



Oxygen Massage for Muscles

Workshop with Asst. Prof. Dr. Prapas Pothongsunun PT. Ph.D.(NYU)

Date: December 2-3, 2024

Location: Mae Ping Physical Therapy Clinic, Hang Dong, Chiang Mai, Thailand

Language: English

Duration: 2 days with 13 contact hours

Price: 9,000 Baht

Instructor: Asst. Prof. Dr. Prapas Pothongsunun, Mae Ping Physical Therapy

Enhance Muscle Recovery with Oxygen Massage for Muscles

This intensive two-day workshop focuses on the principles and techniques of Oxygen massage, a specialized approach designed to increase oxygenation in muscles, enhance energy metabolism, and reduce waste accumulation. Whether you're a professional massage therapist or someone interested in advanced massage techniques, this training will equip you with the knowledge and skills to effectively alleviate muscle fatigue and promote faster recovery.

The Oxygen massage technique is designed to stimulate muscles, promoting faster recovery and allowing individuals to regain their strength and mobility more effectively. By increasing the oxygen levels in the muscles, this massage not only helps in quicker recovery but also enhances overall muscle performance, making it an invaluable tool for athletes, the elderly, and anyone dealing with muscle fatigue or circulatory issues.

This specialized massage technique requires a deep understanding of muscle physiology, biomechanics, and anatomy. Through this training, participants will gain the knowledge, skills, and techniques necessary to apply Oxygen massage effectively, contributing to improved muscle health and overall well-being.

Workshop Principles:

- **Understanding Muscle Physiology:** Learn about the causes of muscle fatigue and weakness, and how oxygen plays a crucial role in muscle recovery.
- **Biomechanics and Massage:** Discover the connection between biomechanics and massage, and how specific techniques can improve muscle function.
- **Practical Application:** Engage in hands-on practice sessions focused on arm, shoulder, head, body, and leg massage, all designed to increase oxygen flow to the muscles.



Objectives: By the end of the workshop, participants will be able to:

1. Explain the causes of muscle fatigue or weakness.
2. Correctly apply muscle massage techniques that increase oxygen levels.
3. Select appropriate massage techniques for different parts of the body.
4. Develop new massage menus for spas and massage shops with an academic approach.

Workshop Schedule:

Monday, December 2, 2024

- **08:30 - 09:00** Registration
- **09:00 - 10:00** Lecture: Muscle Physiology and Fatigue
- **10:00 - 10:15** Break
- **10:15 - 11:15** Lecture: Biomechanics and Massage
- **11:15 - 12:00** Lecture: Related Anatomy Lower Body
- **12:00 - 13:00** Lunch Break
- **13:00 - 13:30** Lecture: Related Anatomy Upper Body
- **13:30 - 14:30** Lecture: Massage Techniques and Selection
- **14:30 - 14:45** Break
- **14:45 - 16:00** Practice: Arm and Shoulder Massage
- **16:00 - 17:00** Practice: Head Massage

Tuesday, December 3, 2024

- **08:30 - 09:00** Registration
- **09:00 - 10:30** Practice: Upper Body Massage 1
- **10:30 - 10:45** Break
- **10:45 - 12:00** Practice: Lower Body Massage 2
- **12:00 - 13:00** Lunch Break
- **13:00 - 13:30** Massage Test & Evaluation
- **13:30 - 15:00** Practice: Pre-Exercise Massage
- **15:00 - 15:15** Break
- **15:15 - 16:45** Practice: Post-Exercise Massage
- **16:45 - 17:00** Evaluation

Reserve Your Spot: Limited spaces only 12 persons are available for this specialized workshop. Don't miss this opportunity to advance your massage techniques and enhance your professional offerings.