

Course Syllabus

Pfrimmer Deep Muscle Therapy

Level I – P104

MSSG 3054

Description and Rationale: The Pfrimmer Certification Program provides the full scope of learning needed to perform both basic (Level I) and advanced (Level II) Pfrimmer corrective work. P104 is the fourth and final class in a series of four twenty-hour segments of Level I. The Level I program provides 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.

Facilitator: Janine Ray, info@northaustinmassage.com, (512) 331-5922

Office Hours: Before and after class, and by appointment.

Required Texts/Materials: Part 104 of Textbook provided.

Handouts:

1. Public Relations Portfolio
2. Stuffer Articles
 - Healthview Newsletter #21
 - Healthview Newsletter #20
 - Interview with Victoria Ross, Massage Magazine
 - Pfrimmer Deep Muscle Therapy Case Studies by Noel Kelly
 - PDMT Article Massage Magazine by Barbara Mancini
 - Healing Your Child by Barry Gillespie
 - Caring for Clients with Cancer by Tracy Walton
 - Hands-On Healing , Prevention Magazine Article
 - Massage: A Hands-On Therapy by Carole Gan
 - Hill Country News Article on Janine Ray
 - Stars of the Century Article, Massage Magazine
 - Eight Basic Causes of Muscle Problems by Therese Pfrimmer
3. Miscellaneous:
 - Sequence Overview by Janine Ray
 - Level II Course Objectives
 - Syllabus P104
 - How to Palpate for Abdominal Aneurysm
4. Handouts for Special Treatments of Therese Pfrimmer
5. IAPDMT Presentation Portfolio:
 - IAPDMT Membership application
 - IAPDMT Member Benefits Page
 - IAPDMT Letter to graduates
 - IAPDMT latest newsletter
6. Diploma
7. Congratulatory Letter from PIFORCMT
8. Grade Report, Overall Performance Rating
9. IAPDMT Silver Pin

Course Purpose: P104 is the fourth 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.

Course Objectives:

- a) Re Theory: The Student will take a written exam to establish his knowledge and proficiency in the Theory, Purpose, History, Contraindications, and Troubleshooting Keys to 50 Common Conditions of PDMT.
- b) Re Technique: The Student will be given a Practical exam to demonstrate his proficiency in the Sequence of Basic Pfrimmer for the Whole Body; in palpation, and the knowledge and accuracy of specific corrective strokes; in body mechanics and in the therapy session protocol and charting.
- c) Re Clinical Application: The Student will hand in the Clinical Documentation of two clients done sometime between P103 and P104, for the teacher to review as part of their grade.
- d) To complete the training by demonstration and practice of several Special Applications of Therese Pfrimmer.
- e) A Graduation Ceremony which includes the presentation of an Official Silver Pfrimmer Pin, a Media Kit for Advertising purposes, an Invitation to join the International Association of Pfrimmer Deep Muscle Therapists, and a Diploma stating that the student has satisfactorily completed the course to become a Pfrimmer Deep Muscle Therapist.

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 12 hours for P101 through P104). 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

Course Outline - Session Schedule:

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

Course Objectives Review

Review for Written and Practical Exams

Review Sequence

Explanation of Exam Protocol and Uniforms

Collection of Clinical Documentation of two clients

Lecture: Professional Ethics & Small Business Practices for the Pfrimmer Therapist

Lecture: Educating Your Client

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

Pictures taken in Uniforms before exams begin

Introductions to Testers

Written Exam

Practical Exam

Grade Exams

Discussion with Testers

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

Distribution and Review of Grades

Graduation Ceremony with presentation of Silver Pins & Diplomas

Distribution of Additional Handouts

Review of Clinical Process

Review Timing of a Session

Review of Policy on Infectious Diseases

Self Maintenance for the Pfrimmer Therapist

How to Palpate for Abdominal Aneurysm

Introduction to Second Pass Work/ Hands-On

Special Treatments of Therese Pfrimmer:

 Foot Treatment (anterior and posterior)

 Sinus Treatment

 Bell's Palsy

 Colonics

 Tic Douloureux

 Health Facial

Level II Course Objectives

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.

JR/ November 2004