

THE JING METHOD®

LEG, KNEE AND FOOT 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
- Lesson 2: The Jing Method® for the treatment of pain: the HFMAS formula
- Lesson 3: Back to basics
- Lesson 4: Consultation and assessment

MODULE 2: 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 3: THE JING PROTOCOL

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

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

MODULE 5: CLIENT SELF-HELP TECHNIQUES

- Lesson 1: Client self-help techniques

MODULE 6: MUSCULOSKELETAL PATHOLOGIES

- Lesson 1: Leg, knee and foot pathologies

MODULE 7: PROFESSIONAL RECAP

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

