

Deep Tissue / Kinesiology



This 70 hour course introduces students to Kinesiology and Deep Tissue bodywork. The Kinesiology portion of this course covers: boney landmarks, joint structure, and joint movements of the skeletal system, as well as the locations, actions and attachment sites of over 60 major muscles.

The Deep Tissue portion of this course offers a variety of techniques to release the fascial binding and muscular contraction including: muscle stripping, cross fiber, and prolonged compression. In this course students will learn to address hypertonicity, fascial shortening and constriction with muscle specific techniques designed to effect change in muscle tonus via the nervous and circulatory systems. as well as lengthening of the fascial sheaths surrounding muscles. Students will learn prone, supine and side posture positioning; proper body mechanics and appropriate use of forearms, elbows and knuckles to reduce fatigue and the chance of injury.

"Deep Tissue took my massage to a whole new level. It is a privilege to know this material - it's like being given a secret ingredient. I love the seamless fluidity of the kata - each stroke moving into the next in a nonstop motion." Jenny Vanseters, SBBTI 250 graduate



2022 Class: (Wed, Thurs) **Sep 14- Nov 2** 9am-1:15pm

Clinic: (Wed) **Nov 9, 5-8:15pm**

(Thurs) **Nov 10, 10-1:15pm**

Registration Fee: \$50 **Tuition:** \$1,260

Textbook: Massage Therapy Principles & Practice Salvo, \$97



Instructor: Noah Lucas, NMT, MASM-CPT

Noah is a graduate with honors from the National Holistic Institute where he received both his 800 hr core and 450 hr advanced neuromuscular therapy training in the field of massage therapy. He holds the professional titles of CAMTC Certified Massage Therapist, Advanced Neuromuscular Massage Therapist and Health Educator, and National Academy of Sports Medicine Certified Personal Trainer. Noah's passion in life is to share his knowledge and skills to help people understand and change their relationship with pain and posture through education, movement, and bodywork.

More about Deep Tissue

Other topics of deep tissue covered are the muscles, energy techniques, and proprioceptive neuromuscular facilitation will be discussed. Students will learn:

- improve postural alignment
- increase range of motion
- activate connective tissue regeneration
- break-up adhesions caused by micro-scarring, injury, or surgery
- address chronic pain and specific syndromes (headaches, sciatic pain, thoracic outlet syndrome, etc.)
- What students and clients are saying about Deep Tissue...

"Seriously one of the most immediately to long term beneficial courses." **Nitsa Pomerleau, 550 Student**

"SBBTI's Deep Tissue course provided me with techniques to deliver a quality deep tissue session while saving my thumbs and wrists. I incorporate the forearm moves I learned into every session. Clients have been very happy with the releases I have provided on many levels." **Kasey Warner, 550 graduate**

"I was having low back pain and stiffness in my left hip earlier today. After my Deep Tissue session, I felt space and energy release. It was a blue, cool release of Kidney Qi. Afterwards, I could see better, everything was brighter and crisper. My tinnitus has gone from a level 8 (ringing in the ears) to a 2 (barely perceptible); it was profound and it wasn't painful." **Steve Richardson, student in SBBTI's Massage Therapist Program**

"I received Deep Tissue work on my shoulder and was amazed at how immediate and effective the results were in relieving pain. After just one deep tissue session I experienced less pain with increased mobility and a greater understanding of how my shoulder girdle operates. I believe deep tissue work is essential to one's own body awareness and leading a healthy, active lifestyle." **Sarah Kreitzer, student in SBBTI's Massage Therapist Program**

"I have used Deep Tissue on many of my clients with amazing results. Not only is it effective in releasing muscle knots but the effect radiates in a positive way into surrounding tissue. Done correctly Deep Tissue has a profound and positive impact on a client's body." **Ron Buckley, SBBTI 550 hour graduate**

"I feel euphoric. I came in with lower back pain, I felt like I couldn't even stand up straight. Now my range of motion in my back feels much better. I am coming back!" **Isela, SBBTI's clinic client commenting on her Deep Tissue session with Rochelle Robard**