

I. Course Information

Course Title: Thai Massage for the Chair

Course Type: Live

Number of CEs (Number of hours minus lunch): 6

difficulty level: Beginner/Entry Level

* Course Description

6 hr. CE (NCBTMB and NYS certified) Thai Massage course which presents specialized techniques targeting the upper body. In this course the student will learn Thai massage techniques using a massage chair. This offers the therapist the opportunity to work with the client in a seated position, offering the therapist a marketing opportunity for providing Thai massage in diverse settings (road races, airports, street fairs, nail salons etc.).

The course consists of Three consecutive weekly lessons in which the students immediately pair up with a classmate and decide who is up and who is down. After an appraisal of the receiver's health history, the balance of the time will be divided equally between giving and receiving so each member can expect to receive work from an experienced therapist who is watching the teacher performing the demos on another body.

Each unit also stands on it's own as a set of specialized treatments catering to many people with hard working hands. Students may choose to participate for just 1 or 2 days, but to get the CE credits all three parts must be attended. The intention is for this to be beneficial for the student even if they have already attended the unit in the past since they will likely pair up with a different Lmt. each time.

There will be a 2-hr. Thai Massage Clinic (WORKSHOP) 30 minutes after every class, so the students can join and have an opportunity to practice these moves again under the supervision of the same teacher to improve retention.

Prerequisite: Course is open to licensed massage therapists.

* **Learning Outcomes and Objectives**

Students will learn to apply Thai Style to the Massage chair.

Students will learn to recognize and correct body mechanics issues to improve longevity and comfort.

Students will learn techniques that may be applied to sessions on the massage table or the mat.

* **Course Outline**

Day 1

After a brief warm-up, students will pair up with a classmate and introduce themselves by explaining any contraindications and trouble areas.

Intro.

The 50 minute demo begins with the Upper back and shoulders engaging with the fascia and following a systematic sequence designed to reduce tension around all of the trapezius, Rhomboid and paraspinal areas.

The remaining segment is taking one arm at a time and moving it through all of it's actions, while targeting the corresponding acupressure points.

Students regain consciousness and switch positions. After a brief warm-up, students explain any contraindications and trouble areas.

The instructor will repeat the demo a second time, outlining any options that may be entertained and new ways to do the same thing for people who are paired up with a partner that is vastly differing in size from themselves.

Day 2

After a brief warm-up, students will pair up with a classmate and introduce themselves by explaining any contraindications and trouble areas.

The 50 minute demo begins with detailed hand and forearm massage in Thai Style. An additional segment targets the anterior torso including fascial planes, the lateral neck muscles, Pectorals and accessory breathing muscles.

Students regain consciousness and switch positions. After a brief warm-up, students explain any contraindications and trouble areas.

The instructor will repeat the demo a second time, outlining any options that may be entertained and new ways to approach the same things for people who are paired up with a partner that is vastly differing in size from theirs.

Day 3

After a brief warm-up, students will pair up with a classmate and introduce themselves by explaining any contraindications and trouble areas.

The 50 minute demo begins with the low back and posterior hip muscles. The second segment is about stretching anterior and posterior areas which had been addressed in previous sections of the course.

Students regain consciousness and switch positions. After a brief warm-up, students explain any contraindications and trouble areas.

The instructor will repeat the demo a second time, outlining any options that may be entertained and new ways to approach the same things for people who are paired up with a partner that is vastly differing in size from theirs.

II. Student Assessment Method

Observation

III. Teaching Strategies

List the teaching strategies that will be used during this course.

Live Courses/Webinars

Class Participation

Lab/Hands-On Work



