

# Inland Massage Institute, Inc

M/W October Weekend: 4th-5th

T/Th October Weekend: 25th-26th

## September 2008

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>1</b> Labor Day No School	<b>2</b> School Policy, Overview of Program	<b>3</b> Intro to Pathology	<b>4</b> Intro to Massage History, Self Care, Movement, Ethics	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Ch. 2 Chemistry	<b>9</b> Intro to Massage Strokes, effleurage, petrissage, tables, screening questions <b>Quiz: Ethics</b>	<b>10</b> Intro to Medical Massage	<b>11</b> Massage Strokes, Friction, Vibration, Tapotoment, Intro Stress mgmnt, Self Care & Hygiene	<b>12</b>	<b>13</b> Hip/Low Back
<b>14</b> Hip/Low Back	<b>15</b> Ch. 3 Cells  <b>Quiz: Ch. 2</b>	<b>16</b> Strokes (review), Massage Routine: Back endgmt. areas, Posture, Draping <b>Quiz: Hygeine</b>	<b>17</b> Review Hip/Low Back	<b>18</b> Massage: Arms/ legs, draping and table information	<b>19</b> Friday Night Lab	<b>20</b>
<b>21</b>	<b>22</b> Ch. 4 Tissues  <b>Quiz: Ch. 3</b>	<b>23</b> Intro Bony Landmarks & Massage <b>Quiz: Screening questions</b>	<b>24</b> <b>Practical</b> Hip/Low Back	<b>25</b> Intro to SOAP Charting and Massage	<b>26</b>	<b>27</b> Massage Routine: Head, Neck, Shoulders, Stress mgmt.
<b>28</b> Massage Routine Whole Body	<b>29</b> Ch. 5 Skin  <b>Quiz: Ch. 4</b>	<b>30</b> A&P Ch. 1-Intro to the Human Body				