

Functional Bodywork - Lower Body

with Dr. James Mally

Functional bodywork utilizes an understanding of physiology to help your clients relieve pain and achieve a greater pain-free range of motion.

This class features integration of various techniques into a treatment strategy to help your clients. Techniques that we will use include facilitated stretching, soft tissue release, trigger point and counterstrain, arthrokinetic work, cupping, and nerve flossing techniques.

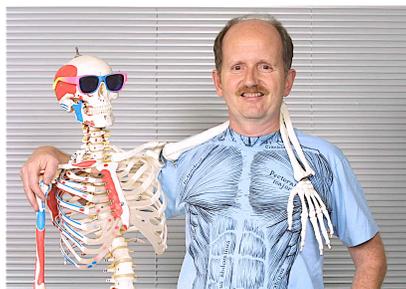
We start with the assessment and treatment of common postural patterns. To help with the postural balance we will work with muscles and connective tissue to relieve tension in tight, facilitated muscles and to activate weak, inhibited muscles. When there is muscle pain we will differentiate whether it is from muscle strain or from trigger points and treat it accordingly. For nerve pain, we will work with nerve flossing techniques. With each technique, we'll focus on proper body mechanics to make the work easier for you.

After working with the muscles and nerves, we can work with the joints offering alternating compression and traction to encourage the production of synovial fluid to improve the health and mobility of the joints.

Explore Treatment Options for Common Conditions

You'll learn specialized techniques to work with a variety of conditions, including:

- Low back pain
- Sciatic pain
- Hip, Knee, and Ankle Pain
- Menstrual cramps
- Leg Length imbalances
- Plantar Fasciitis



Dr. James Mally
(the one on the right)

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with over four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

April 9 & 10, 2022

Sat. & Sun. 9 am - 6 pm

(16 hours - 16 CEUs)

Tuition: \$320

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