



PROFESSIONAL CERTIFICATE IN ADVANCED CLINICAL MASSAGE THERAPY (ACMT)



ONLINE COURSE SYLLABUS

Get Year 1 content from our Professional Certificate in Advanced Clinical & Sports Massage (BTEC Level 6) online. Learn anatomy, assessment, and advanced hands-on techniques from Jing co-founders Rachel Fairweather and Meghan Mari through nearly 30 hours of engaging video lessons. Each module features dynamic teaching, downloads, and quizzes to build your skills treating chronic pain. Study anytime, join live Zoom Q&As, then apply your learning with hands-on sessions at The Jing Institute.

SECTION 1: THE JING METHOD® LOW BACK PAIN

MODULE 1:

JING FUNDAMENTALS

Lesson 1: Welcome to Jing and your online journey

Lesson 2: The Jing Method® for the treatment of pain - the HFMAST formula

Lesson 3: Back to basics

Lesson 4: Consultation and assessment

MODULE 2:

ANATOMY

Lesson 1: Anatomy of muscles involved in low back pain

MODULE 3:

THE JING METHOD® PROTOCOL FOR THE TREATMENT OF LOW BACK PAIN

Lesson 1: The Jing Method® protocol for treatment of low pain

Lesson 2: Beginnings: application of heat and preparation work

Lesson 3: Fascial technique

Lesson 4: Treating the erector spinae group

Lesson 5: Treating the quadratus lumborum

Lesson 6: Treating the gluteal muscles

Lesson 7: Treating the piriformis and lateral rotators

Lesson 8: Acupressure points for low back pain

Lesson 9: Sidelying treatment of gluteus medius, minimus and TFL

Lesson 10: Supine treatment of psosas and iliacus

Lesson 11: Finishing

MODULE 4:

STRETCHING

• Lesson 1: Advanced stretches for low back pain

MODULE 5:

CLIENT SELF-HELP TECHNIQUES

• Lesson 1: Client self-help techniques

MODULE 6:

PATHOLOGIES

• Lesson 1: Low back pathologies



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SECTION 2: THE JING METHOD® NECK AND SHOULDER PAIN

MODULE 1:

ANATOMY

- Lesson 1: Anatomy and trigger points of muscles involved in neck and shoulder pain
- Lesson 2: Palpation of muscles involved neck and shoulder pain
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MODULE 2:

THE JING PROTOCOL

- Lesson 1: The Jing Method® protocol for the treatment of neck and shoulder pain
- Lesson 2: Beginnings: Application of heat and preparation work
- Lesson 3: Fascial technique
- Lesson 4: Muscle and trigger point techniques: Prone
- Lesson 5: Muscle and trigger point techniques: Side lying
- Lesson 6: Muscle and trigger point techniques: Supine
- Lesson 7: Acupressure points for neck and shoulder pain
-

MODULE 3:

ADVANCED STRETCHES

- Lesson 1: Advanced stretches for neck and shoulder pain
-

MODULE 4:

CLIENT SELF-HELP TECHNIQUES

- Lesson 1: Client self-help techniques
-

MODULE 5:

MUSCULOSKELETAL PATHOLOGIES

- Lesson 1: Neck and shoulder pathologies
-

MODULE 6:

RECAP

- Lesson 1: Recap
- Lesson 2: Recap - prone
- Lesson 3: Recap - side-lying
- Lesson 4: Recap - supine
-



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SECTION 3: THE JING METHOD® SHOULDER GIRDLE PAIN

MODULE 1:

ANATOMY

Lesson 1: Anatomy and trigger points of muscles involved in shoulder girdle pain

Lesson 2: Palpation of muscles involved in shoulder girdle pain

MODULE 2:

THE JING PROTOCOL

Lesson 1: The Jing Method® protocol for the treatment of shoulder girdle pain

Lesson 2: Beginnings: Application of heat and preparation work

Lesson 3: Fascial technique

Lesson 4: Muscle and trigger point techniques: prone

Lesson 5: Muscle and trigger point techniques: side-lying

Lesson 6: Muscle and trigger point techniques: supine

Lesson 7: Acupressure points for shoulder girdle pain

MODULE 3:

ADVANCED STRETCHES

Lesson 1: Advanced stretches for shoulder girdle pain

MODULE 4:

CLIENT SELF-HELP TECHNIQUES

Lesson 1: Client self-help techniques

MODULE 5:

MUSCULOSKELETAL PATHOLOGIES

Lesson 1: Shoulder girdle pain pathologies

MODULE 6:

RECAP

Lesson 1: Recap

Lesson 2: Recap - prone

Lesson 3: Recap - side-lying

Lesson 4: Recap - supine



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SECTION 4: THE JING METHOD® FOREARM, WRIST AND HAND PAIN

MODULE 1:

ANATOMY

Lesson 1: Anatomy and trigger points of muscles involved in forearm, wrist and hand pain

Lesson 2: Palpation of muscles involved in forearm, wrist and hand pain

MODULE 2:

THE JING PROTOCOL

Lesson 1: The Jing Method® protocol for the treatment of forearm, wrist and hand pain

Lesson 2: Beginnings: Preparation work

Lesson 3: Fascial technique

Lesson 4: Muscle and trigger point techniques: part one

Lesson 5: Muscle and trigger point techniques: part two

Lesson 6: Muscle and trigger point techniques: part three

Lesson 7: Acupressure points for forearm, wrist and hand pain

MODULE 3:

ADVANCED STRETCHES

Lesson 1: Advanced stretches for forearm, wrist and hand pain

MODULE 4:

CLIENT SELF-HELP TECHNIQUES

Lesson 1: Client self-help techniques

MODULE 5:

PATHOLOGIES

Lesson 1: Forearm, wrist and hand pathologies

MODULE 6:

RECAP

Lesson 1: Recap



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SECTION 5: THE JING METHOD® LEG, KNEE AND FOOT PAIN

MODULE 1:

ANATOMY

Lesson 1: Anatomy and trigger points of muscles involved in leg, knee and foot pain

Lesson 2: Palpation of muscles involved in leg, knee and foot pain

MODULE 2:

THE JING PROTOCOL

Lesson 1: The Jing Method® protocol for leg, knee and foot pain

Lesson 2: Preparation work: application of heat

Lesson 3: Fascial technique

Lesson 4: Muscle and trigger point techniques: prone

Lesson 5: Muscle and trigger point techniques: side-lying

Lesson 6: Muscle and trigger point techniques: supine

Lesson 7: Acupressure points for leg, knee and foot pain

MODULE 3:

STRETCHING

Lesson 1: Advanced stretches for leg, knee and foot pain

MODULE 4:

CLIENT SELF-HELP TECHNIQUES

Lesson 1: Client self-help techniques

MODULE 5:

MUSCULOSKELETAL PATHOLOGIES

Lesson 1: Leg, knee and foot pathologies

MODULE 6:

RECAP

Lesson 1: Recap

Lesson 2: Recap - prone

Lesson 3: Recap - side-lying

Lesson 4: Recap - supine



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SECTION 6: THE JING METHOD® HIP AND PELVIS PAIN

MODULE 1:

ANATOMY

Lesson 1: Anatomy and trigger points of muscles involved in hip and pelvis pain

Lesson 2: Palpation of muscles involved in hip and pelvis pain

MODULE 2:

THE JING PROTOCOL

Lesson 1: The Jing Method® protocol for treatment of hip and pelvis pain

Lesson 2: Preparation work: application of heat

Lesson 3: Fascial technique

Lesson 4: Muscle and trigger point techniques: prone

Lesson 5: Muscle and trigger point techniques: side-lying

Lesson 6: Muscle and trigger point techniques: supine

Lesson 7: Acupressure points for leg, knee and foot pain

MODULE 3:

STRETCHING

Lesson 1: Advanced stretches for hip and pelvis pain

MODULE 4:

CLIENT SELF-HELP TECHNIQUES

Lesson 1: Client self-help techniques

MODULE 5:

MUSCULOSKELETAL PATHOLOGIES

Lesson 1: Hip and pelvis pathologies

MODULE 6:

RECAP

Lesson 1: Recap

Lesson 2: Recap - prone

Lesson 3: Recap - side-lying

Lesson 4: Recap - supine
