

# Lower Extremity— Orthopedic Assessment & Treatment

with **Mike Dixon**, RMT

*A continuing education seminar*

**April 21—22, 2018**

**Vernon, BC**

Saturday & Sunday 9:00 am - 5:00 pm

**14 CEUs**

*Registration*

\$399 + 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

## Course Overview

This course was designed to give the participants an excellent understanding and review of orthopedic assessments and treatment protocols for the Lower Extremities. Review of Anatomy, kinesiology and common musculoskeletal conditions will be presented and reviewed.

Lower Extremity pain and dysfunction are one of the most common conditions seen by Massage Therapists and often one of the most difficult conditions to affect positive outcomes. Treatment techniques for lower extremity dysfunctions such as Plantar Fasciitis, ITB friction syndrome, patellar tracking dysfunction, and compartment syndromes will be taught and explored with the group.

Treatment techniques such as joint play mobilizations (glides), tractions, nerve stretches/glides, end-range loading, muscle energy, contractile myofascial release, direct and indirect long and short lever mobilizations and proper use of a treatment/mobilization belt will be demonstrated and discussed.

The course will be held over 2 days with 14.5 hours of instructional classroom time. The participants will have adequate time to practice the techniques demonstrated.

**Mike Dixon** is a twenty-eight year veteran of Massage Therapy. He is an educator, a published author, and an international presenter in massage therapy continuing education (Arthrokinetic Therapy). He was the senior practical advisor for the West Coast College of Massage Therapy (WCCMT) and on the ethics and education committee. He served as the director of education and program coordinator for WCCMT in 2001-2002. Mike also taught orthopedics at the Boucher Institute of Naturopathic Medicine from 2003 -2009. He has been teaching since 1993 (21 years). He has developed specialty courses in continuing education for massage therapist & naturopaths in the field of orthopedics & rehabilitation therapy called "Arthrokinetic Therapy". Mike latest achievement is the release of his new text book "Joint Play the Right Way for the Axial Skeleton" 2006, which involve a multidimensional approach to treating the spine and Pelvis. In 2004 he release his first book "Joint Play the Right Way for the Peripheral Skeleton", which has become standard issue for many massage therapy colleges in Canada. Mike currently practices in Vancouver at the Electra Health Floor & in Tsawwassen at Dixon's Massage Therapy.



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