



Fascial Approaches: The Shoulder

Instructed by Peter Stuart, MT (Stuart Therapies and Seminars)

Registration Deadline: 26 October 2019

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| Date: | November 9-10, 2019 (2-days) | Maximum Registrants: 16 |
| Time: | 9:00am–5:00pm (Saturday & Sunday) | |
| Location: | Atlantic College of Therapeutic Massage Unit #2, 1040 Champlain Street Dieppe, N.B. | |
| Fee: | \$325.00 (ANBMT members only) Non-Member: \$400.00 (PAYMENT <u>MUST</u> ACCOMPANY REGISTRATION; <u>NO RESERVATIONS ACCEPTED</u>) | |
| CEUs: | 7 Category A CEUS (CMTNB Approved) | |

Preferred Room Rate: Quality Inn Airport, 370 Boulevard Dieppe, NB. \$105.00 + HST standard room. Phone 506-858-8880 and ask for the corporate rate for Association of New Brunswick Massage Therapists.

Course Details

The shoulder joint is the most flexible joint in the body. It is surrounded and influenced by over a dozen muscles which allow it the greatest ranges of motion possible of any joint of the body. When the integrity of this joint is affected by trauma, most of these muscles and their associated fascia will respond by creating excessive tensile forces to protect this area from any further harm. Upper trapezius and levator scapula muscles when they are stressed by physical, mental and emotional trauma as well as posture can take on a seemingly solidified texture.

Join us in exploring how to assess and treat this area using fascial techniques and exercises to bring about release to the muscles and fascia of the shoulder region.

What You Will Learn

How to assess for shoulder imbalances
Understanding the relationships that the muscles of the shoulder region have with each other and their role in the imbalance
How to address the fascial tension of the anterior and posterior upper body
Fascial treatment for specific musculature
How to put an effective treatment plan together to treat the shoulder region and surrounding tissue
Hands on techniques and practice to treat the shoulder region
Stretches to isolate specific muscles and their coinciding fascia

What to Bring

- Sports bra/tank top (comfortable clothing)
- Sheets/Pillow
- Snacks/Lunch/Water

About the Instructor

Peter Stuart has been a massage therapist and educator since 1993, specializing in myofascial release within heart-centered therapy, treatment of chronic pain conditions, and transformation from the negative effects of trauma. He is the founder and lead instructor for Stuart Therapies & Seminars Inc.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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