



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

BeyondTriggerPoints.com

Freeing the Neck & Balancing the Rotator Cuff 1-Day 8 CEU Live Workshop

Mon. Oct 11, 2021 9:30 am to 6 pm CDT at Carlson College of Massage Therapy

1 Day 8 CEU
WORKSHOP

Click to Register

FREEING THE NECK

\$175 8 CEUs

REGISTER

Deliver pain relief to your clients with myofascial head, neck & shoulder conditions

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 & shoulder
- 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 Trapezius, SCM, Splenius, Posterior Cervicals, Suboccipital & Rotator Cuff muscles
- Improve your communication skills with clients and upgrade your intake accuracy

"Connect the Dots" between posture, shoulder & neck 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
- Easily restore a muscle's normal resting position with an innovative, super-efficient stretching protocol you can apply to any muscle

SCHEDULE

- Monday Oct 11, 9:30 am to 6 pm CDT
8-hour live workshop
- Hands-On Interactive Learning
70% Hands-On, Student Manuals provided
- 4 weeks free multi-media follow-up enrichment includes videos of protocols