

*Training in*

# Geriatric Massage

1 Day

Hands on, Trainer-Led training at:

**London**

**Birmingham**

**Manchester**

**Cardiff**

The certification is appropriate for candidates who wish to become Specially trained geriatric massage therapists.

Having a certificate in a HSA Geriatric Massage course can help your chosen career in Health and Social Care.



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# Geriatric Massage



The techniques used in Geriatric Massage differ to original massage in keeping in mind that an aging body requires a little more care. Specially trained geriatric massage therapists are aware that an elderly body must be positioned carefully on a massage table, compared to a healthy 30-year-old body. Great care is taken in the positioning of an elderly client, and once positioned on the massage table, a senior will rarely ever be asked to move.

Geriatric massage practitioners will often spend more time on the hands and feet of their clients - especially if the client doesn't walk or doesn't have full use of their hands. In cases such as these, a hand or foot massage can enhance body awareness, sensation and circulation in certain parts of an aging body.

When on the course the candidate will learn that Geriatric massage encourages circulation, decreases muscular stiffness, and helps to decrease inflammation that may rest in the joints. However, it also treats so many of the typical conditions that arise with age - such as muscular stiffness, arthritis, skin discoloration, muscle and bone deterioration, tendonitis, bursitis, and respiratory problems such as asthma and emphysema.

Completing the Geriatric Massage course will benefit those who work or are wishing to work in a residential care home or care for the elderly.

## Course Content

The Course contains the following;

- Hand massage
- Foot massage
- Slow stroke massage
- Back massage

## Assessment

There are no official assessments for this training.

## The Training

The training will last one day. At the end of the training day you will know how to successfully give a senior a relaxing and soothing massage in a safe and comforting way.

## Qualification Received

The candidate will receive a certificate on completion of the Geriatric Massage Course



1 Day