

THE JING METHOD®

FOREARM, WRIST AND HAND 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 forearm, wrist and hand pain
- Lesson 2: Palpation of muscles involved in forearm, wrist and hand pain

MODULE 3: THE JING METHOD® PROTOCOL

- Lesson 1: The Jing Method® protocol for 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 4: ADVANCED STRETCHES

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

MODULE 5: CLIENT SELF-HELP TECHNIQUES

- Lesson 1: Client self-help techniques

MODULE 6: PATHOLOGIES

- Lesson 1: Forearm, wrist and hand pathologies

MODULE 7: RECAP

- Lesson 1: Recap

