

# Manual Therapy for Spinal Nerves

With Sheryl Hamilton, RMT, B.Sc.

*A continuing education workshop*

**October 6, 2018**

**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

Joint dysfunction, increased fascial tone, and visceral dysregulation can all stem from compression of spinal nerve roots and peripheral nerves.

You will learn to:

Locate and treat nerve compression in the spine and upper and lower extremities

Use gentle fascial techniques to mobilize nerve pathways and decompress affected nerves

Understand how neural tone regulates fascial and visceral tone (and vice versa)

Extend your career by straining your body less in treatment

Neural compression can be difficult to treat with manual therapy because traditional techniques often result in further compression. You will leave this class with easy tools that are anatomically based which will help you safely and effectively work with nerves to restore health in affected tissue.

**Sheryl Hamilton** has been an RMT for 20 years, and has taught massage therapy and related sciences in New York, NY and Vernon, BC for almost 10 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.