

MASS 130R: Advanced Massage Theory and Application

This course introduces the massage student to deeper strokes that include but are not limited to trigger point therapy, myofascial release, cross fiber friction, muscle energy technique and positional release technique.

Credits: 3

Lab Hours: 3

Lecture Hours: 2

Prerequisites:

MASS 103R

MASS 121R

Co-Requisites:

MASS 104R

Program: [Massage Therapy](#)