

Massage therapist

Hereby certifies that

Ida Palm

has participated in a professional Massage Therapist Education at Axelsons Institute.
The program comprises 630 hours of teacher and instructor led training, including self-studies.

The program includes the following:

Anatomy & physiology

- Basic anatomy
- Functional anatomy & physiology
- Palpation & applied anatomy
- Joint movements & muscle actions

Practical manual treatment

- Swedish massage, facial & chair massage
- Soft tissue & connective tissue massage
- Myofascial release techniques
- Trigger point therapy
- Assisted & advanced PNF stretching techniques

Medicine

- The science & practice of manual therapy
- Musculoskeletal Imbalances
- Injuries & Diseases
- Stress & Stress Relief Techniques
- CPR

Training & exercise

- Pilates & yoga
- Muscular rehabilitation training
- Self-stretch practice

The massage therapist in practice

- General etiquette, hygiene, towel technique and communication with clients
- Working practice and self-employment

- Marketing & networking
- Legal and ethical aspects of professional practice

Test procedures

- Muscular range of motion evaluation
- Palpation assessment skills
- Muscle function testing
- Assisted and advanced stretching techniques

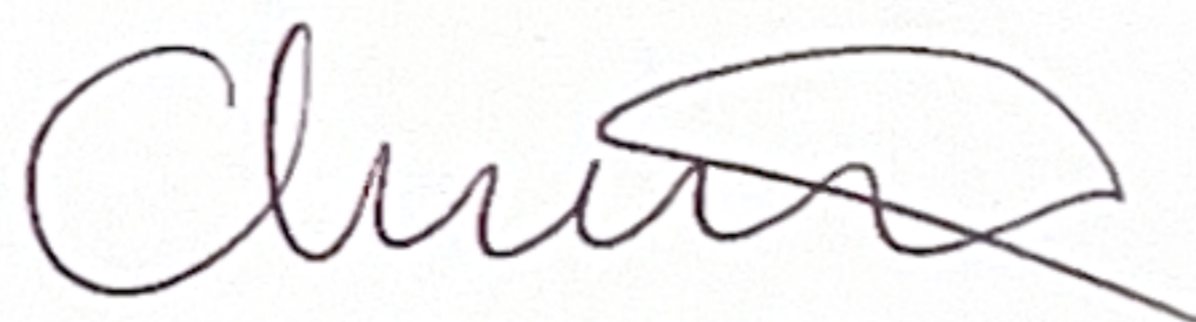
Examination

- The student has gone through written assignments and exams as well as practical tests.

The students have treated up to 60 clients at the school's massage clinic throughout the education, with supervised guidance from Osteopaths, Massage Therapists and Masseuses. The aim of Axelsons Massage therapist education is to give the students the skills and ability to provide a healthy nourishing massage as well as treating disorders of the musculoskeletal system. The student has received a diploma since all practical and theoretical elements have been completed and approved with very high distinction. All operations are completed and approved.

Gothenburg June 16, 2020

AXELSONS INSTITUTE



Christer Ugglå
Coordinator