

Cervical & Upper Extremity - Orthopedic Assessment & Treatment with Mike Dixon, RMT

A continuing education seminar

April 27 – 28, 2019

Vernon, BC

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

14 CEUs

Registration

\$399 + GST

Contact OVCMT

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Location

Okanagan Valley College of Massage Therapy
#200-3400 30th Avenue
Vernon, BC V1T 2E2

Course Outline and Objectives

By the end of the course the participant should be able to/develop ...

- Discuss the anatomy and kinesiology of the Cervical spine, upper extremity and contraindications for various techniques.
- Perform an orthopedic assessment and special tests for the shoulder, elbow, wrist and hand.
- Perform joint mobilization techniques on the shoulder, elbow, wrist and hand.
- Perform traction mobilizations to the joints of the upper extremities.
- Perform nerve mobilization for the Ulnar, Median and Radial nerves.
- Perform contractile myofascial release (ART) and muscle testing to the muscles of the rotator cuff.
- Perform dynamic stretching techniques for the muscles of the upper extremities.
- Perform end-range loading techniques for the nerves, muscle, ligaments, Fascia and bones to the upper extremities and Cervical spine
- Perform stretching techniques for the muscles of the forearms.
- Perform stretching and End Range Loading techniques on the compartments of the forearm. (anterior, posterior)
- Critical thinking skills used in case study management of musculoskeletal conditions of the cervical spine and upper extremities (case studies)
- When ever possible, patients/clients/therapists with real conditions will be treated in the demonstrations.

NOTE:

Be sure to check out Mike's **YouTube channel**— Videos & techniques that are learned in the workshop are available for viewing. Search "Mike Dixon Shin Splints" for 4 videos. "Follow" Mike to watch future videos!

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.