THPY2106 - Neuromuscular Therapy

Credits:	2 (0/2/0)
Description:	Students will reinforce previously learned techniques. Students will consider various treatment protocols utilizing scientifically proven, outcome-based techniques including neuromuscular therapy, myofascial release, travel trigger point therapy, muscle energy technique, proprioceptive neuromuscular facilitated stretching, active isolative stretching and positional release technique. Students will perform thorough patient assessments utilizing medical histories and objective findings through palpation, functional muscle testing, range of motion testing, postural examination and gait examination. Based on the assessment results, students will write a supplementary care-plan using carefully selected techniques and recommended exercises appropriate for the given condition. The supplementary care plan will be written as prescribed by a licensed physician, chiropractor or physical therapist, focusing on conditions such as thoracic outlet syndrome, lateral epicondylitis, low back pain, piriformis syndrome and plantar fasciitis.
Prerequisites:	• Diploma or Certificate in Massage Therapy • THPY1118
Corequisites:	
Pre/Corequisites*:	
Competencies:	1. Demonstrate how to examine the human body and safely apply neuromuscular techniques and principles. 2. Safely apply joint mobilizations and stretches to the client. 3. Assess client's conditions and determine appropriate neuromuscular techniques to apply during treatment. 4. Identify conditions that require client referral to licensed medical personnel. 5. Apply proper body mechanics during treatment. 6. Develop clear and accurate documentation of all events and communications occurring during client's treatment session. 7. Write a supplemental care plan that includes exercises.
MnTC goal areas:	None

**Can be taking as a Prerequisite or Corequisite.*

© 2026 Minnesota State Community and Technical College.
We reserve the right to periodically update information without notice.
The information in this publication should not be regarded as contractual in nature.