

# PROFESSIONAL SOTAI CONTENTS

## Body analysis:

Observing muscular, skeletal or postural imbalance.  
Assessing the back, the neck, shoulders, knees, etc.  
The importance of muscles and joints in balance.  
How to check effectiveness of treatments.

## Articular rotations:

Deciding the best direction, their effect on the body as a whole.  
Correct posture for effortless rotations.  
Rotations at floor level (futon) and on a massage table.  
Toes, ankles, hips, wrists, shoulders, elbows and finger rotations.  
Deciding which and how many rotations to use depending on case/condition.  
Assessing effectiveness of rotations during treatment.

## Sotai exercises:

How to teach exercises for patients to do at home.  
Integrating exercises with other treatments.  
Exercises with and without therapist's resistance.  
Basic and advanced exercises.

## Therapist's resistance:

When, why and how to apply resistance.

## Treatments:

Treatment protocol.  
Client consultation/health history.  
Observation of breathing patterns.  
Structured, step-by-step treatments.  
Musculoskeletal problems (back pain, whiplash, sprains, tennis elbow, etc), neurological disorders (Parkinson's disease, paresthesia, etc) and other disorders (digestive problems, etc).

ブ Case studies: how to write case studies and prepare the professional portfolio. Use of MYMOP.  
口 Students need to complete six case studies.

指 Teaching clinics: students treating real patients under the teacher's supervision.

Via e-learning

庄 Anatomy & Physiology\*  
Delivered by our partners, Essential Training Solutions.  
Go to the following link to see contents and sample lessons.  
学 <http://www.essential-training.co.uk/training/apdemo06/apdemosept06.html>

校 \*Prior learning in Anatomy and Physiology may exempt students from studying this subject.

### TIMETABLE

The classes run on the following Saturdays from 10.00 to 17.00 starting in October 2017.

### PROFESSIONAL SOTAI TIMETABLE 2017 – 2018

Please contact us.

NOV	DEC	JAN	JAN	MAR	APR	MAY	JUN	JUL
18	2	6	27	3	14	19	9	7

### PRICE

The price for the 2017 course is £480 per term. The price for the whole year is £1440. There is a discount of 10% if paying the whole course before the beginning of the first term (a total of £1296)

To book a place please go to [booking](#).

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