

WHAT IS PFRIMMER DEEP MUSCLE THERAPY®?

Pfrimmer Deep Muscle Therapy® (PDMT) is a highly refined system of corrective treatment using a specific series of soft tissue movements designed to aid in the restoration of damaged muscles and the adjacent soft tissue in the entire body. PDMT is a *Medical Massage* Technique which is the art and science of correcting damaged muscles, and serves as a foundation for other corrective bodywork. Pfrimmer Therapy, which was developed by Thérèse C. Pfrimmer, a physiotherapist who reversed her own paralysis in the 1940's, is well known in the Northeastern United States and Canada, but is fairly new to Texas.

LEVEL 1 is an advanced intensive which will provide the foundation for understanding and correcting muscle/soft tissue aberrations through palpation, conceptual theory, and specific, detailed, corrective cross fiber strokes for the whole body. The course covers theory, technique, practice, pathology, history, professionalism, contraindications, small business practices and ethics. (See individual class descriptions below) Lecture, audiovisual aids, student notebook, charts and critical thinking discussions are utilized. Close individual guidance accompanies the 80-hour hands-on workshop. The certification program provides a full scope of learning to perform basic and advanced Pfrimmer corrective work.

Prerequisite: Must be a Registered Massage Therapist, Physical Therapist, Occupational Therapist, R.N., M.D., or other medical professional.

Completion of the course qualifies graduates for NCTMB continuing education credits. Austin Community College (ACC) will provide CE credit certificates following each 20-hour segment that satisfies TX Department of State Health Services CE requirements.

CLASS DESCRIPTIONS:

P101 Weekend – Theory, History, Body Mechanics, Rationale of Pfrimmer Deep Muscle Therapy with Technique for Hands, Arms, Neck, Head and Face.

P102 Weekend - Neuromuscular Considerations of PDMT Corrective Work; Pfrimmer Troubleshooting Keys; Review of Nervous System, Plexus and Anatomy; Pathology Review of 50 Common Conditions treated by PDMT; and Technique for Chest, Abdomen, Back and Back of Neck. (Prerequisite: P101)

P103 Weekend– How PDMT affects Body Systems; How to address the handicapped Client; Protocol and Charting; Legal Considerations; and Technique for the Anterior Legs and Posterior Legs. (Prerequisite: P102)

P104 Weekend – Written and Practical Exams; Introduction to Pfrimmer Second Pass Work; Timing; the Clinical Process; Special Pfrimmer Applications; Professional Ethics & Small Business Practices; Graduation and Diploma. (Prerequisite: P103)

**Austin Community College Schedule
Summer 2007 - Pfrimmer Level 2
(Advanced Program - Prerequisite: Level 1 graduate)**

P 201 Jun 21, 22, 23

P 202 July 19, 20, 21

Fall 2007 - Pfrimmer Level 1

P101 August 23, 24, 25

P102 September 20, 21, 22

P103 October 18, 19, 20

P104 November 15, 16, 17

Hands on School of Massage in Beaumont Schedule

P101 - Aug 9,10 & 11

P102 - Sept 6,7, & 8

P103 - Oct 4,5,& 6

P104 - Nov 1,2 & 3

TIMES FOR ALL SESSIONS

Thursday Evenings: 5:30 pm – 9:30 pm

Fridays: 8:00 am – 5:00 pm

Saturdays: 9:00 am – 6:00 pm

“Medical Massage through Pfrimmer Deep Muscle Therapy®”

If you have clients that need more help than you can offer with your current skills, Pfrimmer Deep Muscle Therapy is a technique that can equip you. Pfrimmer Therapists will be needed for a National Institute of Health (NIH) Research Project in Texas!

Class size is limited and classes must be taken in sequence. Traveling from the other end of the State...let us know...we may be able to help you find accommodations. Call or email Janine with questions!

HOW MUCH DOES IT COST?

Pfrimmer Deep Muscle Therapy Certification Program prices have changed!

Each 20-Hour Weekend course is now only \$525.00 per session in Texas (plus ACC insurance fee). Texas needs massage therapists that are trained in medical massage!

REGISTRATION IS LIMITED – MAXIMUM OF 12 STUDENTS PER CLASS- SO CALL NOW!

FOR MORE INFORMATION CONTACT

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