

## Massage Therapy Continuing Education Course

**Course:** Calcium Deposits & Power Point Deep Tissue – Causes, Treatments and Maintenance

**Prerequisite:** None

**Instructor:** Tatyana Richmond, LMT info@trinitytherapeuticsceu.com

**Course Schedule:** Day 1: 7:30 am - 8:00 am Registration, 8:00 am - 3:00 pm Class  
Day 2: 8:00 am - 3:00 pm Class

**Course Length:** 12 Hours **Lecture 1 Lab 11**

**Course Overview:** This course utilizes lecture, demonstration and hands-on practice focusing on the recognition, causes, and the effects calcium deposits have on the musculoskeletal system. Students will be presented with deep tissue massage therapy techniques to perform on clients who present with pain and restricted ROM caused by calcium deposits. Students will demonstrate competency in the techniques presented in this course.

**Course Objective:** Upon successful completion of this course, the student will be able to:

- Define, identify and discuss causes of stress
- Identify and list the effects of stress on musculoskeletal system
- Describe the relationship between stress, cortisol and high levels of calcium and their effects on musculoskeletal system
- Define calcific tendonitis
- Describe and discuss how size of calcium deposits can affect nerves and ROM
- Demonstrate “static pressure” and ” power point” deep tissue technique
- Demonstrate proper body mechanics in treatment of calcium deposits
- List contraindications of deep tissue massage
- Locate calcium deposits and demonstrate :“static pressure” technique to dissolve it ; “power point” deep tissue technique to muscles groups in back and neck muscles with client in prone position
- Locate calcium deposits and demonstrate : “static pressure” and “power point” deep tissue techniques to muscles while client is in supine position
- Demonstrate a release of subscapularis.
- Evaluate ROM of both arms to determine effectiveness and if any additional treatment is required
- Locate and demonstrate learned techniques to other areas of the body where calcium deposits may occur – base of palm or bottom of feet...
- Describe recommended post treatment activities for client

**Learning Outcomes:** Upon completion of this course the student will be able to provide deep tissue massage to clients to relieve symptoms of calcium deposits and provide post treatment instructions.

**Media, Text and Assigned Resources:**

Handouts

**Instructional Strategies:**

This course uses lecture-based instruction, demonstration and hands-on practice for students to be able to define, explain, discuss, and demonstrate competency of the objectives outlined in this syllabus.

Hours	Session Topic	Resources	Assignments
Hour 1	<b>Lecture</b> Introduction to course Lecture and discussion on cause and effects of stress Relationship of stress, cortisol and calcium levels and the musculoskeletal system Definition of calcific tendonitis Adverse effects of calcium deposits on clients	Handout	
Hour 2	<b>Lab Activity</b> Instructor demonstration of “power point” deep tissue technique using proper body mechanics Use of forearm, elbow, knuckles will be demonstrated Evaluation of ROM Review of techniques with questions and answers		
Hour 3	<b>Lab Activity</b> Instructor will demonstrate location of calcium deposits and application of “static pressure” technique for it’s treatment with client in prone and supine position		
Hour 4	<b>Lab Activity</b> Group A will perform one on one bodywork under supervision of an instructor to locate calcium deposits and apply a “static pressure” technique to dissolve it . Insertion of Levator Scapula and Origin of Supraspinatus		

Hour 5	<p><b>Lab Activity</b>  Group A uses “power point” deep tissue technique to release surrounding muscle groups with clients in a prone position.  Trapezius, Levator Scapulae, SITS</p>		
Hour 6	<p><b>Lab Activity</b>  Group B will perform one on one bodywork to locate calcium deposits and apply learned massage therapy techniques to posterior muscles groups with client in prone position under supervision of instructor</p>		
Hour 7	<p><b>Lab Activity</b>  Group B continue one on one bodywork with client in prone position</p>		
Hour 8	<p><b>Lab Activity</b>  Group A will perform one on one bodywork to locate calcium deposits and apply “static pressure” technique with client in supine position under supervision of instructor  Trapezius, Supraspinatus</p>		
Hour 9	<p><b>Lab Activity</b>  Group A continue one on one bodywork to upper body muscles groups with client in supine position, applying “power point” DT to release surrounding muscle groups:SCM , Trapezius, Occipital Ridge neck muscles.  Release of Subscapularis.  Evaluation of ROM</p>		
Hour 10	<p><b>Lab Activity</b>  Group B performs learned technique on calcium deposits with client in supine position under instructor observation</p>		

Hour 11	<b>Lab Activity</b> Group B performs learned technique on upper body muscles with client in supine position under supervision of instructor Release of Subscapularis. Evaluation of ROM		
Hour 12	<b>Lecture</b> Review: contraindications of deep tissue massage ; post treatment recommendations. Final review Question and answer session Completion of evaluation forms		

Each contact hour is a total of 60 minutes which includes 50 minutes of instruction and a ten-minute break. This 12-contact hour class if scheduled over 2 days will include a one-half hour lunch.