



# DIPLOM

**Jasmine Andersson Nell**

## MEDICAL MASSAGE THERAPIST

The training has been successfully completed and the person named above has attained the high standard required by Axelons Institute.

Gothenburg December 17, 2023

Pauline Hegner  
Director of Studies



**Axelons Institute**

KUNSKAP SOM BERÖR

# CERTIFICATE

## Medical massage therapist

Hereby certifies that

*Jasmine Andersson Nell*

has participated in a professional Medical massage therapist education at Axelons Institute. The program comprises 900 hours of teacher and instructor led training and self-studies. All operations are completed and approved.

### I utbildningen ingår följande:

#### Anatomy & physiology

- Basic anatomy
- Basic medicine
- Functional anatomy and physiology
- Palpation and applied anatomy
- Joint movements and muscle actions

#### Medicine

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

#### Practical manual treatment

- Swedish massage, facial and chair massage
- Soft tissue and connective tissue massage
- Trigger point therapy
- Assisted and advanced PNF stretching techniques
- Temporomandibular joint treatment
- Myofascial release techniques
- Positional Release techniques
- Muscle Energy techniques
- Rehabilitation and self treatment
- Taping

#### Training & exercise

- Pilates
- Rehab/home exercises

#### Test procedures

- Muscular range of motion evaluation
- Palpation assessment skills
- Muscle function testing
- Orthopedic tests
- Ascultation heart and vessels
- Neurostatus
- Blood pressure

#### The medical massage therapist in practice

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

#### Examination

- Written exams
- Practical tests

The student have treated up to 115 clients at the school-s massage clinic throughout the education, with supervised guidance from Osteopaths, Chiropractors, Massage Therapists and Masseuses. The aim of Axelons Medical massage therapist education is to give the student the skills and ability to provide a healthy nourishing massage as well as treating disorders of the musculoskeletal system.

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AXELSONS INSTITUTE

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