

# Applied Positional Release Therapy For Musculoskeletal Conditions

Sunday, November 4, 9:30-5:30

**Instructor:** Michelle Tomlin, B.Sc., MT

**Max Participant #:** 18

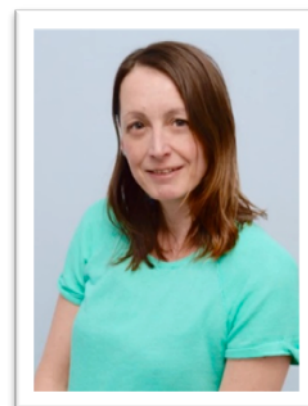


You will learn how to use Positional Release Therapy to treat commonly encountered impairments in massage therapy practice. The day will begin with an introduction to Positional Release Therapy, including the indications, effects and guidelines for this indirect technique. Participants will be shown how to incorporate PRT into safe and effective massage treatments for muscles of the shoulder girdle, neck, pelvis, extremities and torso that help to normalize tissues and reduce pain without creating the discomfort that other specific massage techniques can. There will be demonstrations of applied PRT to clinically relevant muscle groups of the body with time to practice this invaluable technique.

- Introduction – what is PRT? An overview of the aims, indications, effects and benefits of PRT.
- Lower body PRT – Using PRT for musculoskeletal impairments of the pelvis, lumbar spine and legs. Demo and practice time.
- Upper body PRT – Using PRT for musculoskeletal impairments of the neck, shoulder girdle, thoracic spine, chest and arms. Demo and practice time.

## **Instructor:**

*Born and raised on the beautiful island of Guernsey in the UK, Michelle came to Canada in 1995 after completing her Bachelor of Science at the University of Reading. In 1998, she retired from an international swimming career which included competing in three Commonwealth Games. Michelle's background in both science and athletics, coupled with a desire to help others achieve their health goals, led her to massage therapy. Since graduating from Sutherland-Chan in 2000, she has worked at several healthcare clinics in Toronto and travelled with athletes to national sporting events throughout Canada. Michelle became an S-C instructor in 2003. She is currently teaching courses in pathology and hydrotherapy.*



## **Cost:**

**Regular:** \$199.00 + HST  
Early Bird: \$175.00 + HST by October 15, 2018

**S-C Alumni:** \$170.00 + HST  
Early Bird: \$150.00 + HST by October 15, 2018

## **Location:**

**Sutherland-Chan School**  
330 Dupont St, Suite 400  
Toronto ON

## **Contact Person:**

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