

Manual Therapy for the Thoracic Outlet, Hip & Knee

With Sheryl Hamilton, RMT, B.Sc.

A continuing education workshop

Sept 8, 2018

Vernon, BC

Saturday 9:00 am—5:00 pm

7 PE CEUs

Registration

\$250 + GST

Registration Contact Info

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Toll-Free Phone: 1-800-701-8863

Fax: 250-558-3748

Location

Okanagan Valley College of Massage Therapy

#200, 3400 - 30th Avenue

Vernon, BC V1T 2E2

Workshop Overview

At the end of this workshop, student will:

Understand the anatomy of the thoracic

outlet and how to assess this region

Understand the anatomy of the soft tissues
of the hip and knee and how to assess
them

Know how to assess and mobilize the joints
surrounding the thoracic outlet to
maximize mobility and fascially
decompress the thoracic outlet

Know how to assess and release the fascial
structures and muscles of the thoracic
outlet to maximize mobility and fascially
decompress the thoracic outlet

Know how to improve fascial mobility of the
psoas major, pectineus, and sartorius
muscles as well as the inguinal ligament
to improve mobility of the hip joint

Know how to improve fascial mobility of the
semimembranosus, semitendinosus,
biceps femoris, gastrocnemius, and soleus
muscles to improve overall mobility of the
knee and hip.

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.