



Intro to Body Bioengineering (Body Contouring)

Internal Use only: Course Code TU-WRK-122

Prerequisite:

None

Description

This comprehensive certification program provides aspiring and established body contouring specialists with the knowledge and practical skills necessary to excel in this dynamic field. Participants will delve into the foundational principles of body contouring, including anatomy, physiology, and the factors contributing to cellulite and fat development. The curriculum emphasizes a deep understanding of the lymphatic system and how the body processes toxins and waste material, as well as the mechanisms by which adipose tissue is broken down and removed from the body. Participants will also learn skills in client assessment, proper discernment and selection of kinetic tissue devices, and the application of various therapeutic modalities, including specialized bodywork techniques.

Participants will gain expertise in protocol development, enabling them to create personalized treatment plans. The program emphasizes client safety, and participants will learn business acumen, learning to establish and manage a successful practice, implement effective marketing strategies, and navigate the regulatory landscape. Students will gain knowledge in trauma remodeling, complications, contraindications, and qualifying the ideal client to mitigate liability. Upon completion, graduates will be equipped to deliver safe, effective, and results-driven body contouring treatments, empowering clients to achieve their desired aesthetic goals.

A deep dive into mmHG levels and their application across varying positive and negative compression intensities will provide attendees with a comprehensive understanding of kinetic gradients, aiding in tailored therapeutic approaches for individual client needs.

Class Location:

online/SCT

Class Duration:

45 Hours

Body Altering Aesthetics CEUs:

45 CEUs

Instructor Information

varies | office hours: M, W 3p-5p | email: ptmstudios@gmail.com

Technology Required

None

Course Syllabus

Section 1: Foundations of Body Contouring

- The Evolution of Body Contouring: Industry Changes and Surgical Impact
- What is Body Contouring? Defining the scope and modalities.
- Laws and Regulations: Understanding the current legal landscape and the lack of a governing body.
- Factors that Lead to Excess Fat and Cellulite Development: Physiological contributors.
- What is Cellulite? Understanding its formation and characteristics.
- Anatomy and Physiology of Fat: Cellular structure and function.
- The Lymphatic System Overview: Role in fluid balance and waste removal.
- The Colon (A Brief Overview): Its impact on overall health and body contouring results.

Section 2: Client Assessment and Safety

- Who is the Proper Candidate for Body Contouring? Client selection criteria.
- Post-op BC Clients vs. Non-surgical BC Clients: Differentiating treatment approaches.
- Contraindications and Pathologies Specific to Body Contouring Sciences & Technology: Identifying conditions that preclude treatment.
- Potential Side Effects and Management: Recognizing and addressing adverse reactions.
- "How Long Do These Results Last?" Managing client expectations.
- Safely Treated Areas: Defining treatment boundaries.

Section 3: Therapeutic Techniques and Modalities

- The Three Types of Aesthetic Modalities: Specialized techniques for body contouring.
- Compression: Utilizing compression techniques for lymphatic system tissue manipulation.
- Directional Terms: Medical terminology for accurate communication.
- The Machines of Body Contouring and Execution Times: Understanding and operating various devices.
- Client Positionings: Optimizing comfort and treatment efficacy.
- Therapist Positioning and Body Mechanics: Ergonomics and injury prevention.
- Hygiene and Sanitation Protocols: Pre- and Post-treatments: Maintaining a sterile environment.

- Three BC Segments and Session Flow: Evaluate, the Hot, and the Cold: Structuring effective treatments.
- Opening the Nodes: Techniques for lymphatic drainage.
- Hand Techniques and Intention: Developing therapeutic touch.
- Varying Sessions: Adapting treatments to individual needs.

Section 4: Business and Professional Development

- Psychology of Business: Building client relationships and managing expectations.
- Creating Body Contouring SOP and Protocols: Establishing standardized operating procedures.
- Shop Setup: Establishing a body contouring practice.
- Vendor List: Identifying reliable suppliers.
- Equipment Procurement Order and Basic Required Supplemental Materials/Tools: Essential supplies and equipment.
- Inventory Resource Shopping List and Taking Inventory: Managing inventory efficiently.
- Pricing: Developing a competitive pricing strategy.
- Scheduling: Efficient appointment management.
- Marketing and Advertising: Strategies for attracting clients.
- Apps: Utilizing technology for business management.
- Social Media Presentation: Building an online presence.
- Protecting Your Peace: Stress management and self-care.
- Insurance and Licensure: Understanding legal and professional requirements.
- Body Contouring Lingo: Medical and industry-specific terminology.
- SOAP Noting: Documentation and record-keeping.

Grading Criteria

Participation during Q&A	20%
Attendance	5%
Coursework & participation	25%
Final Assessment	50%

Class Policies

1. Attendees are expected to join the virtual class on time using Zoom Video Communications.
2. Attendance and participation throughout the entire class is not only encouraged to enhance the learning experience, it is mandatory to receive educational credits.
3. Participants should come prepared with any required materials, notebooks, and questions for the Q&A session.
4. Ensure a stable internet connection and have the necessary technology (computer, webcam, microphone) for seamless participation in the virtual class.

5. The class will run for 12 weeks, and participants are expected to commit to the entire duration for a comprehensive understanding of the content.
6. Certificates of completion will not be awarded until after students have successfully completed the assessments and class evaluations.
7. Participants are encouraged to provide constructive feedback on the course content and delivery to enhance future learning experiences.
8. Assessments and evaluations are to be completed at the end of the course. Information provided during this course is copyright protected and should not be shared with any individuals outside of the enrolled student body.
9. This information may not be reappropriated for purposes other than client application.
10. Maintain a respectful and inclusive environment during class interactions and discussions, fostering a positive learning atmosphere.

Assessment

Students will take a 100 question assessment at the end of their course to demonstrate an understanding of concepts and competencies.

Evaluation

At the end of the course, students will complete an end-course evaluation of the class as well as the instructor. CEUs and certificates will be given after students complete both assessments and evaluations.

Materials Provided

Course Book to accompany class

Additional Resources

- Students are to bring a pen and paper for notetaking