



On the Spot Training School

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www.massageonthespot.co.uk

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Advanced Techniques Massage Workshop Lower Back & Hips

DATES	See Website
TIME	9.30 am to 5.30 pm
COST	See Website for cost and payment details
DURATION	1-day workshop
FACILITATORS	Sally Morris & Craig Foden
VENUE	May vary, please check information on website On the Spot Training School, 12 Victor Gardens, Hockley, Essex. SS5 4DR

Techniques for Lower Back & Hips

In this workshop we will develop soft tissue therapy treatment options & techniques that address common problems and restrictions in the thoracolumbar and pelvic region. The physiological consequence of such restrictions can have both local and global knock-on effects leading to pain, dysfunction and pathologies into the upper back, neck, shoulders and also into the upper and lower extremities.

We will also have the opportunity to consider how 'updated' scientific research into the fascial network, is guiding us to ask questions about our musculoskeletal anatomy training, 'what type of soft tissue/myofascial techniques we choose to employ and why?' Can we theoretically and therapeutically 'separate' the 'myo' (muscle) from fascia?

Contents

- Soft tissue assessment techniques to indicate restricted tissues
- Postural alignment considerations
- Focussed Range of Motion assessment
- Advanced soft tissue therapy techniques including MET's and 'updated 'myofascial trigger point' techniques to facilitate lasting 'release'
- How to apply techniques skilfully and sensitively, including ways of moderating pressures that listen rather than repetitively force through restricted tissue
- Adapting techniques to suit the client's physique and tensions

Intrinsic to workshops delivered by On the Spot Training School, and throughout the days training, we will instil the vital importance of employing dynamic bodyuse and structure-based movement skills to ensure that we don't overstrain ourselves when working 'deeply' with soft tissue and myofascial techniques.

Our aim is to refresh your massage and bodywork treatment approach by expanding your assessment and applied techniques repertoire whilst considering and utilising updated anatomical and physiological considerations.

Entry Requirements:

Be over 18 years of age

1. Have an adequate level of written and spoken English
2. Have adequate physical and mental health (no contra-indications to giving or receiving body massage)
3. If physically challenged, have sufficient ability to perform the soft tissue/mfr techniques contained in the syllabus
4. Have a previous qualification that includes examined study of Massage and Anatomy, Physiology & Pathology to level 3. E.g.: MTI Diploma in Holistic Massage or ITEC Anatomy Physiology & Massage

Course hours

9:30 – 17:30 hours Total learning hours: 7.5hrs

Practicalities - what to bring:

- Pen and paper
- Food for lunch (drinks are provided)
- Hand sanitizer, baby wipes and 2 towels or a sheet for draping

Please wear clothing that allows free body movement (i.e. T-shirt, sweat shirt and track suit trousers). Extra layers of clothing are useful to keep warm after massage

Other important points:

Adequate health/fitness for participants is expected. If you have any concerns about your health please feel free to contact On the Spot Training School and check these before booking

The fee for the day includes refreshments. Lunch is not provided. Please bring a packed lunch. Alternatively, there are some shops and food outlets within short walking distance

Small class numbers ensure plenty of individual attention. We look forward to working with you!

Equal Opportunities:

Our organisation provides equality of training and care to everyone, regardless of people's age, disability, gender, gender identity, race, religious belief or sexual orientation.

People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their conduct.

Facilitators:

Craig Foden has practiced professional massage & bodywork for 15 years. He specialises in Advanced Soft Tissue Therapy/Sports & Remedial Massage and now focuses the majority of his hands-on work in utilising the John F. Barnes approach of Myofascial Release. Having initially trained with Ruth Duncan in the UK Craig now continues his training with John F Barnes in the US.

As a qualified bodywork tutor & fitness coach affiliated to MTI, FHT & REPS, he draws much of his functional movement and dynamic bodyuse knowledge and inspiration from many hours of Martial Arts practice in the prominent styles of China, Russia and Japan!

Sally Morris - Sally's fascination with health and healing began over 40 years ago during her training in General and Psychiatric Nursing and Counselling. She learnt to appreciate the importance of mind, body, spirit awareness in health which led to her interest in complementary therapy training. She has amassed a wealth of learning and experience which she integrates into her practice and teaching. Alongside Sally's Massage and Bodywork training, her 'expert' level JFB Myofascial Release training and an abundance of other advanced massage qualifications, she is also a CTI Co-Active Coaching and Leadership Graduate.

Sally has been a massage and bodywork therapist for 30 years and taught for over 25 years.



If you have any further questions, please contact On the Spot Training School

Sally: 07989280469

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