

**Active Therapy \* Mindful Movement \*  
Therapeutic Exercise—  
The Spine: Part 1 Posture & Core**

**with Sarah Robson, RMT**

*A continuing education seminar*

**April 13—14, 2019**

**Vernon, BC**

Saturday & Sunday 8:30 am - 5:00 pm

**14 CEUs**

*Registration*

\$450 + GST

*Contact OVCMT*

Toll-Free Phone: 1-800-701-8863

Fax: 250-558-3748

Email: [info@ovcmt.com](mailto:info@ovcmt.com)

*Location*

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

### Goals for this Course

**This course is to give you tips and tools for use in a broad based massage practice.**

**Assessment review of postural, gait, and functional movements focused on the spine.**

**Discussion and practice with newer core strengthening theories and techniques.**

**In treatment manual range of motion, stretching, and strengthening.**

**Use of isometrics as a corrective tool during the treatment.**

**Need and use for activation exercises for common postural issues.**

**Importance of clients using mindful movements in their daily life as part of their homecare.**

**Fine-tuning therapeutic exercise programs your patients are already doing & review of key homecare exercises for the spine.**

**Self-care - a look at our bodies while we work and things we can be more mindful of during a treatment to prevent repetitive use injuries.**

**This is an active course. So wear cloths that you can move and exercise in**

**We will be looking at the spine and how it moves so a top/swimsuit/sports bra that allows good visibility of the spine is better**

**Sheets/preferred oil for the treatment portions**

**Sarah Robson**—a practicing RMT for over 17 years since graduating from the 3000 hour, 3-year program of the Okanagan Valley College of Massage Therapy, Vernon, BC. Prior to attending the massage therapy school she graduated with an Honours degree in Biomedical Sciences from the University of Guelph. Sarah has taken additional training in Myofascial Therapy, Arthrokinetic Therapy, Ortho-Bionomy, Movement Assessment & Corrective Exercise Training, Neurostructural Integration, Hot Stone Massage, Cranio-sacral, Visceral massage, and her level 1 Reiki. Along with working as a RMT, Sarah taught at OVCMT for 15 years. Her primary roles have been teaching Musculoskeletal Anatomy, Integrated Sciences, and Therapeutic Exercise; and supervised sports massage & Hydrotherapy clinics. Sarah's goal as a massage therapist is to help clients achieve pain relief, reduce tissue restrictions, improve joint mobility & thus restore quality of living. Through a combination of massage therapy & education on homecare such as stretching & strengthening exercises, hydrotherapy, & ergonomic changes at work or home, she can treat many conditions & provide activity or work related modification advice. These homecare tools will address the nature of postural imbalances and activity & work related strains from faulty biomechanics. Sarah has worked with many athletes involved in activities Ironman & short course triathlons, mountain biking, BMX racing, hockey, soccer, volleyball, and basketball. Sarah is passionate about helping others & is always eager to learn new ways to address her client's needs.