

# NordBlade Soft Tissue Mobilization Concept Course Plan

## Level 1

### Prologue

- History
- Evidence based Medicine \ Researches

### Theory

- Basic principles
- Impact mechanism
- Effects of work

### Practical part. Basic techniques

#### Scanning technique

- Trigger points
- Adhesions
- Fibrotic nodules
- Zones of myofascial tonus

#### Trigger point technique

#### Mobilization technique

##### Trunk.

- Upper and middle part of trapezium
- Pectoralis major
- Erector Spine muscle (low back)

##### Upper Limbs

- Flexors and Extensors
- Biceps and Triceps
- Wrist mobilization

##### Lower limbs

- Plantar Fascia
- Triceps Surae muscle
- Hamstrings
- Quadriceps muscle



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## Level 2

### Theory

- How does it work?!
- Physiological effects
- Mechanism of influence
- Contraindications

### Practical part. Advanced techniques

#### **Tendon technique**

- Achilles tendon
- Patellar tendon

#### **Separation technique**

- Hamstrings
- Triceps Surae muscle
- Erector spinae muscles

#### **Deep technique**

#### **Soft mobilization technique**

#### **Scar technique**

#### **Flossing (REA Floss Band, REA Cohesive Bandage)**

- Wrist, Elbow, Forearm
- Biceps/triceps muscle
- Hamstrings/quadriceps
- Knee, Triceps Surae muscle, Ankle
- Soft mobilization using coban bandage
- Lymph drainage using coban bandage

#### **Cupping. Mobilization technique**

- Shoulder
- Hamstrings, Quadriceps femoris muscle
- Erector spinae muscles

#### **Cupping. Lymph technique**

- Trunk, Shoulder, Lower limbs

