

INTRODUCTION TO OSTEOPATHIC TECHNIQUES – PART 1

Presented by Ann Sleeper, RMT

This course includes simple but effective techniques for releasing the main body diaphragms and the joints of the spine, ribs and pelvis. These techniques can be easily integrated into your current massage therapy practice.

Twisting and tightness of the vertebrae, pelvis and ribs can be an important cause of symptoms. Because they are so closely associated with the nervous system, these problems with these joints cause muscle tightness, increased sympathetic state, pain and other symptoms.

The diaphragms of the body are horizontal stabilizers for the musculoskeletal system, and they have other important functions too. Learn how to integrate treatment of the diaphragms into your practice.

Techniques are important, but what really matters is how you think about treatment. Simple but profound osteopathic concepts will give you new ways of thinking about and treating the body. These concepts are applicable no matter what techniques you use.

Osteopaths are manual therapists whose concepts and techniques are spreading rapidly in massage therapy and physical therapy. Examples of osteopathic techniques include craniofacial therapy, visceral manipulation, some forms of myofascial release and muscle energy technique.

The techniques taught in this course are general joint and soft tissue releases that are less technical than the above techniques. They are easy to learn and are still extremely effective.

This course is taught in Alberta under the name “Working with the Spine, Pelvis, Ribs and Diaphragms: Osteopathic Concepts for Massage Therapists”.

Cost: **Early registration** **\$290.00** plus GST

After **July 15, 2010** **\$325.00**

To register or for more information, please call 1-800-701-8863

Payment is due at time of registration. Visa and Mastercard are accepted. Cancellation refunds will be given if seven days written notice is received. Less than seven days notice will entitle the registrant to a 50% refund. Full refunds will be given to all registrants if the workshop is cancelled due to lack of registrations.