

Introduction to Osteopathic Techniques with Ann Sleeper, RMT

A continuing education seminar

September 28 & 29, 2019

Vernon, BC

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

14 CEUs

Registration

\$520 + GST (Early Bird—\$500 + GST)

Early Bird Deadline: Aug 29, 2019

Contact OVCMT

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Location

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

Course Description

The concepts behind the development of osteopathic techniques (Muscle Energy Technique, Positional Release Technique, cranial and visceral manipulation and so on) are applicable no matter what techniques you use. This course illustrates these concepts and includes simple joint glides for the spine, pelvis and thoracic cage, treatment of the diaphragms, and rocking techniques for lymph drainage and paraspinal muscles. These techniques are easily integrated into your current practice. An introduction to pain science concepts gives an alternate model for how we think about assessment and treatment.

Ann Sleeper has been an RMT in British Columbia since 1981. She has taught continuing education courses since the early 1990s and also teaches occasional short courses in massage therapy schools. Ann has studied techniques from the osteopathic tradition in Canada and the US. She is currently interested in how pain science changes the way we think about treatment.