

MET FOR THE NECK AND UPPER THORACIC SPINE

Muscle Energy Technique for the Neck and Upper Thoracic Spine

Presented by Ann Sleeper RMT

This course teaches the theory and practice of Muscle Energy Technique for the upper thoracic and cervical vertebrae.

Muscle Energy Technique uses motion tests for imbalance of the muscles moving these joints and uses gentle contract-relax resisted isometric contractions of these muscles to balance the muscle tension around the joints and restore full and symmetrical movement.

Testing and treatment of individual vertebrae from T3 up to the occiput is done in flexion and extension positions. Asymmetry of movement means the vertebra requires treatment.

To help the students better absorb the material, at the end of the course the students practice the upper thoracic and cervical techniques on volunteer patients.

Treatment of the alignment of individual vertebrae and pelvic bones is often lacking in massage therapy practice. The spine and pelvis have a large influence on the nervous system and imbalances there can cause excessive firing of both the motor and sympathetic nervous system. This leads to tightening of muscles related to the neurological segments affected. It also causes general effects on circulation, organ function and health because of autonomic nervous system imbalance.

Osteopathic concepts of how to understand and treat the body are very useful to massage therapists to give them new ways of understanding symptoms, dysfunctions and how to treat them.

Cost: **Early registration** **\$390.00** plus GST

After **Aug.13, 2010** \$435.00

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.