



## Scraping Therapy (Gua Sha)

### **Course Description:**

Scraping therapy is a form of manual therapy on soft tissues where a small tool is used to gently scrape over soft tissue (fascia, ligaments, tendons, and muscles). This aids in breaking down scar tissue that results from trauma or overuse. Scraping therapy also helps promote a better healing environment by improving circulation in the acute area. Some advantages of scraping therapy include pain relief, decrease in overall treatment/ recovery time, and a reduced need for anti-inflammatory medication.

**Time Allotment:** 10 hours

**Prerequisites:** 150 hours basic massage training

**Instructor:** Peter Shin

### **Lesson Objective**

After this lesson the student should be able to

1. **Have an understanding of scraping tools and its benefits.**
2. **Demonstrate the proper use of scraping tools including sanitation and preparation**
3. **Demonstrate assessment and treatment plans**

**INSTRUCTIONAL METHODS:** Lecture, demonstrations and practical assessments will be used in this course. The students time during this course is allocated among a set of interrelated activities, including lecture and classroom discussions, group preparation of in class assignments. Students will be required to provide models when needed.

### **Course Outline:**

Day 1 (June 22, 2024 at 1:00 PM – 6:00 PM)	Neck, shoulders
Day 2 (June 23, 2024 at 1:00 PM – 6:00 PM)	Low back, hips

**Cost:** \$471.20 (\$450.00 plus GET 4.712%)

**Registration:** To register for this course, please [Click Here](#) to go back to CE Workshops & Schedule page, and click on the button “**Register Now**”.

407 Uluniu Street, Kailua Medical Arts Building, Second Floor, Kailua, Hawaii 96734 Hawaii Healing Arts College,  
Student Affairs 1-808-266-2467 FAX 1-808-266-2460 Web page: [www.hhacdirect.com](http://www.hhacdirect.com) Email:  
[studentaffairs@hawaii.rr.com](mailto:studentaffairs@hawaii.rr.com)