assisted tissue release.
 - Define active tissue release.
 - Describe how to apply active STR to gluteals, trapezius, scalenes, rhomboid, and pectoral muscles.
 - Describe how to apply passive STR to shoulder adductors.
 - List alternative options for tissue release such as various massage tools

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

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

Instructor/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/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A