



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

FREEING THE NECK 1-Day 6 CEU Live Interactive Webinar Trigger Point Solutions for Relieving Head & Neck Pain

Sat. May 1, 2021 10 am to 4:30 pm CDT



\$129 6 CEUs
Discount Available:

Sign up with another therapist
to save \$20 -- only \$109 each



*Bring lasting relief to your clients
with myofascial neck & head pain*

Gain practical understanding of how to apply Travell & Simons' proven Trigger Point Therapy techniques to relieve myofascial pain

- Identify the muscles that can harbor trigger points in the neck
- Discover easier ways to relieve pain with trigger point release, myofascial manipulation, neuromuscular massage & perpetuating factor corrections
- Practice & receive an effective 5-step treatment sequence for the 5-step treatment sequence for the Trapezius, SCM, Splenius, Posterior Cervicals & Suboccipital muscles
- Improve your communication skills with clients and upgrade your intake accuracy

"Connect the Dots" between posture, neck & head pain

- Develop your detective skills to assess & re-educate your client on key behavioral & postural factors that perpetuate neck pain
- Discover the hidden links between sleep position & neck & shoulder pain
- Apply the Connect the Dots system to determine the biomechanical factors of common cervical problems: Lower Limb Length Inequality, Small Hemipelvis & Short Upper Arms
- Differentiate various headache patterns by accessing different layers of the posterior cervical muscles

SCHEDULE

- Saturday May 1, 10 am to 4:30 pm CDT
6-hour live interactive webinar on Saturday with 1/2 hour lunch break
- **Hands-On Interactive Learning**
You'll need an internet-connected computer or smartphone, massage table and a practice partner or a warm body to practice hands-on protocols
- **No therapist partner? No problem!**
Invite a "safe" client or family member to be your warm body
- 4 weeks free multi-media follow-up enrichment includes videos of protocols