

## Manual Therapy for the Thoracic Outlet, Hip & Knee

With Sheryl Hamilton, RMT, B.Sc.

*A continuing education workshop*

**September 8, 2018**

**Vernon, BC**

Sunday 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

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.