Trigger Point Massage Class Description:

This is a practical, hands on class designed to familiarize the student with trigger point principles, treatment, and self-care techniques. The class will include:

1. Basic trigger point theory, including causes and symptoms.
2. The 12 most popular trigger point areas.
3. Treatment techniques.
4. Self-care techniques for therapists and customers.
5. Interviewing customers to get the information you need.
6. Teaching customers about trigger points, effective treatment, and self-care.

This class will provide the Massage Therapist with extra tools and techniques that you can use to improve your relaxation massage, increase your income by encouraging repeat visits, help your customers understand their muscles and become pain free, and treat your own pain issues to make sure you can continue to work as a LMT.