

Blue Heron Academy eLearning

Acupressure & Massage

The acupressure program is designed for the student looking for beginning training in acupressure, or the massage therapist looking for additional training and certification hours. The certified acupressure program is a 100-hour training program that provides you with a certificate in acupressure. The program combines eLearning materials with hands on Acupressure Kata Meridian Massage Technique DVD. All Blue Heron eLearning programs are state licensed!

Section One:

- The Fundamentals of Chinese Massage Therapy - Medical Tuina (Chinese massage therapy)

Section Two:

- Treating acute and chronic pain, somatic dysfunction and musculoskeletal disorders and conditions with medical tuina
- Traditional Chinese Medicine Etiological Factors

Section Three:

- Patient Questioning

Section Four:

- Manual Techniques of Medical Tuina
- Point location, measure and the application of pressure
- The art of pressure
- Outline of the central manual therapy techniques

Section Five:

- Gua Sha - Chinese scraping toxin method

- Method of application
- Techniques of Medical Tuina

Section Six:

- General extremity treatment protocols
- General Medical Tuina Therapy Applied to the Lower Extremities

Section Seven:

- Tuina treatment for tennis elbow (Lateral epicondylitis)
- Medical Tuina Treatment Protocol

Section Eight:

- Examples of Acupressure Techniques:
 - Used in Medical Tuina Therapy
 - Thumb press to large intestine
 - Thumb press to spleen
 - Double thumb press to large intestine
 - Thumb press to gallbladder
 - Thumb press to pericardium
 - Double thumb press along the bladder meridian
 - Knuckle press to small intestine
 - Thumb press to large intestine
 - Thumb press to conception vessel
 - Finger press to gallbladder
 - Thumb press to stomach