

## Manual Therapy for the Thoracic Outlet, Hip & Knee

With Sheryl Hamilton, RMT, B.Sc.

*A continuing education workshop*

**April 20, 2019**

**Vernon, BC**

Saturday 9:00 am—5:00 pm

**7 PE CEUs**

*Registration*

\$250 + GST

*Registration Contact Info*

Email: [lisa\\_walker@ovcmt.com](mailto:lisa_walker@ovcmt.com)

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

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*Location*

Okanagan Valley College of Massage Therapy

#200, 3400 - 30th Avenue

Vernon, BC V1T 2E2

### Workshop Overview

At the end of this workshop, student will:

Understand the anatomy of the thoracic outlet and how to assess this region

Understand the anatomy of the soft tissues of the hip and knee and how to assess them

Know how to assess and mobilize the joints surrounding the thoracic outlet to maximize mobility and fascially decompress the thoracic outlet

Know how to assess and release the fascial structures and muscles of the thoracic outlet to maximize mobility and fascially decompress the thoracic outlet

Know how to improve fascial mobility of the psoas major, pectineus, and sartorius muscles as well as the inguinal ligament to improve mobility of the hip joint

Know how to improve fascial mobility of the semimembranosus, semitendinosus, biceps femoris, gastrocnemius, and soleus muscles to improve overall mobility of the knee and hip.

**Sheryl Hamilton** has been an RMT for 22 years, and has taught massage therapy and related sciences in New York, NY and Vernon, BC for almost 12 years. She brings a deep understanding of living human anatomy and a curiosity and fascination about the healing process and how best to facilitate it.