

Certificate of Completion

The bearer of this certificate successfully has completed a Learning Module on:

The Upper Trapezius Muscle

Learning Objectives

Anatomy: Attachment points, actions, postural effects of chronic tension

Dysfunction: Poor ergonomics, breathing pathology, stressful thoughts, adverse neural tension

Assessment: Shape/contour, recruitment with breath, reaching, scapulohumeral rhythm, length, palpation, trigger point referral

Treatment: Entrainment, effleurage, petrissage, ischemic compression, stretching,

Homecare: Ergonomic change, self stretching, slowness of change, diaphragmatic recruitment and strengthening, stretching the forearms.

This course has been assigned 2 Primary CE Credits by:

Massage Therapist Association of Alberta (MTAA)

Massage Therapy Association of Manitoba (MTAM).

Ontario Massage Therapists and members of the Association of New Brunswick Massage Therapists

calculate your Primary CEU's credit by dividing hourly completion time by 2 = _____ CEU's.

This certificate must be coupled with a Copy of the Student's Online Quiz results.

The Quiz Results state the name of the person who took the quiz as well as how well they did on each question.

75% is a passing mark.

Instructor: Doug Alexander

<http://www.massagetherapypractice.com>