

THE JING METHOD®

LOW BACK PAIN

ONLINE COURSE SYLLABUS



Taken from Year 1 of our BTEC Level 6 qualification, this stand-alone CPD certificate offers almost 6 hours of engaging video lessons with Jing co-founders Rachel Fairweather and Meghan Mari.

Learn anatomy, assessment, and advanced techniques for treating forearm, wrist, and hand pain, supported by quizzes and handy downloads. Follow up your online study with hands-on training to confidently apply these skills in clinical settings.

MODULE 1: JING FUNDAMENTALS

- Lesson 1: Welcome to Jing and your online journey - the 'how to' handbook
- 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 and trigger points of muscles involved in low back pain

MODULE 3: THE JING PROTOCOL

- Lesson 1: The Jing Method® protocol for treatment of low back 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: Side lying 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

