

## Whiplash, Cervical Disc Herniations & Related Disorders

with **Carrie Taylor-Ollis,**  
BSc., RMT, LMT, CPT, CYT, YACEP, NCBTMB

*A continuing education seminar*

**July 20, 2019**

**Vernon, BC**

Saturday 9:00 am - 5:00 pm

**7 CEUs**

### *Registration*

early bird—\$200 + GST

after June 17, 2019—\$250 + GST

### *Contact OVCMT*

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## Course Outline and Objectives

This workshop is an in depth look at disorders that develop as a result of whiplash injuries, particularly as they apply to cervical hyperlordosis or kyphosis, two very different but common presentations post injury. Therapists will review the muscles, bones, nerve plexi, and other connective tissue structures involved in the anterior, lateral, and posterior cervical spine. How to do a thorough assessment, and to then translate that information into an effective treatment plan for the patient is emphasized. Advanced treatment techniques for cervical disc herniations are demonstrated, with plenty of time to practice and gain mastery of this delicate region.

**Carrie** has been in the fitness & nutrition industry as a certified personal trainer since 1990, a **Registered Massage Therapist** in Canada since 2001, and a **licensed massage therapist** in the U.S. since 2005. Following completion of a **Bachelor of Science degree** at the **University of British Columbia**, Carrie attended the prestigious **West Coast College of Massage Therapy** in Vancouver in 1998, to complete a **3500 hour Massage Therapy program**. She has been teaching at the Swedish Institute College of Health Sciences in NYC since January 2001, where her topics of expertise include; Myofascial Release, Anatomy & Physiology, Pathology, Neurology, Palpation, & Clinical Strategies.

She currently teaches the "**Taylor Technique**" level 1, 2, & 3 certifications (240 hours) in Myofascial release and Osteopathic approaches to manual treatment for registered & licenced therapists, is a **CMTBC & NCBTMB nationally approved provider** of continuing education, and is available for speaking engagements. Her Myofascial release certification is currently taught at the **Swedish Institute College of Health Sciences in NYC**, the **Fingerlakes School of Massage in Ithaca NY**, and for the **RMTBC** in British Columbia, Canada. She is also a **Georgia Occupational Therapy and Physical Therapy Association of Georgia approved provider**. Carrie has started hosting continuing education wellness retreats in Atlanta Georgia, where therapists can learn her work, receive treatment, and do yoga!

Carrie practices Myofascial Release, Scar tissue treatment, Osteopathic & Visceral work, Core Stability based Personal Training & stretching, remedial exercise, & Nutrition Counseling. Carrie spends much of her private practice in treating other manual therapists (which is one of her passions, and is geared towards enhancing their learning process).

Carrie also graduated from the **200 hour Lifepower yoga teacher training**, and specializes in teaching Ashtanga & Vinyasa flow forms of practice, in addition to being a **Yoga Alliance continuing education provider**. She has a core stability total body conditioning & stretch DVD, as well as DVDs & a textbook of the **Taylor Technique Myofascial release classes** (all available in online downloadable and hardcopy formats at