

## An Integrated Treatment Approach for the Cervical Spine

with Sarah Robson, RMT

A continuing education seminar

September 27, 2020

Vernon, BC

Sunday 8:30 am - 5:00 pm

7 CEUs

### Registration

\$250 + GST

(or \$225 + GST if combined with Sept 26 wksp)

### Contact OVCMT

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### Location

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

## Course Overview

This course is to give you tips and tools for use in a broad based massage practice. If you struggle with giving an effective neck treatment or want to review the anatomy of the neck this is a great course for you. These techniques can be applied to many injuries. I want to show you a way to blend different techniques together to give a complete neck treatment including fascial, muscular, osteopathic, joint mobilizations, & therapeutic exercise.

Have a increased confidence in working with the cervical spine

Understand and be more comfortable working with the structures in the anterior neck.

Learn gentle mobilizations to improve segmental movement and encourage balanced cervical spine movements

Understand and be more comfortable using manual stretching and strengthening techniques on the cervical spine.

Be able to give effective homecare for ROM, stretching, and strengthening on key structures often seen affected by poor chronic postures, repetitive work concerns, and common injuries of the neck. Review and learn new key postural cues and mindful movement practices for the neck.

**Sarah Robson**—a practicing RMT for over 17 years since graduating from the 3000 hour, 3-year program of the Okanagan Valley College of Massage Therapy, Vernon, BC. Prior to attending the massage therapy school she graduated with an Honours degree in Biomedical Sciences from the University of Guelph. Sarah has taken additional training in Myofascial Therapy, Arthrokinetic Therapy, Ortho-Bionomy, Movement Assessment & Corrective Exercise Training, Neurostructural Integration, Hot Stone Massage, Cranio-sacral, Visceral massage, and her level 1 Reiki. Along with working as a RMT, Sarah taught at OVCMT for 15 years. Her primary roles have been teaching Musculoskeletal Anatomy, Integrated Sciences, and Therapeutic Exercise; and supervised sports massage & Hydrotherapy clinics. Sarah's goal as a massage therapist is to help clients achieve pain relief, reduce tissue restrictions, improve joint mobility & thus restore quality of living. Through a combination of massage therapy & education on homecare such as stretching & strengthening exercises, hydrotherapy, & ergonomic changes at work or home, she can treat many conditions & provide activity or work related modification advice. These homecare tools will address the nature of postural imbalances and activity & work related strains from faulty biomechanics. Sarah has worked with many athletes involved in activities Ironman & short course triathlons, mountain biking, BMX racing, hockey, soccer, volleyball, and basketball. Sarah is passionate about helping others & is always eager to learn new ways to address her client's needs.