



## GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

### GET A GRIP! 1-Day 8 CEU Live WORKSHOP Treating Elbow, Wrist & Finger Dysfunction

Sat. Oct 9, 2021 9:30 am to 6 pm CDT at Carlson College of Massage Therapy



\$175 -- 8 CEUs

**REGISTER**

#### *Upgrade your Skill-Set for Treating Stubborn Hand & Forearm Dysfunctions*

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

- Discover easier ways to relieve arm/hand pain with trigger point release, myofascial manipulation & nerve gliding stretches for the median and ulnar nerves
- Learn an effective new neuromuscular massage routine for the arms & hands
- Identify your own personal risk factors for wrist, hand and thumb injury
- Discover the hidden links between sleep position & hand/wrist pain

#### *Assess & Treat Hand & Forearm Problems: Go Beyond & Go Deeper with the Connect the Dots System*

- Treat the soft tissue associated with wrist, elbow, thumb & finger dysfunction
- Improve your detective skills in differentiating the diagnoses of Carpal Tunnel Syndrome, DeQuervain's tenosynovitis, tendonitis, & tendonosis of the wrist & thumb
- Use the Connect the Dots system to deduce the perpetuating factors that lead to hand & wrist dysfunction
- Easily restore a muscle's normal resting position with an innovative, super-efficient stretching protocol you can apply to any muscle

### SCHEDULE

- Saturday Oct 9, 9:30 am to 6 pm CDT  
8-hour live workshop
- Hands-On Interactive Learning  
80% Hands-On, Student Manuals provided
- 4 weeks free multi-media follow-up enrichment includes videos of protocols