

Trigger Point Workshop Upper Body

By Catherine Tiney

23rd & 24th July 2011

Course Overview

This is a practical workshop where you will learn how to assess muscles for potential Trigger Points through muscle testing then find the Trigger Points through palpation of the muscle.

You will also look at how to prioritise treatment areas and distinguish between symptomatic Trigger Points and those causing musculoskeletal deviations and dysfunction.

In this course Catherine looks at treating Trigger Points in the context of making a neuromuscular change for the better.

It will be held at Bronte Rd Health Centre, 17-21 Bronte Rd, Bondi Junction. 9.30am to 4.30pm Saturday & Sunday.

Cost is \$415.00 GST inclusive or \$385.00 early bird registration by 4/7/2011. To book email, mail or fax registration below or for more information please call Catherine at Sydney Essential Health (02) 9389 6955 or 0414 988 321.

Course Outline

Theory component: What is a Trigger Point, discuss research on how Trigger Points affect muscles and other soft tissues. Talk about the purpose of muscle testing and how we can change postural and structural deviations by releasing Trigger Points, stretching short muscles and activating switched off muscles.

Range of motion (ROM) assessment of the neck and how to normalise ROM through Trigger Point (TP) therapy and stretching.

Anatomy and location of Trigger Points in the neck and jaw including, Scalenes, Sternocleidomastoid, Suboccipital muscles, Longus Colli and Upper Trapezius and Pterygoid muscles.

TP therapy combined with massage skills for the treatment of neck pain, jaw pain, headaches, migraines, dizziness and lightheadedness.

Assessment of muscle length and strength for locating pain producing TPs in the shoulder and forearm.

Anatomy and location of TPs in the rotator cuff, other shoulder muscle and forearm and then treatment of associated TPs.

Postural assessment and correction to avoid the recurrence of TPs.

About the lecturer

Catherine Tiney graduated from TAFE with the Associate Diploma in Health Science (Massage Therapy) in 1994. She then further pursued training in a range of techniques to enable her to effectively treat pain. These include Proprioceptive Neuromuscular Facilitation, Muscle Energy Technique, Neuromuscular Technique, Trigger Point Therapy, Musculoskeletal assessment and correction and Myofascial Release.

She became President of the Association of Massage Therapists in 1997 then at the end of the year she began working internationally on tour with Lord of the Dance and Gaelforce Dance through to the end of 1998. In addition to her general practice, she has worked with professional athletes, dancers, singers and performers including The Australian Ballet, The Lion King, singers from Opera Australia and Olympic level athletes.

She taught at Peridor Health Schools for four years and now teaches her own workshops and runs a busy practice in Woollahra, specialising in structural assessment and correction for pain relief and prevention.

Registration (Trigger Point Workshop Upper Body)

1/ Pay over the phone with credit card. (Mastercard or Visa) Tel: 02 9389 6955.

2/ Post or fax this registration form with credit card details or cheque to:

Catherine Tiney
130 Edgecliff Rd
Woollahra NSW 2025
Fax: 02 9389 7252

Name: Address:
.....P/code..... Email:
Phone: Mob..... Wk..... Hm.....

Credit card payment: Visa/ Mastercard (circle)

Name on card: Expiry date:
Card No: Amount: \$385.00 (before 4/7/11) or \$415.00
Signature Date: