



Certified Master Pedicure (CMP)[®] Program

4 Day Class Outline:

Day One:

- Introduction to NASP and advanced pedicuring
- Introduction to biomechanics and gait: how this affects the feet and client footwear
- Common Structural Deformities and recommended care
- Common skin and nail disorders and recommended care
- Toenail correction theory and practical

Day Two

- Understanding skin on the feet
- Introduction to ingredients and products
- Diabetes and Pedicuring the diabetic client
- Senior and Geriatric foot care
- Sanitation
- Anatomy
- Implements/bits/e-files: theory and practical

Day Three:

- Station set-up
- CMP demonstration
- Student practical on each other
- Practical application on models

Day Four:

- Practical application on models x 2
- More brace and nanoflex practical application
- Incorporating the CMP service into the salon
- Practical application on models
- Business aspects
- Motivation

After Class Studies:

- One week study and review
- Written exam

*Upon successful completion of practicum and written exam the participant is awarded the designation of Certified Master Pedicurist and can use the letters CMP after their name.

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Detail Outline:

Day One: Theory and Practical

AM:

- Introduction to class outline and eligibility to apply for the CMP (Certified Master Pedicurist)[®] designation.
- Introduction to biomechanics and gait – how anatomical changes in structure and alignment of bones affect the whole body as well as feet (ankle, knee, back, neck pains; bursitis and even migraine headaches)
- Structural Foot disorders: digital deformities including hammer toes, bunions/bunionette, Morton's neuroma, plantar fasciitis and arthritis
 - What it is, what it looks like, symptoms and signs, recommendations

PM:

- Common Skin and Nail Disorders: bromhidrosis, hyperhidrosis, tinea pedis, Onychomycosis, plantar warts, heloma (corns), wooded nail, thick nails, ingrown nail, involuted nail, nail plate granulosum and other nail dystrophies
 - What it is, what it looks like, symptoms & signs, recommendations
- BS Brace: Specialty service for involuted nails
 - Demonstration and practical
- NanoFlex: Toenail Reconstruction
 - Demonstration and Practical

Day Two: Theory

AM:

- Understand skin of the feet
 - Anatomy of the skin
 - How and why skin differs on the bottom of the feet
- Circulation of the lower extremities
 - Functions of lower limb circulation
 - Vascular diseases and disorders
 - CVI and implications for the skin on the feet
- How lifestyles today affect feet
 - Why 85% of the population have foot disorders
 - Increase in diabetes
 - Aging population
 - Probabilities of infections

- Footcare products and ingredients
 - Humectants and lubricants
 - Difference in product bases
 - Footlogix
 - Ingredients – urea, co enzyme q 10

PM:

- Diabetic foot care
 - Diabetes today, types of diabetes
 - What to look for on the limbs of diabetes
 - Precautions to take when pedicuring diabetics
 - How to pedicure a diabetic
- Geriatric Footcare
 - Statistics today
 - Complications on the lower limb
 - How to pedicure the geriatric
- Other At Risk Clients
 - Oncology
 - Immuno-compromised
 - Signs of lower limb issues
- Infection Control
 - Understanding sanitation, disinfection (three levels), sterilization
 - How to clean and disinfect or sterilize
 - Spalding classifications
 - What to look for in a disinfectant
- Anatomy
 - Actions of muscles, tendons, ligaments
 - Anatomy of the foot
 - Anatomy of the nails
- Station set up
- Implements and bits

Day Three: Practical

- Advanced pedicure demonstration
 - How to do a CMP pedicure
 - Lower limb and foot evaluation and consultation
 - How to fill out the client intake form
- How to use proper implements, bits, & efiles
 - Students work with new implements, bit and e-files to provide safe and effective pedicures
- Practical
 - Students practice the CMP pedicure on each other
- Practical on models
 - Students practice the CMP service on model

Day Four: Practical and Business

- Practical on Models
 - Same as day three – practice on models twice
 - Brace and NanoFlex practice
- Business & Motivation
 - How to incorporate the CMP service into the student's pedicure service
 - How to increase sales
 - How to retail
 - How to retail clients
 - Marketing
 - Setting goals
- Take home exam
 - There is a take home exam that must be written and submitted within 10 days. Once the student passes with a mark of 80% or greater, they can apply for the designation of CMP.

NASP 4 Day Class Outline:

Day One:

- 9:00 to 10:00 Introduction to NASP and advanced pedicuring
- 10:00 – 10:45 Introduction to biomechanics and gait: how this affects the feet
- 10:45 to 11:00 Break
- 11:00 to 12:15 Common Structural Deformities and recommended care
- 12:15 to 12:30 Anatomy
- 12:30 to 1:30 Lunch
- 1:30 to 3:00 Common skin disorders and recommended care
- 3:00 to 3:15 Break
- 3:15 to 4:00 Nail disorders and recommended care
- 4:00 to 5:00 Toenail correction with BS Brace and Nanoflex (theory and practical)

Day Two

- 9:00 to 9:30 Functions of the Skin and Skin of the Feet
- 9:30 to 10:45 Circulation of the lower extremities and how it affects the feet
- 10:45 to 11:00 Break
- 11:00 to 12:00 Products and Ingredients
- 12:00 to 1:00 Lunch
- 1:00 to 2:00 Diabetes and pedicuring the diabetic client
- 2:00 to 3:00 Senior and Geriatric foot care and other at-risk client care
- 3:00 to 3:15 Break
- 3:15 to 4:00 Sanitation and Infection Control
- 4:00 to 5:00 Tools/bits/e-files – hands on practical

Day Three:

- 9:00 to 9:10 Station set-up
- 9:10 to 10:30 CMP demonstration
- 10:30 to 10:45 Break
- 10:45 to 12:15 Student practical on each other
- 12:15 to 1:15 Lunch
- 1:15 to 2:30 Student practical on each other
- 2:30 to 2:45 Break
- 2:45 to 5:00 Practical application on models



Day Four:

- 9:00 to 9:15 Recap
- 9:15 to 11:15 Practical Aspect on Models
- 11:15 to 11:30 Break
- 11:30 to 1:00 Practical Aspects on Models
- 1:00 to 2:00 Lunch
- 2:00 to 3:00 Practical applications learned in class – hands on
- 3:00 to 4:00 Business aspects and Motivation
- 4:00 to 4:30 Exam (take home) and Certificate ceremony

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