

THE JING METHOD®

SHOULDER GIRDLE PAIN

ONLINE COURSE SYLLABUS



Taken from Year 1 of our BTEC Level 6 qualification, this stand-alone CPD certificate offers 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 shoulder girdle pain
- Lesson 2: Palpation of muscles involved in shoulder girdle pain

MODULE 3: THE JING PROTOCOL

- Lesson 1: The Jing Method® protocol for 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 4: STRETCHING

- Lesson 1: Advanced stretches for shoulder girdle pain

MODULE 5: CLIENT SELF-HELP TECHNIQUES

- Lesson 1: Client self-help techniques

MODULE 6: MUSCULOSKELETAL PATHOLOGIES

- Lesson 1: Shoulder girdle pain pathologies

MODULE 7: RECAP

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

