



Course Descriptions

Fundamental of Anatomy & Physiology First Quarter - 150 hours

This course provides a thorough understanding of the body. Knowledge of the body from the cellular level through the organism level provides the students with an understanding of the bodies ability to change and adapt, thus providing the future therapist with the scientific understanding of why hands-on treatment is effective in improving dysfunctional conditions.

All systems of the organism are covered with special emphasis on the skeletal, muscular and nervous systems as they relate to myofascial trigger point or any other hands on therapy. This understanding is extended to providing the student with the ability to palpate all aspects of anatomy on live models.

History & Principles of Myofascial Therapy Second Quarter - 33 hours

This course will cover the history of myofascial therapy through the medical, chiropractic, osteopathic and alternative medicine fields. Perpetuating factors as well as pathophysiology of myofascial pain syndromes will be addresses in depth. The major emphasis in this course is to cover the first four chapters of Myofascial Pain & Dysfunction, Volume One by Drs. Janet Travell and David Simons

Fundamentals of Physical Evaluation & Palpation Second Quarter - 33 hours

Before an appropriate treatment can be administered, it is imperative that the injured structure(s) be ascertained. This course is designed to train the student to distinguish between soft tissues of the body by developing the skills of palpation. Various orthopedic and neurological tests will assist the therapist in determining the existence of tissue injury and altered biomechanics.

Neurology Second Quarter - 22 hours

This course covers clinical neurology. Students are trained to conduct a neurological examination to distinguish what type of injuries a patient may have prior to application of myofascial therapy. Students also learn about causes of neurologic dysfunction and how it relates to myofascial therapy.

Application of Myofascial Therapy Second Quarter - 33 hours

Myofascial therapy will be performed by class members on one another. It will generally involve treating the areas covered in Fundamental of Physical Evaluation and Palpation class.

Literature Review Second Quarter - 22 hours

This course focuses on the study of myofascial pain and dysfunction by studying the parallel development of the literature between various disciplines treating this condition. The goal of this course is to develop a therapist with a vast knowledge of the history and theory involved in our discipline. In turn, the student can draw from each of the myofascial traditions those elements which will make for the best therapist. This is primarily a reading and discussion course.



Course Descriptions

<p>Alexander Technique & Movement Education Second, Third and Fourth Quarters - 66 hours</p>	<p>This course teaches the student to instruct clients in proper movement techniques based on dance and movement education techniques. At the end of a treatment session, clients are instructed by the student/therapist to move in such a way that the muscles contract in proper sequence around the joints at which they create movement in order to keep the myofascial trigger point from being reactivated due to improper firing sequence of the muscles. This results in the removal of a potent perpetuating factor of myofascial trigger points and is an integral part of the treatment session. Students become familiar with their own body mechanics and learn proper movement, balance, and posture.</p>
<p>Advanced Principles of Myofascial Therapy Third and Fourth Quarters 66 hours</p>	<p>The student will study Myofascial Pain and Dysfunction: The Trigger Point Manual by Drs. Janet Travel and David Simons. Discussion of chapters will include review of the regional anatomy, typical referral patterns, action of each muscle and how trigger points in the region being studied are typically activated. Ergonomic considerations in the treatment of each muscle is also covered.</p>
<p>Applied Myofascial Therapy Third and Fourth Quarters 110 hours</p>	<p>Muscles discussed in the previous class will be evaluated and treated. Emphasis will be on appropriate Trigger Point Pressure Release technique, post-isometric relaxation and movement reeducation of the affected musculature. This is followed by various techniques to address other soft tissue and joint dysfunction that perpetuate these myofascial trigger points</p>
<p>Student Clinic Third and Fourth Quarters 66 hours</p>	<p>The student clinic involves student treatment of outside patients to gain experience in treating a variety of disorders. Students are encouraged to use Business Skills training to market and operate the clinic.</p>
<p>Business Skills Third and Fourth Quarters 44 hours</p>	<p>The basic skills needed to build a successful Myofascial Trigger Point Therapy practice are discussed. Topics include billing and reporting, marketing, business and financial planning, ethics and professionalism and presentation skills.</p>
<p>Student Project Third and Fourth Quarters 5 hours</p>	<p>The student project is an independent study by each student to allow them to gain experience in the business world. Information gained by the student will be utilized to assist in preparation of a complete business plan before graduation.</p>

For information regarding a by-pass examination for Fundamentals of Anatomy & Physiology, please contact our office at 412-481-2553



School Calendar

The program is based on four quarters which are eleven weeks in length.

Monday/Tuesday Class July 2006-June 2007		
First Quarter Begins	Monday	July 10, 2006
No Class – Labor Day	Monday & Tuesday	September 4-5, 2006
First Quarter Ends	Tuesday	September 19, 2006
Second Quarter Starts	Monday	October 2, 2006
No Class – Thanksgiving	Monday & Tuesday	November 27-28, 2006
Second Quarter Ends	Tuesday	December 19, 2006
Third Quarter Starts	Monday	January 8, 2007
No Class – President's Day	Monday & Tuesday	February 19-20, 2007
Third Quarter Ends	Tuesday	March 27, 2007
Fourth Quarter Starts	Monday	April 9, 2007
No Class – Memorial Day	Monday & Tuesday	May 28-29, 2007
Fourth Quarter Ends	Tuesday	June 26, 2007

Snow days will replace a "No class" day or will be added to the end of the year, if needed.
 Schedule may change at the discretion of the faculty and staff of PSPM.

Class Times

Monday	9:00 AM - 6:00 PM
Tuesday	8:30 AM - 5:00 PM
Thursday	9:00 AM - 6:00 PM
Friday	8:30 AM - 5:00 PM

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