

Thoracic Spine & Rib Cage —

Joint Mobilizations –MET- End-Ranger Loading

with Mike Dixon, RMT

A continuing education seminar

April 25-26, 2020

OVCMT, Vernon, BC

Saturday & Sunday 9:00 am - 5:00 pm

14 CEUs

Registration

Early Bird: \$399 + GST

After April 11: \$499 +gst

Contact OVCMT

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Fax: 250-558-3748

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Location

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

Course Outline and Objectives

This course is designed to address methods of assessment, treatment and remedial exercises for the thoracic spine, rib cage for dysfunctions, and related pathologies.

The participant will learn effective treatment techniques for: Postural Strain, Gastro Esophageal Reflux Disease (GERD), Hyper-kyphosis, Functional and Structural Scoliosis, Winging Scapula, Rib subluxations, Depressed rib dysfunctions, Dural Strain, MVA Seat Belt Injuries, Vertebral rotations/Subluxations, and general conditions like relative capsular fibrosis.

The thoracic spine and rib cage are a complex structure with many moving parts. It is structured to protect many organs, like our heart and lungs, but also provide support to our musculoskeletal systems. In this course we will take an in-depth look-into effective ways to treat the rib cage and thoracic spine with stretching (end-range loading), joint mobilizations, muscle energy techniques, and Mckenzie extension protocols to treat disc and joint related pathologies. Postural corrections exercises will be discussed and demonstrated.

This course provides Massage Therapist effective treatment, remedial exercises methods, and techniques that are well within our scope of practice.

NOTE:

Be sure to check out Mike's **YouTube channel**—Videos & techniques that are learned in the workshop are available for viewing. Search "Mike Dixon Shin Splints" for 4 videos. "Follow" Mike to watch future videos!

Mike Dixon is a twenty-eight year veteran of Massage Therapy. He is an educator, a published author, and an international presenter in massage therapy continuing education (Arthrokinetic Therapy). He was the senior practical advisor for the West Coast College of Massage Therapy (WCCMT) and on the ethics and education committee. He served as the director of education and program coordinator for WCCMT in 2001-2002. Mike also taught orthopedics at the Boucher Institute of Naturopathic Medicine from 2003 -2009. He has been teaching since 1993 (21 years). He has developed specialty courses in continuing education for massage therapist & naturopaths in the field of orthopedics & rehabilitation therapy called "Arthrokinetic Therapy". Mike latest achievement is the release of his new text book "Joint Play the Right Way for the Axial Skeleton" 2006, which involve a multidimensional approach to treating the spine and Pelvis. In 2004 he release his first book "Joint Play the Right Way for the Peripheral Skeleton", which has become standard issue for many massage therapy colleges in Canada. Mike currently practices in Vancouver at the Electra Health Floor & in Tsawwassen at Dixon's Massage Therapy.