

Course Syllabus
Pfrimmer Deep Muscle Therapy
Level I – P103
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. P103 is the third 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) **Facilitator:** Janine Ray, janine@northaustinmassage.com, (512) 331-5922
- 3) **Office Hours:** Before and after class, and by appointment.
- 4) **Required Texts/Materials:** 3rd section of Textbook is provided in P103.
Handouts Provided in P103:
 1. Whole Body PDMT Sequence List
 2. Charts – Anterior and Posterior Legs
 3. Neuromuscular MT Update: Five Stages of Rehabilitation
 4. Techniques for Turning the Handicapped Client
 5. What's Lymphedema?
 6. Expert Advice on Networking with Physicians
 7. Samples of Client Information Forms
 8. Samples of Client Progress/Evaluation Forms
 9. Terms Acceptable to Insurance Companies
 10. The "SOAP" System for Medical Charting
 11. Syllabus P103
 12. Therese Pfrimmer's lower leg sequence
 13. Caring for Clients with Cancer by Tracy Walton
 14. Dermatome Sample
 15. Article: Could Massage Promote Metastasis? By Debra Curties, RMT
 16. Critical Thinking in Cancer and Massage
 17. Massage Therapy Medical Codes for 2004 by Ed Denning
- 5) **Course Purpose:** P103 is the third 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.
- 6) **Course Objectives:**
 - a) Re Theory: The Student will be able to discuss the following: How Pfrimmer Helps Each of the Body Systems; Therapy Session Protocol and Charting; How to Turn a Handicapped Client; The Legal Considerations of PDMT; How to Distinguish Contraindications and Indications of Malignancy
 - b) Re Technique: The Student will be able to demonstrate proficiency in Basic Pfrimmer for the Whole Body.
- 7) **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 P103). 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

8) Course Outline - Session Schedule:

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

- **Review P101 and P102**
- **Demonstration of Anterior Leg Sequence**
- **Student Exchange of New Technique**

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

- **Lecture: How Pfrimmer Helps Each of the Body Systems**
- **Role Play Scenarios**
- **Demonstration of Posterior Leg Sequence**
- **Student Exchange of New Sequence**
- **Lecture: Therapy Session Protocol and Charting**
- **Protocol Outline for first time client**
- **Procedures for charting using 'SOAP' medical charting system**
- **Sample History/client information form with disclaimer**
- **Sample evaluation work sketch**
- **Sample numerical scale system for initial evaluations and progress reports**
- **Review Contraindications**
- **Indications of Malignancy**
- **Lecture: Legal Considerations for Pfrimmer Therapist**
- **Lecture: Turning the Handicapped Client**

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

- **Total Body Sequence Review – Hands-On Student Exchange**
- **Lecture Timing of Pfrimmer Session**
- **Homework Assignment for P104**
- **Testing Protocol Review**

9) 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.

10) 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.