

**Course Syllabus**  
**Pfrimmer Deep Muscle Therapy**  
**Level I – P102**  
**ACC - MSSG 2000**

- 1) **Description and Rationale:** The Pfrimmer Certification Program provides the full scope of learning needed to perform both basic and advanced Pfrimmer corrective work. P102 is the second 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.
- 2) **Prerequisite:** Pfrimmer 101
- 3) **Facilitator:** Janine Ray, [janine@northaustinmassage.com](mailto:janine@northaustinmassage.com), (512) 331-5922
- 4) **Office Hours:** Before and after class, and by appointment.
- 5) **Required Texts/Materials: P102 Textbook Provided in Class.**  
**Additional Handouts for P102:**
  1. Charts : Chest, Abdomen, Back and Back of Neck
  2. Understanding the Latin Prescription Terms
  3. Abbreviations for PDMT
  4. Common Abbreviations in Medical Practices
  5. Syllabus P102
- 6) **Course Purpose:** P102 is the second 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.
- 7) **Course Objectives:**
  - a) Re: Theory – The student will be able to discuss the following:
    - Neuromuscular Considerations of PDMT Corrective Work
    - Pfrimmer Troubleshooting Keys
    - Organization of the Nervous System
    - Spinal Nerves & the Four Plexus
    - Dermatome Chart Usage
    - Spinal Symptom Chart Usage
    - Anatomy of a Muscle
    - How to draw a Motor Unit Diagram
    - Understanding Anatomical Nerve Pathways
    - 50 Common Conditions Encountered with PDMT
  - b) Re: Technique - The student will be able to demonstrate proficiency in the following:
    - Basic Pfrimmer for Chest, Abdomen, Back and Back of Neck
- 8) **Course Evaluation/Grading System:**
  - 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 (A maximum of 3 hours for P102). 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)
    - Written Exam Grade (P104)
    - 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. A diploma will not be issued until all course requirements are met.

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

**9) Course Outline - Session Schedule:**

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

- Re-Introductions, Questions and Answers
- Review P101 Lecture Material
- Review P101 Sequence
- Introduce Charts for Chest/Abdomen and Review Anatomy/Quadrants
- Demonstrate Chest/Abdomen Sequence

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

- Students Trade Chest/Abdomen Sequence
- Lecture Neuromuscular Considerations
- Lecture Organization of Nervous System
- Lecture Spinal Nerves & Four Plexus
- Lecture Understanding Dermatome and Spinal Symptom Charts
- Lecture Anatomy of a Muscle
- Lecture Motor Nerve Unit
- Lecture Anatomical Pathway
- Demonstration of Back/Back of Neck Sequence
- Student Trade Back/Back of Neck Sequence

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

- Lecture Pfrimmer Trouble Shooting Keys
- Lecture PDMT Corrective Approach for 50 Common Conditions
- Review of Total Sequence Learned in P101 and P102
- Student Exchange of Sequence Learned in P101 and P102

**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:**

- a) Each student is to arrive prepared for class, on time, and ready for active participation.
- b) Pagers and telephones need to be set to vibrate or turned off.
- c) To be considerate of the instructor and other students, we request that students raise their hands when asking questions and making comments.
- d) Even though sharing opinions, experiences and testimonies is encouraged, we may have to interrupt conversations to continue with lesson plans.
- e) 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.
- f) 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.
- g) 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.