



## The Hydrotherm Experience: Applied Anatomy (C2)

### Introduction

This course will teach therapists a sound, basic knowledge in applied anatomy, enabling them to employ their skills of remedial massage more effectively and strategically with clients. This course is suitable for all therapists who have achieved the necessary prerequisites and who work either independently or in a therapy business. Therapists taking this course will be excited by the prospect of improving their understanding of the human body with regards to relevant muscles, ligaments and tendons and how massage can positively affect them to achieve a high-quality, effective treatment.

The course is also for those studying at colleges of further education who are enrolled on an appropriate therapy course. It offers the opportunity to learn musculoskeletal anatomy in a dynamic and positive way which is often not taught at college.

### Minimum Course Entry Requirements

Before commencing their training, practitioners must have the following:

- Completion of the Hydrotherm C1 or S1 course
- A level 3 anatomy and physiology qualification at a recognised institution or be in the process of obtaining one.
- They must hold or be in the process of obtaining an appropriate level 3 vocational qualification applicable to Hydrotherm (such as massage, beauty therapy, reflexology, etc.) awarded by a recognised institution. As part of their registration, they will be asked to sign a declaration to this effect.
- An adequate level of written and spoken English and be a minimum age of at least 18 years before they can be certified as a Hydrotherm clinical practitioner.
- If physically challenged, they must have sufficient ability to perform the massage techniques involved.

### Course Details

Therapists will be taught hands-on techniques for identifying important muscles of the leg, thigh, buttocks, lower back, pelvis, upper back, neck and shoulders. Training will include useful facts directed towards industry specific and related skills, so that therapists will not only learn the name of a muscle, but how to physically locate it and how to treat it once located. A training manual will be provided to assist in memorising and recalling facts and details concerning each muscle covered.

This course will be delivered by Hydrotherm trainers or in-house trainers who have been certified to do so by Hydrotherm. A training class may contain both male and female trainees.



### Example C2 day structure:

1. **Introduction to course**
  - Meet the trainer & trainee(s)
  - Course background
  - Intro to anatomical terms and common industry misunderstandings
2. **C2 applied anatomy training**
  - Understanding the importance of origins and insertions in clinical massage
  - Understanding how the actions of muscles can guide and inform us
  - Using the training manual to guide the trainee(s) through important muscles, their origins, insertions and actions
  - Requirements for passing the assessment
  - Review and Q&A
  - Feedback

### Recommended Reading

Core reading:

The Hydrotherm Clinical Training Manual (C2) provided;

Supplementary reading:

Frank H Netter, 'Atlas of Human Anatomy'

Jon R Stone, 'More Latin For the Illiterati'

The trainer may recommend additional reading material to the trainee.

### Assessment

The assessment will consist of a multi-choice questionnaire together with an oral test of the trainee's knowledge. This assessment will usually be carried out by the trainer present on the training day but may on occasion be carried out by another Hydrotherm-certified trainer.

All assessments will be carried out on the same day that the course takes place.

### Certification

Upon receipt of a 'pass' mark or higher from the assessments above, Hydrotherm will issue a certificate confirming that the trainee has successfully completed the applied anatomy course (C2) and is considered competent at Hydrotherm Clinical (C2) level.

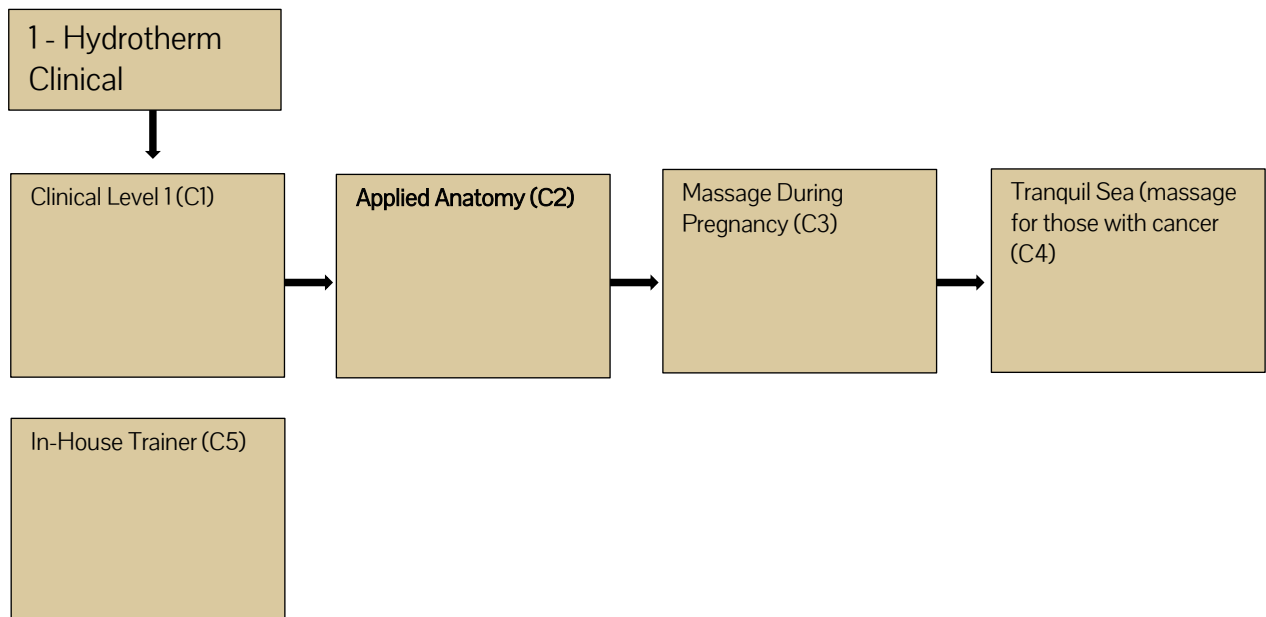


# HYDROTHERM

by *John Holman*  
THERAPY SOLUTIONS

## Further Development

The Hydrotherm Clinical route offer trainees the opportunity to learn relevant anatomical and scientific facts with a greater depth of understanding allowing for increased credibility, understanding and effectiveness. Practitioners who have completed this course and wish to develop their Hydrotherm skills can proceed to one of our further courses along the clinical route:



## Contact us

Should you wish to find out more, please get in contact with our customer relations director Niki Fleming on 07815693735 or email her directly at [niki@hydrotherm.co.uk](mailto:niki@hydrotherm.co.uk)