

### ***Research 101***

**Nancy Porambo, MS, LMT, Instructor (3 CEs)**

This course introduces a variety of research methods and will simplify the student's understanding of the scientific method of research. This course also teaches the therapist how to take the results of valid research and use it to promote the massage therapy practice. There will be examples and discussions throughout. **Meets the 3 hour requirement to renew your NCBTMB Certification.**

### ***Assessment and Manual Therapy Treatment of the Psoas Major***

**Joe Muscolino, DC, Instructor (3 CEs)\* \*\***

After a brief review of the structure and function of the psoas major, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the psoas major. Palpation and manual therapy treatment of the psoas major will be shown in supine, seated, side-lying, 3/4 side-lying, and prone positions. Multiple stretch protocols will also be shown. (Note: Please either bring linens or wear "loose-fitting" shorts and shirt.) *\*Massage Table Required \*\*Licensed Therapists Only*

### ***Table Manners***

**Mary Alice Walter, LMT, Instructor (3 CEs)**

What you think, how you feel, and how you conduct yourself all affect your image – in your own eyes as well as the eyes of your clients – as a professional massage therapist. Whether you are currently in school, newly licensed, or already practicing and want to increase your success, this class is for you. Understanding how much power you have to influence your own success can immediately boost your confidence and peace of mind and help you achieve your dreams.

### ***Ethics for the Massage Therapist***

**Nancy Porambo, MS, LMT, Instructor (3 CEs)**

This course explores the NCB Code of Ethics and introduces case scenarios that challenge the massage therapist. Students will have the opportunity to discuss issues surrounding miscommunications, boundaries, self-disclosure, dual relationships and the recognition of your own belief system in conjunction with the therapist/client relationship.

### ***Precision Neuromuscular Therapy for Cervical Whiplash***

**Doug Nelson, Instructor (6 CEs) \***

There are more than one million estimated cases of whiplash annually in the USA, making whiplash associated disorders a likely condition to be seen in massage therapy practices. In this seminar, participants will deeply explore the mechanics of whiplash, how the trauma of whiplash affects the neuromuscular system, and learn effective hands-on techniques to address the musculature affected. *\*Massage Table Required*

### ***Assessment and Body Mechanics for Working the Low Back and Pelvis***

**Joe Muscolino, DC, Instructor (6 CEs)\* \*\***

We begin with orthopedic assessment for the common neuro-musculoskeletal conditions of the sacroiliac joint and lumbar spine. We then cover body mechanics for deep pressure when working the lower back in prone and side-lying positions. With proper body mechanics, you will learn how the low back can be worked deeply with little effort. We also cover how to palpate and safely and effectively work the psoas major, both abdominal and femoral bellies. *\*Massage Table Required \*\*Attendance at both days of the Low Back workshops (Saturday and Sunday) completes one of the six Clinical Orthopedic Manual Therapy (COMT) workshops required for full COMT Certification.*

**Massage for the Cancer Client**  
**Cheryl Chapman, RN, LMT, Instructor (12 CEs, Saturday and Sunday)\***

This 12 hour specialized Cancer training is for the therapist who is ready for a paradigm shift, desires a well- rounded practice, has an interest in touch and bodywork for people in all stages of cancer, and to provide a safe, effective and compassionate touch. The hands-on techniques utilized are unlike those taught in massage school and provide an alternative to deep, invasive or painful therapy, and may be utilized immediately in any practice. *\*Massage Table Required*

**Understanding Fibromyalgia- “The Mind/The Body”**  
**Nancy Porambo, MS, LMT, Instructor, (6 CEs)\***

This course reviews current scientific research on the development of FMS. It also examines variables such as heredity, personality and lifestyle in order to aid the student in developing a thorough understanding of the condition. Class time includes the identification of “tender points” as well as discussion regarding how to handle complicated cases. *\*Massage Table Required*

**Understanding and Treating Headaches**  
**Doug Nelson, LMT, Instructor (6 CEs)\***

Participants will deeply explore the headache phenomena, including cutting-edge research and manual therapeutic options for headache types including Migraine, Cervicogenic, and Tension Type headaches. Understanding the physiology of headaches allows therapists to provide more meaningful and effective treatment. Participants will learn a variety of beneficial techniques that can be used immediately. *\*Massage Table Required*

**Stretching and Joint Mobilization for the Low Back and Pelvis**  
**Joe Muscolino, DC, Instructor, (6 CEs)\* \*\***

We begin by discussing the fundamental concepts of stretching, beginning with basic stretching for the functional muscle groups of the lower back and then learning how to target each specific muscle with multiplane stretching. We then cover more advanced neural inhibition stretching techniques, including Contract Relax (PNF/PIR), Agonist Contract (the basis for AIS), and Contract Relax Agonist Contract stretching techniques. We also cover pin and stretch technique. We conclude with Arthro-fascial Stretching (AFS): Soft Tissue Joint Mobilization for Manual Therapists (including traction) for the lumbosacral spine. AFS is the only effective means of stretching the intrinsic fascia of specific hypo-mobilities of the lumbosacral spine. *\*Massage Table Required \*\*Attendance at both days of the Low Back workshops (Saturday and Sunday) completes one of the six Clinical Orthopedic Manual Therapy (COMT) workshops required for full COMT Certification.*

**Healthy Business Practices**  
**Nancy Porambo, MS, LMT, Instructor, (6 CEs)**

Healthy Business Practices examines the development and operation of a professional and solid massage therapy practice. Goal determination, business planning, marketing and office practices are explored and discussed. The course also presents methods and opportunities to attract and maintain a client base.

**Precision Neuromuscular Therapy and the Golf Swing**  
**Doug Nelson, LMT, Instructor (6 CE's)**

Golf is a popular sport that is played by nearly 29 million people in the USA alone. The physical demands of golf are often overlooked, which can lead to pain and discomfort in both recreational and serious golfers. Precise soft tissue strategies are specifically targeted to the biomechanics of the golf swing can help golfers play more effectively and also prevent possible injuries. This also becomes a wonderful sub-specialty for massage therapists, offering golfers very specific treatment protocols tied to the demands of the golf swing. *\*Massage Table Required*