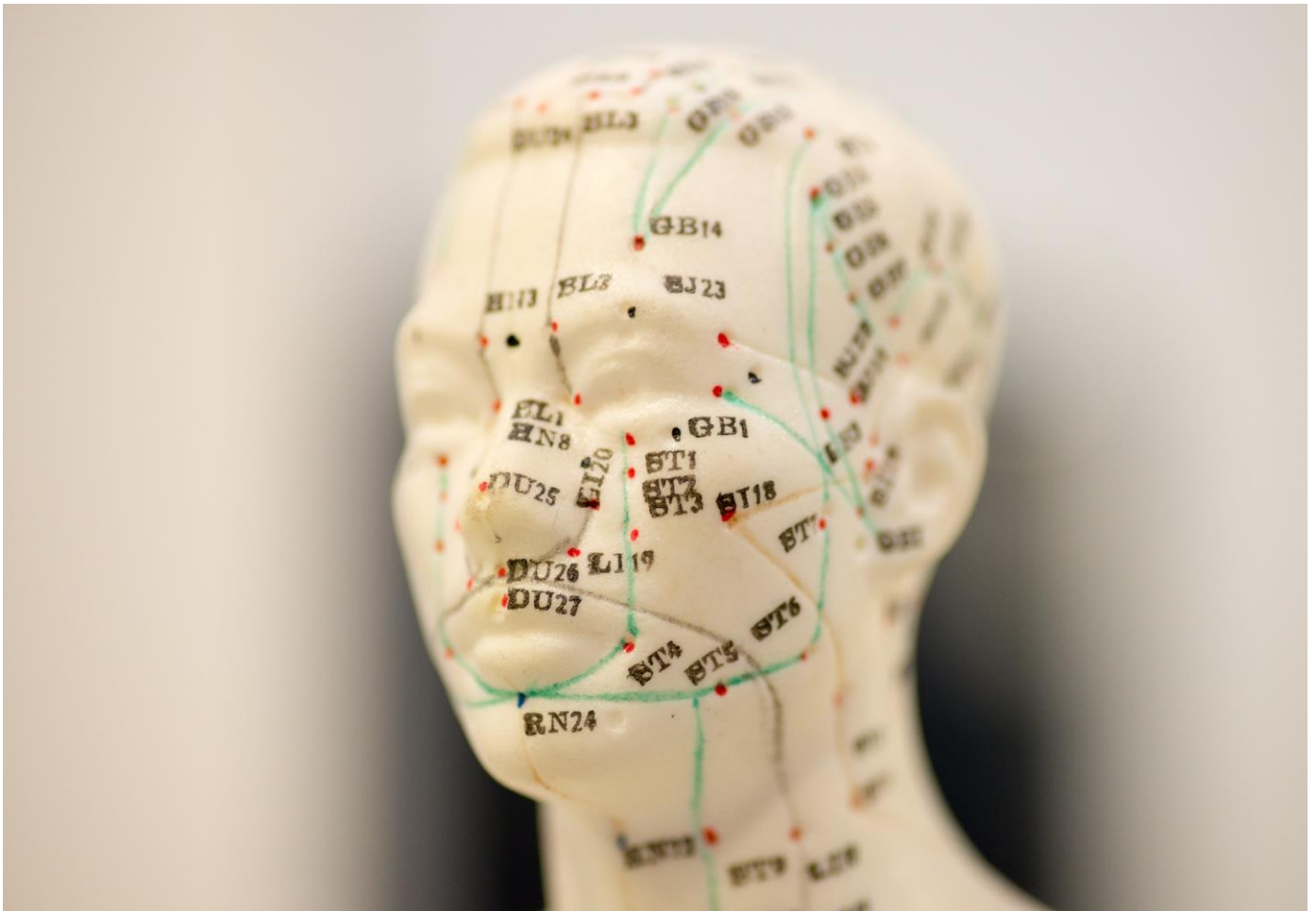


## ISA TCM Series - Managing Back Pain using TCM Techniques

# - 中医治疗背部疼痛的方法 -



Learn to manage your neck, knee and back pain with Traditional Chinese Medicine (TCM) with the ISA TCM Series. Understand the science behind TCM and how you can better manage your pain with Tuina techniques.

### Course Duration

4 hours over 1 day (Sun), 9am-1pm

### Course Dates (Next Intake)

10 May 2020

### Course Fees

\$80 + 7% GST

*\*Sign up for entire series at \$210 + 7% GST*

### Registration Deadline

6 May 2020



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### Course Syllabus & Schedule

Time	Content
9am-10am	<ul style="list-style-type: none"> <li>Anatomy of the Back</li> <li>Types of Back Pain</li> </ul>
10am-11am	<ul style="list-style-type: none"> <li>TCM Pain Management               <ul style="list-style-type: none"> <li>Treatment Principles</li> <li>Meridian Theory</li> <li>Locating of Relevant Acupoints</li> </ul> </li> </ul>
11am-1pm	<ul style="list-style-type: none"> <li>Introduction to Tuina</li> <li>Mechanism behind the Effects of Tuina</li> <li>Range of Application</li> <li>Safe Practice of Tuina – Indications and Contraindications</li> <li>Introduction to Tuina Techniques</li> <li>Tuina Techniques Demo and Practices</li> </ul>

### Venues

- International Sports Academy (Theory)**  
1 Stadium Place, Kallang Wave Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

### Payment

Payment can be made via:

- Cash**
- Cheque**
- Online Transfer**
- PayNow**



## ISA TCM Series - Managing Back Pain using TCM Techniques

### What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and fitness concepts into easy-to-digest programmes, allowing you to get a good foundational knowledge and understanding in specific areas of sports and fitness.

### Who Should Attend?

Anyone! Whether you just want to learn more about fitness for your personal knowledge, or you are a trainer who is looking to increase your skillsets and marketability, our Continuing Education courses are suitable for just about anyone.

### The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

