

## Lumbar Disc Herniations & Sciatica: Treatment & Management of Back Pain & Lower Extremity Disorders

with Carrie Taylor-Ollis,  
BSc., RMT, LMT, CPT, CYT, YACEP, NCBTMB

*A continuing education seminar*

**July 21, 2019**

**Vernon, BC**

Sunday, 9:00 am - 5:00 pm

**7 CEUs**

### *Registration*

early bird—\$200 + GST  
after June 17, 2019—\$250 + GST

### *Contact OVCMT*

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## Course Outline and Objectives

Lumbar Disc Herniations are becoming more and more common in our sedentary, office working culture. People are sitting for extended periods more than ever, and effectively reversing the position of the lumbar lordotic curve, which encourages discs to bulge posterolaterally. Coupled with lack of exercise and weakened core stabilization, True Sciatica symptoms result. This can cause everything from mild lower extremity weakness and instability, to severe debilitating lumbar and Sacro-Iliac joint pain, with accompanying nerve symptoms down the postero-lateral aspect of the thigh and leg.

The key to effective treatment for the patient, is teaching core stability exercises, and re-establishing a normal lumbar lordosis via pelvic repositioning (aka "the MacKenzie Technique" or yoga "cat/cow"). Therapists will learn postural realignment techniques, and transversus abdominus activation exercises, that they can apply to patient treatment and home care. Specific "lordosis creating" manual techniques are emphasized & demonstrated, as well as pelvic bone realignment and balancing. SI Joint, sacrotuberous ligament, the often overlooked Quadratus Femoris muscle, and gluteal muscle focus go a long way to accomplishing successful pain relief. With a lot of hands-on practice both giving and receiving from both class participants and from Carrie Taylor, therapists will feel more confident when confronted with this frustrating disorder in clinical settings.

Carrie has been in the fitness & nutrition industry as a certified personal trainer since 1990, a **Registered Massage Therapist** in Canada since 2001, and a **licensed massage therapist** in the U.S. since 2005. Following completion of a **Bachelor of Science degree** at the **University of British Columbia**, Carrie attended the prestigious **West Coast College of Massage Therapy** in Vancouver in 1998, to complete a **3500 hour Massage Therapy program**. She has been teaching at the Swedish Institute College of Health Sciences in NYC since January 2001, where her topics of expertise include; Myofascial Release, Anatomy & Physiology, Pathology, Neurology, Palpation, & Clinical Strategies.

She currently teaches the "**Taylor Technique**" level 1, 2, & 3 certifications (240 hours) in Myofascial release and Osteopathic approaches to manual treatment for registered & licenced therapists, is a **CMTBC & NCBTMB nationally approved provider** of continuing education, and is available for speaking engagements. Her Myofascial release certification is currently taught at the **Swedish Institute College of Health Sciences in NYC**, the **Fingerlakes School of Massage in Ithaca NY**, and for the **RMTBC** in British Columbia, Canada. She is also a **Georgia Occupational Therapy and Physical Therapy Association of Georgia approved provider**. Carrie has started hosting continuing education wellness retreats in Atlanta Georgia, where therapists can learn her work, receive treatment, and do yoga!

Carrie practices Myofascial Release, Scar tissue treatment, Osteopathic & Visceral work, Core Stability based Personal Training & stretching, remedial exercise, & Nutrition Counseling. Carrie spends much of her private practice in treating other manual therapists (which is one of her passions, and is geared towards enhancing their learning process).

Carrie also graduated from the **200 hour Lifepower yoga teacher training**, and specializes in teaching Ashtanga & Vinyasa flow forms of practice, in addition to being a **Yoga Alliance continuing education provider**. She has a core stability total body conditioning & stretch DVD, as well as DVDs & a textbook of the **Taylor Technique Myofascial release classes** (all available in online downloadable and hardcopy formats at