



2023 course calendar and syllabuses

## COURSES

Course	Date	Class Time
The Upper Extremity - Orthopaedic Massage	February 25 & 26, 2023	9:00 am - 6:00 pm
The Lower Extremity - Orthopaedic Massage	April 29 & 30, 2023	9:00 am - 6:00 pm
The Head, Neck, and Jaw - Orthopaedic Massage	June 24 & 25, 2023	9:00 am - 6:00 pm
The Spine - Orthopaedic Massage	August 26 & 27, 2023	9:00 am - 6:00 pm
Therapeutic Exercise Planning	October 28 & 29, 2023	9:00 am - 6:00 pm
Acupressure Therapy	November 25 & 26, 2023	9:00 am - 6:00 pm

## location

230 Eversyde Blvd SW #2101 Calgary, AB T2Y 0J4

# The Upper Extremity - Orthopaedic Massage February 25 & 26, 2023

## The Upper Extremity - Orthopaedic Massage February 25 & 26, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

Humans use their hands, forearms, elbows, shoulders, and arms to interact with the world. Diseases of the muscles/tendons, joints, and ligaments of the upper extremity can greatly impact quality of life. Students examine key principles and concepts for ensuring the proper assessment and treatment of orthopaedic lesions of the upper extremities. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on the assessment and massage treatment of the orthopaedic lesions of the upper extremity.

### **Learning Objectives:**

- Develop conceptual knowledge and adaptive clinical skills and massage skills relating to orthopaedic massage application to the upper extremity.
- Reflect on foundational knowledge and skills of massage therapists.
- Focus on results of orthopaedic examination and interpret findings for the upper extremity.
- Demonstrate proficiency in core orthopaedic examination and special tests of the upper extremity.
- Incorporate orthopaedic massage in existing massage therapy practice.

### **Reference Material:**

Resource and reference material handouts are provided to students.  
Clinical assessment and orthopaedic massage forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion.  
16 hours of training may be applied to continuing education requirements.

Saturday, February 25, 2023	
9:00 am	Kinesiology and joint classification of the upper extremity.
10:00 am	Osteokinematics and arthrokinematics of the upper extremity.
11:00 am	Myology, osteology and neuroanatomy overview of the upper extremity.
12:00 pm	Common pathologies of the upper extremity.
Lunch	
2:00 pm	Clinical assessment foundations.
3:00 pm	Hands-on practice of orthopaedic assessment of the shoulder.
4:30 pm	Hands-on practice of orthopaedic assessment of the elbow wrist and hand.
Class dismissed: 6:00 pm	

Sunday, February 26, 2023	
9:00 am	Client communication of orthopaedic assessment findings and client management.
10:00 am	Integration of clinical findings in massage therapy practice.
11:00 am	Orthopaedic pathology of the shoulder.
12:00 pm	Orthopaedic pathology of the elbow wrist and hand.
Lunch	
2:00 pm	Hands-on practice of orthopaedic massage treatment of the shoulder.
3:30 pm	Hands-on practice of orthopaedic massage treatments of the elbow wrist and hand.
5:00 pm	Quiz and knowledge evaluation.
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, February 25, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

Sunday, February 26, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

# The Lower Extremity - Orthopaedic Massage

## April 29 & 30, 2023

## The Lower Extremity - Orthopaedic Massage April 29 & 30, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

Humans use their hips, knees, ankles, and feet to move around the world. Diseases of the muscles/tendons, joints, and ligaments of the lower extremity can greatly impact quality of life. Students examine key principles and concepts for ensuring the proper assessment and treatment of orthopaedic lesions of the lower extremities. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on the assessment and massage treatment of the orthopaedic lesions of the lower extremity.

### **Learning Objectives:**

- Develop conceptual knowledge and adaptive clinical skills and massage skills relating to orthopaedic massage of the lower extremity.
- Reflect on foundational knowledge and skills of massage therapists.
- Focus on results of orthopaedic examination and interpret findings.
- Demonstrate proficiency in core orthopaedic examination and special tests of the upper extremity.
- Incorporate orthopaedic massage in existing massage therapy practice.

### **Reference Material:**

Resource and reference material handouts are provided to students. Clinical assessment and orthopaedic massage forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion. 16 hours of training may be applied to continuing education requirements.



Saturday, April 29, 2023	
9:00 am	Kinesiology and joint classification of the lower extremity.
10:00 am	Osteokinematics and arthrokinematics of the lower extremity.
11:00 am	Myology, osteology and neuroanatomy overview of the lower extremity.
12:00 pm	Common pathologies of the lower extremity.
Lunch	
2:00 pm	Clinical assessment foundations.
3:00 pm	Hands-on practice of orthopaedic assessment of the Hip.
4:30 pm	Hands-on practice of orthopaedic assessment of the knee, ankle, and foot.
Class dismissed: 6:00 pm	

Sunday, April 30, 2023	
9:00 am	Client communication of orthopaedic assessment findings and client management.
10:00 am	Integration of clinical findings in massage therapy practice.
11:00 am	Orthopaedic pathology of the hip.
12:00 pm	Orthopaedic pathology of the knee, ankle, and foot.
Lunch	
2:00 pm	Hands-on practice of orthopaedic massage treatment of the hip.
3:30 pm	Hands-on practice of orthopaedic massage treatments of the knee, ankle, and foot.
5:00 pm	Quiz and knowledge evaluation.
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, April 29, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

Sunday, April 30, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

# The Head, Neck, and Jaw - Orthopaedic Massage June 24 & 25, 2023

## The Head, Neck, and Jaw - Orthopaedic Massage June 24 & 25, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

A human's head, upper neck, and jaw are vital to survival. Diseases of the muscles/tendons, joints, and ligaments of the head, neck, and jaw can greatly impact quality of life. Students examine key principles and concepts for ensuring the proper assessment and treatment of orthopaedic lesions of the head, neck, and jaw. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on the assessment and massage treatment of the orthopaedic lesions of the head, neck, and jaw.

### **Learning Objectives:**

- Develop conceptual knowledge and adaptive clinical skills and massage skills relating to orthopaedic massage of the head, upper neck, and jaw.
- Reflect on foundational knowledge and skills of massage therapists.
- Focus on results of orthopaedic examination and interpret findings.
- Demonstrate proficiency in core orthopaedic examination and special tests of the head, upper neck, and jaw.
- Incorporate orthopaedic massage in existing massage therapy practice.

### **Reference Material:**

Resource and reference material handouts are provided to students. Clinical assessment and orthopaedic massage forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion. 16 hours of training may be applied to continuing education requirements.

Saturday, June 24, 2023	
9:00 am	Kinesiology and joint classification of the head, neck, and jaw.
10:00 am	Osteokinematics and arthrokinematics of head, neck, and jaw.
11:00 am	Myology, osteology and neuroanatomy overview of the head, neck, and jaw.
12:00 pm	Common pathologies of the head, neck, and jaw.
Lunch	
2:00 pm	Clinical assessment foundations.
3:00 pm	Hands-on practice of orthopaedic assessment of TMJ.
4:30 pm	Hands-on practice of orthopaedic assessment of the upper cervical spine and head.
Class dismissed: 6:00 pm	

Sunday, June 25, 2023	
9:00 am	Client communication of orthopaedic assessment findings and client management.
10:00 am	Integration of clinical findings in massage therapy practice.
11:00 am	Orthopaedic pathology of the TMJ.
12:00 pm	Orthopaedic pathology of the upper cervical spine and the head.
Lunch	
2:00 pm	Hands-on practice of orthopaedic massage treatment of the TMJ.
3:30 pm	Hands-on practice of orthopaedic massage treatments of the upper cervical spine and the head.
5:00 pm	Quiz and knowledge evaluation.
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, June 24, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

Sunday, June 25, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

## The Spine - Orthopaedic Massage August 26 & 27, 2023

## The Spine - Orthopaedic Massage August 26 & 27, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

The spine is the centre of all communication of the body. Diseases of the muscles/tendons, joints, and ligaments of the spine can greatly impact quality of life. Students examine key principles and concepts for ensuring the proper assessment and treatment of orthopaedic lesions of the spine. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on the assessment and massage treatment of the orthopaedic lesions of the spine.

### **Learning Objectives:**

- Develop conceptual knowledge and adaptive clinical skills and massage skills relating to orthopaedic massage of the spine.
- Reflect on foundational knowledge and skills of massage therapists.
- Focus on results of orthopaedic examination and interpret findings.
- Demonstrate proficiency in core orthopaedic examination and special tests of the spine.
- Incorporate orthopaedic massage in existing massage therapy practice.

### **Reference Material:**

Resource and reference material handouts are provided to students. Clinical assessment and orthopaedic massage forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion. 16 hours of training may be applied to continuing education requirements.



Saturday, August 26, 2023	
9:00 am	Kinesiology and joint classification of the spine.
10:00 am	Osteokinematics and arthrokinematics of the spine.
11:00 am	Myology, osteology and neuroanatomy overview of the spine.
12:00 pm	Common pathologies of the spine.
Lunch	
2:00 pm	Clinical assessment foundations.
3:00 pm	Hands-on practice of orthopaedic assessment of the thoracolumbar spine.
4:30 pm	Hands-on practice of orthopaedic assessment of the cervical spine.
Class dismissed: 6:00 pm	

Sunday, August 27, 2023	
9:00 am	Client communication of orthopaedic assessment findings and client management.
10:00 am	Integration of clinical findings in massage therapy practice.
11:00 am	Orthopaedic pathology of the thoracolumbar spine
12:00 pm	Orthopaedic pathology of the face and neck cervical spine.
Lunch	
2:00 pm	Hands-on practice of orthopaedic massage treatment of the cervical spine.
3:30 pm	Hands-on practice of orthopaedic massage treatments of the thoracolumbar spine.
5:00 pm	Quiz and knowledge evaluation.
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, August 26, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

Sunday, August 27, 2023

9:00 AM - 12:00 PM - In-class or online optional

1:00 PM - 6:00 PM - In-class hands-on

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

## Therapeutic Exercise Planning October 28 & 29, 2023

## Therapeutic Exercise Planning October 28 & 29, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

Planning and developing exercise plans allows for the tracking of adherence and progress of patients. Students examine key principles and concepts for proper patient management and planning considerations for the implementation of therapeutic exercises. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on the planning, tracking, and implementation of therapeutic exercise plans.

### **Learning Objectives:**

- Define therapeutic exercise.
- Describe foundational considerations of safety for therapeutic exercise.
- Demonstrate proficiency in applying patient management models.
- Demonstrate proficiency in applying adherence strategies.
- Incorporate therapeutic exercise plans in existing health practices.

### **Reference Material:**

Resource and reference material handouts are provided to students.  
therapeutic exercise forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion.  
16 hours of training may be applied to continuing education requirements.

Saturday, October 28, 2023	
9:00 am	Therapeutic Exercise
10:00 am	Safety
11:00 am	Using patient centred management models
12:00 pm	Comprehensive examinations and Data evaluation
Lunch	
2:00 pm	Limitations and disability, function, structure, and limitation
3:00 pm	Goal setting
4:00 pm	Therapeutic exercise interventions
Class dismissed: 6:00 pm	

Sunday, October 29, 2023	
9:00 am	Identifying needs in groups and individuals
10:00 am	Objective measurement and progress tracking
11:00 am	Intervention implementation: screening, education, exercise, logistics
12:00 pm	Strategies for adaptability and ambiguity
Lunch	
2:00 pm	Evaluation of therapeutic exercise results.
3:00 pm	Strategies for fostering adherence. Tools and Tracking.
4:00 pm	Mind-body exercises.
5:00 pm	Quiz and knowledge evaluation.
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, October 28, 2023

9:00 AM - 6:00 PM - In-class or online optional

Sunday, October 29, 2023

9:00 AM - 6:00 PM - In-class or online optional

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

## Acupressure Therapy November 25 & 26, 2023

## Acupressure Therapy November 25 & 26, 2023

**Instructors:** Jaeger Gustafson, Dr.Ac., T.C.M.D., R.M.T.  
& Kam Sum Yue, Dr.Ac., T.C.M.D., R.M.T.

### **Course Description:**

Acupressure is an important modality in traditional Chinese medicine. Students examine key principles and concepts for proper patient management and planning considerations for the practice of acupressure. Special attention to safety and professional practice is considered.

Through case study analyses, medical knowledge review, group discussions, and hands-on training, students focus on theory and practice of acupressure.

### **Learning Objectives:**

- Define acupressure.
- Diagnoses according to the foundations of traditional Chinese medicine.
- Demonstrate proficiency in applying Chinese medicine principals.
- Demonstrate proficiency in performing pulse and tongue diagnosis.
- Locate and palpate acupuncture points and meridians.
- Incorporate acupressure into existing health practices.

### **Reference Material:**

Resource and reference material handouts are provided to students.  
therapeutic exercise forms/templates are provided to students.

### **Certificate:**

Upon completion of this course, students will receive a certificate of completion.  
16 hours of training may be applied to continuing education requirements.



Saturday, November 25, 2023	
9:00 am	History of Chinese medicine and Holism
10:00 am	Yin and Yang and 5 elements theory
11:00 am	8 Principles
12:00 pm	Pathogens and Levels
Lunch	
2:00 pm	TCM Organ Functions
3:00 pm	Meridians
4:00 pm	Acupuncture points
Class dismissed: 6:00 pm	

Sunday, November 26, 2023	
9:00 am	Acupressure techniques
10:00 am	Acupressure prescriptions
11:00 am	Acupressure routines
Lunch	
2:00 pm	Guided Acupressure Practice
5:30 pm	Quiz and knowledge evaluation
Class dismissed: 6:00 pm	

**Method of Instruction:**

Saturday, November 25, 2023

9:00 AM - 6:00 PM - In-class or online optional

Sunday, November 26, 2023

9:00 AM - 6:00 PM - In-class

**Method of Evaluation:**

Multiple choice quiz and self reflection assessment completed on the last day of training.

## instructor profiles

### **Dr. Kam Sum Yue**

Dr. Yue specialises in orthopaedic massage and acupuncture. He is a graduate of the orthopaedic massage and the Double Major, Doctor of Traditional Chinese Medicine and Doctor of Acupuncture programs at the Canadian Institute of Traditional Chinese Medicine, (Canadian Branch College of Chengdu University of Traditional Chinese Medicine.)

Dr. Yue loves helping others and sharing joy with the people around him. Dr. Yue currently serves as the Coordinator of Massage Therapy Programs at ABM College.

Dr. Yue Specialises in education of health professionals as an instructor of orthopaedic massage courses since the founding of Orthopaedic Massage and Acupuncture in 2021.

Dr. Yue is a member of:  
College of Acupuncturists of Alberta  
Natural Health Practitioners of Canada Association

### **Dr. Jaeger Gustafson**

Specialising in orthopaedics, Dr. Gustafson is an authority on the integration of orthopaedic massage and acupuncture. He double majored as a Doctor of Chinese Medicine and Doctor of Acupuncture at the Canadian Institute of Traditional Chinese Medicine, (Canadian Branch College of Chengdu University of Traditional Chinese Medicine,) (CITCM.) He is a graduate of the orthopaedic massage program at CITCM.

Dr. Gustafson is passionate about training for students and health professionals. He currently serves as the Chairman and Head of Department of the Faculty of Massage Therapy at ABM College.

Dr. Gustafson is a member of:  
College of Acupuncturists of Alberta  
Alberta Association of Acupuncturists and Traditional Chinese Medical Doctors  
Natural Health Practitioners of Canada Association