The RMT Education Project

Evidence Based Assessment and Treatment of Sports Injuries

Location
Room # 1520C & 1529
Elborn College, Western University
1201 Western Road
London, ON

Date
Saturday March 25th 2017 (9:00am - 4:00pm)

What to Bring

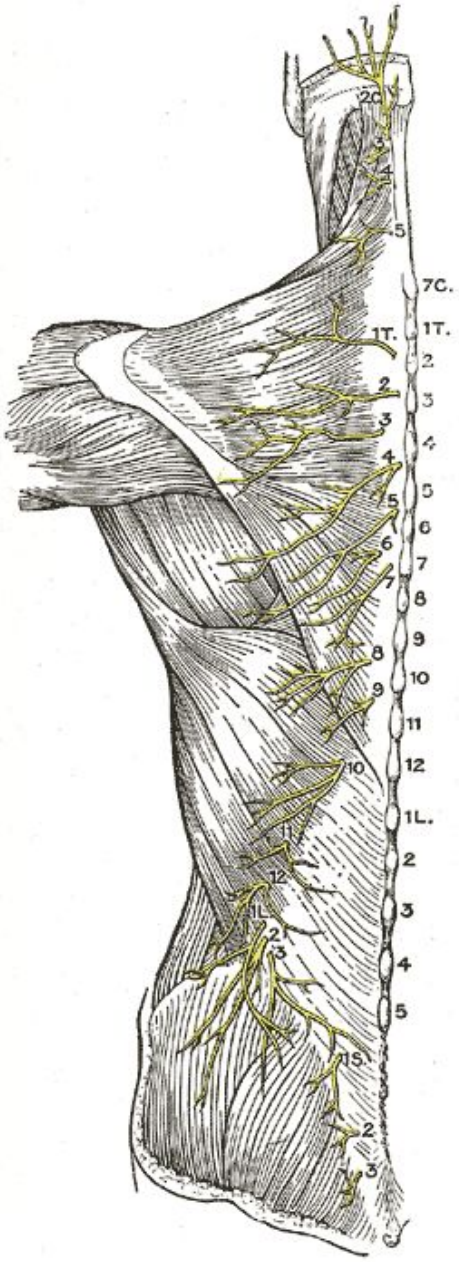
- Pen and Highlighter
- For treatment and assessment demonstrations please bring/wear loose fitting clothing (track pants, shorts, sports bras, tank tops, t-shirts)
- If you have your own cupping sets or IASTM tools, please bring them.

What is Supplied

- Course Material
  - Treatment Manual
  - IASTM and Cupping tools for demonstration and practice

Continuing Education Credits
Approved for 5 CEU by the CMTO

6.5 Hours- Workshop
3.5 Hours- Self Directed Learning
10 Hours- Total



Richard Lebert, RMT
Lead Instructor
www.RMTedu.com
Cell phone: 519-719-5545
Twitter- @AdaptiveTherapy

Itinerary

Introduction - 9:00am - 9:30am

- Setting the groundwork for evidence based massage
- Theories and Treatment Strategies
- Pearls and Pitfalls

Demystifying Massage Therapy - 9:30am - 10:00am

- Does fascia release?
- Triggerpoints: What has changed?
- Improving Treatment Outcomes with Pain Science

Functional Anatomy - 10:00am - 10:30am

- Common Anatomical Variations
- Global tissue concepts

Functional Manual Assessment - 10:30am - 12:00pm

- Soft-Tissue Palpation
- Testing for Mechanosensitivity
- Concussions
    - Raising Awareness
    - Identifying a Concussion
        - Acute - Concussion Recognition Tool
        - Post-Concussion Syndrome

Nutrition Break - 12:00pm - 12:45pm

Sports Injuries - 12:45pm - 1:45pm

- Perioperative Management of Sport Injuries
- Tendinopathy
- Tissue Healing

Manual Therapy Techniques: Insights into clinical presentation **-** 1:45 pm - 3:30 pm

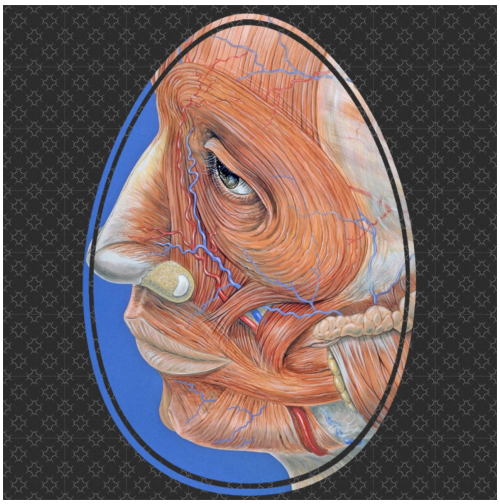
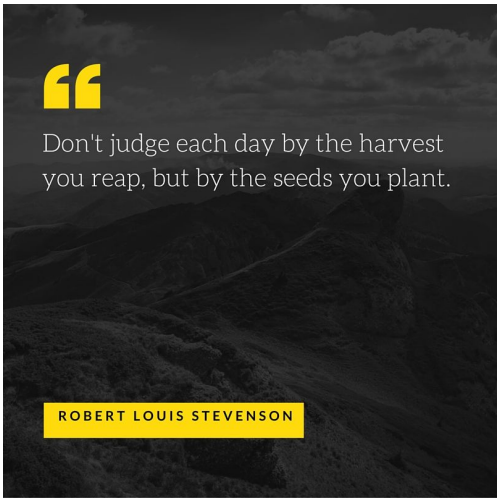
- Myofascial techniques - ART, MFR
- Soft Tissue Cleaning
- IASTM
- Cupping
- Joint Mobilization

Self Care Strategies - 3:30pm - 3:45pm

- Foam Rolling
- Lacrosse Ball
- Mobility Work

Voluntary Review - 3:45 pm - 4:00 pm

- Q & A period
- Practical Demonstrations
- Adjourn

Cancellation and Refund Policy

A refund of $149.00 will be provided only if a notice of cancellation is received.