

Course Syllabus
Pfrimmer Deep Muscle Therapy™
Level I – P101 MSSG 2000

- 1) Description and Rationale: This advanced intensive instructs the professional in the art and science of correcting damaged muscles. It covers theory, technique, practice, history, professionalism and contraindications as well as small business practices and ethics needed by the Pfrimmer Deep Muscle Therapists. Lecture, audiovisual aids, student notebook, charts and critical thinking discussions are utilized. Close individual guidance accompanies the approximately 70 hours of hands-on work done in class. The course is comprehensive in supplying the full spectrum of learning needed by the professional for the profession of Pfrimmer Deep Muscle Therapy™. The Pfrimmer Certification Program provides the full scope of learning needed to perform both basic and advanced Pfrimmer corrective work. P101 is the first class in a series of four twenty-hour segments of Level I. Level I will provide the foundation for understanding and correcting muscle/soft tissue aberrations in the entire body through palpation, conceptual theory, and hundreds of specific, detailed, corrective strokes. This completed course will qualify for National Certification for Therapeutic Massage and Bodywork continuing education credits. ACC will also provide CE Credit Certificates after every 20-hour segment, which will satisfy the Texas Department of Health continuing education requirements.
- 2) Prerequisites: All students must have a high school diploma or equivalent (GED). In addition, for Bodyworkers a minimum of 500 hours of in-classroom schooling in massage, anatomy and physiology, pathology, first aid, CPR and professional ethics is a prerequisite. *In the State of Texas an exception is made and only 300 hours of schooling is required. The State Registered Massage Therapist number or a temporary permit number must be submitted at registration.* The Pfrimmer training is also available to health care professionals with a degree/diploma including, but not limited to the following:
 - MD
 - Osteopath
 - Chiropractor
 - RN
 - LPN
 - PT
 - PTA
- 3) Facilitator: Janine Ray, MTI, info@northaustinmassage.com, (512) 331-5922 work, (512) 825-6090 mobile
- 4) Office Hours: Before and after class, and by appointment.
- 5) Required Texts/Materials: All needed materials will be distributed during class. A suggested/ recommended reading list may also be provided.
- 6) Textbooks which will be Distributed in Class:
 1. Pfrimmer, Therese C. *Muscles – Your Invisible Bonds* (revised May 1983). Blyth: Blyth printing, 1970
 2. Ross, L. Victoria *Pfrimmer Deep Muscle Therapy Student Instruction Guide* (1982-1996; 2001 edition) P101 section.
- 7) Course Purpose: P101 is the first 20-hour segment of instruction in the 80-hour Pfrimmer Deep Muscle Therapy program, which at completion will hopefully produce an equipped advanced medical massage therapist proficient in Theory, Technique, Palpation Skills, Professional Communication as well as Professional Behavior and Skills.
- 8) Course Objectives:
 - a) Re: Theory – The student will be able to discuss the following:
 - Difference between PDMT and other bodywork
 - History of Therese Pfrimmer and PDMT
 - Theory of how and why it works
 - Theory of how a muscle becomes damaged
 - Indications and contraindications for PDMT
 - b) Re: Technique - The student will be able to demonstrate proficiency in the following:
 - Basic Pfrimmer for the Hands, Arms, Neck, Head and Face
 - Rationale for Three Passes
 - Demonstrate the proper use of Body Mechanics and draping techniques
 - Consider the sources/causes of muscular damage and palpate and identify the feel or irregular tissue

9) Course Requirements and Evaluation:

- a) Attendance: Attendance will be taken daily. Continuing Education Hour certificates will be provided by Austin Community College after each 20 hours is completed. Students are permitted to miss only 15%* of their class time (3 hrs. max). If their attendance drops below 85%, the course will need to be repeated. If a student is late or misses any portion of the class, the student is considered absent for that hour.

NOTE: the percentage may vary according to the policy of the school providing/sponsoring the program.

b) Tests:

Level I Grade is determined after the completion of P101 through P104, and is comprised of the:

- Practical Exam Grade (P104) if the practical exam is failed, the student may retake the exam only after mentoring or additional (repeat) schooling. If the practical exam is missed, the student must contact the instructor within one week to reschedule the test. In instructor will arrange for two Pfrimmer testers to be schedule for the practical test, and the student must pay for their time. If the written test is failed, the instructor may allow one retake.
- Written Exam Grade (P104) if the written test is missed, the student must contact the instructor with one week to reschedule the test. The instructor will arrange for a proctor.
- Overall Performance Rating (which is an evaluation of the student's intangible qualities and abilities as perceived by the instructor, based on Professionalism, Caring/Nurturing towards client, Ability to focus on work, Inspiration to client, and Therapeutic persona/essence).

- c) Grading: Course grades will be determined in the following manner: the final grade average is the sum of the written exam, the practical exam and the teacher's Overall Performance Rating Evaluation.

Grade Values are as follows:

90 – 100 = A

80 – 89 = B

75 – 79 = C

70 – 74 = D

69 or less = Fail

The grading scale for the practical exam is as follows:

270-300 = A

240-269 = B

225-239 = C

210-224 = D

209 or less = Fail

- d) Failure in the written or practical exam will require a retake. The charge for retaking the practical exam will be \$150.00. The instructor will determine the time and place for all retakes. The official Pfrimmer Deep Muscle Therapy diploma from the Pfrimmer Institute of Corrective Muscle Therapy will not be issued until all course requirements are met. The official silver pin will be given at graduation or when the student receives the diploma.
- e) Clinic: A Comprehensive therapy session on a minimum of two clients of the public must be completed before graduating the Pfrimmer program. This clinical requirement must be handed in to the instructor before or during the Pfrimmer P104 weekend before the final grade is assessed.

9) Course Outline - Session Schedule:

Day 1- Thursday, 5:30 to 9:30 p.m.:

- Introductions, distribution of materials, signing of contracts
- Discussion of course format
- History of Therese Pfrimmer, discussion of her book
- Overview of the complete Pfrimmer Therapy session
- Explanation of timing
- Explanation of rationale for lymphatic pathways
- Explanation of troubleshooting on Pass Two
- Demonstration and discussion of Proper Body Mechanics
- Explanation of rationale for full body sequence with 4 different goals
- Demonstration of 3 different types of strokes

Day 2 – Friday, 8:00 a.m. to 5:00 p.m.:

- Demonstration of technique work on hands and arms
- Explanation of hand arm charts
- Student Exchange technique hands/arms
- Lecture: Comparison between Swedish and Pfrimmer Therapies
- Definition and Purpose of PDMT
- Five-fold Purpose of PDMT
- Factors Causing Muscle Damage
- Demonstration of technique work on neck
- Student exchange of technique on neck

Day 3 – Saturday, 9:00 a.m. to 6:00 p.m.:

- Review of technique work learned to date
- Study of palpation skills
- Contraindications plus palpation
- Indications for Malignancy
- Guidelines for suspicious conditions
- Demonstration of technique on Face/Head
- Review anatomy charts
- Student Exchange of total sequence learned to date

10) Special accommodations: ACC is an equal opportunity institution. If you have a disability or special need that may require accommodations in the classroom, please contact me to discuss your needs. You should also meet with the disability services office on the campus you attend.

11) Code of Conduct:

- Each student is to arrive prepared for class, on time, and ready for active participation.
- Pagers and telephones need to be set to vibrate or turned off.
- To be considerate of the instructor and other students, we request that students raise their hands when asking questions and making comments.
- Even though sharing opinions, experiences and testimonies is encouraged, we may have to interrupt conversations to continue with lesson plans.
- During demonstrations, testing, lectures, etc. you will be asked to leave the room in order to carry on a different conversation so as not to disturb the learning process.
- Since in advanced bodywork training there tends to be a very diverse group of health care practitioners, we will ask students to please refrain from including their particular expertise during this teaching process because of the limited time constraints and the immense amount of material that needs to be covered.
- Participants are expected to behave in a professional manner at all times, protecting each person's modesty, as well as consideration of choice of humor, language and topics of conversation.

JR/2003