

# Course Syllabus

## Pfrimmer Deep Muscle Therapy

### Level II –P202

### MSSG 2000

**Description and Rationale:** Level II is the Advanced Level of Pfrimmer Corrective work expanding on the “Second Pass Work” through technique, theory and evaluation skills. The Pfrimmer Certification Program provides the full scope of learning needed to perform both basic (Level I) and advanced (Level II) Pfrimmer corrective work.

**Prerequisites:** All students must have completed the P201 segment of the Level II Pfrimmer Deep Muscle Therapy program.

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

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

**Required Texts/Materials:** Level II Textbook

**Handouts:**

**Course Purpose:** P202 is the second 20-hour segment of instruction in the 40-hour Advanced Pfrimmer Deep Muscle Therapy Level II program, which at completion will enhance the Pfrimmer Deep Muscle Therapist’s palpation and muscle isolation skills, client evaluation skills and understanding of corrective bodywork and structural imbalance.

#### **Course Objectives:**

- a) Re Theory: The Student will be able to discuss the following:
- (1) The overall concept of corrective bodywork
  - (2) The Concept of *basic (total body) Pfrimmer* technique work (Level 1)
  - (3) The concept of *extended* Pfrimmer “Second Pass” work (Level 2)
  - (4) The rationale for modifying pressure during corrective bodywork
  - (5) The rationale for caution in certain health conditions
  - (6) The rationale for formulating a clear treatment goal for each corrective muscle therapy session
  - (7) The “Clinical Process”
  - (8) The concept of structural imbalance
  - (9) The terms, purpose, concept and differences of Myofascial Release, Gentle Fascial Release, Pfrimmer Muscle Isolation, Client-Assisted Myofascial Release, Muscle Teasing, Joint Release, Muscle Distortion, Positional Release and Underbelly Release.
- b) Re: Evaluation: The student will be able to perform the following tests and reporting/charting:
- (1) Observe and record a postural (plumb line) evaluation on a partner
  - (2) Perform and record a Structural Quick Check Evaluation
  - (3) “Table Evaluation” - Observe and Chart structural imbalances in the supine, and prone positions.
  - (4) Palpate and record fascial restrictions and tissue tensions in the anterior and posterior of the body.
  - (5) Palpate and record observations re: selected normal and damaged tissue
  - (6) Combine observation and palpation to enhance evaluation in selected areas of the body in the supine, prone and side-lying positions.

- c) Re Technique: The student will be able to demonstrate proficiency in the following Expanded Pfrimmer "Second Pass" Work techniques:
- (1) Pfrimmer Muscle Isolation (PMI) of 62 isolated muscles, plus review of anatomy.
  - (2) Myofascial Release, Gentle Fascial Release, Pfrimmer Muscle Isolation, Client-Assisted Myofascial Release, Muscle Teasing, Joint Release, Muscle Distortion, Positional Release and Underbelly Release on specific muscles and related joints.
  - (3) Proper body mechanics for Pfrimmer "Second Pass" work.
  - (4) Perform the Structural Quick Check in ten seconds.
  - (5) Sacro-occipital balancing.
  - (6) Review of the Pfrimmer Trouble Shooting Keys and the 50 Common Conditions.

### **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 6 hours for P201 through P202). 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:** The Level II Grade is determined on the 3<sup>rd</sup> day of the P202 weekend, and is comprised of the:

- Practical Exam Grade
- 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).

### **Course Outline - Session Schedule:**

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

Review and Questions regarding application of what students learned in P201.  
Continuation of the 62 muscle isolations, technique and theory.

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

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

**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.**