

# THE JING METHOD®

## HIP AND PELVIS 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.

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#### 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

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#### MODULE 2: 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

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#### MODULE 3: 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 hip and pelvis pain

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#### MODULE 4: STRETCHING

- Lesson 1: Advanced stretches for hip and pelvis pain

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#### MODULE 5: CLIENT SELF-HELP TECHNIQUES

- Lesson 1: Client self-help techniques

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#### MODULE 6: MUSCULOSKELETAL PATHOLOGIES

- Lesson 1: Hip and pelvis pathologies

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#### MODULE 7: RECAP

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

