

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 Fridays from 11.00 to 18.00 starting in October 2016.

PROFESSIONAL SOTAI TIMETABLE 2016 – 2017

Please contact us.

OCT	NOV	DEC	JAN	FEB	MAR	MAR	APR	MAY	JUN
28	11	9	13	10	3	24	21	19	16

PRICE

The price for the 2016 course is £480 per term (Please note that the last term consists of four months). 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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