Freeing the Pelvis & Balancing the Spine Beyond Trigger Point Seminars: Low Back & Hip Unit

***COURSE DESCRIPTION***

Beyond Trigger Point Seminars: Low Back & Hip Unit provides a step-by-step protocol for relieving myofascial pain due to trigger points.\* Confidently treat pain and dysfunction using proven neuromuscular methodologies. Eight muscles groups harboring trigger points in the low back & hip region are covered.

**Day One** begins by addressing the challenges of treating clients with Myofascial Pain Syndromes.

The morning topics cover:

* Three methods for identifying trigger points
* Broader confidence to treat the majority of muscular pain and dysfunction in the low back & hip region
* Clear language for why clients still hurt from an old injury
* Effective strategies for eliminating muscular pain complaints
* Identification of the common low back pain patterns
* Hands-on treatment of two muscle groups
* Rationale and treatment protocol for ice & stretch method

Once years ago I saw Dr Travell relieve a stiff neck from the time it took an elevator to drop from the top floor to the lobby using the ice & stretch method. This is the easiest and quickest way to restore a muscle's normal resting position. We'll use an inexpensive cryostim. Once you learn the rationale, you can apply this method to any muscle.

After lunch:

* Identify how a Morton's Foot thwarts your best efforts to correct a gluteus medius problem
* Measure hip height inequalities related to the quadratus lumborum
* Perform a Trendelenburg Test to determine gluteus medius and minimus involvement

To experience Cathy Cohen's teaching style, download her free mp3 audio lesson, "The Challenges of Treating Clients with Muscular Pain". Instantly access this 47-minute introductory lecture and 8-page study guide at: [**BeyondTriggerPoints.com.**](http://www.beyondtriggerpoints.com/)

**Day Two** begins with an overview of the psoas and piriformis balance. Today’s structural goal is to create a steady balance between the low back and hip musculature.

Learning objects include:

* Practicing a Five-Step protocol for the abdominals and thoracolumbar paraspinal muscles
* Relieving the excruciating pain of sciatica by treating these trigger points in the piriformis
* Differentiating between neurogenic pain and musculoskeletal involvement
* Developing a treatment routine for menstrual cramps and other visceral-somatic problems.

Beyond Trigger Point Seminars: Low Back & Hip Unit is one of four units preparing a therapist to sit for the National Board Examination of Certified Myofascial Trigger Point Therapists. Though not required for workshop attendance, those wanting to prepare for class can complete a 4 CEU online audio companion program. Visit [**BeyondTriggerPoints.com**](http://www.beyondtriggerpoints.com/) for more information.

**TAKE AWAY**

* Four new neuromuscular massage routines Broader confidence to treat the majority of muscular pain and dysfunction in the low back & hip region
* Easier techniques such as trigger point release, ice and stretch and myofascial manipulation
* Structural evaluation skills
* Client handouts to reinforce a home corrective program for perpetuating factors
* A twelve-step exercise flow practiced on Sunday morning to protect our own bodies from occupational injury

**WHAT TO BRING**

* Colored pencils or markers
* Sheets, face cradle cover and massage oil and/or cocoa or shea butter
* Loose clothing to easily expose the body region being studied and a wrap or sweater
* Short fingernails

\* Beyond Trigger Point Seminars and [**CarpalTunnelCoaching.com**](http://carpaltunnelcoaching.com/) are approved NCBTMB continuing education programs (#450949-09).