

Self-Care Workshop

Trigger Point Self-Care Techniques for Pain

\$175 (\$225 for CE credit)

Saturday & Sunday, 10-6 (12 hours)

12 ce credits (NCBTMB)

About

For massage therapists, yoga teachers, physical therapists, or anyone else who wants a greater understanding of how to address pain.

Specific Topics Covered

- **self-treatment techniques for each muscle** -- treatment for the major muscles of the body (around 30)
- **how to find the muscle with confidence** -- experiential understanding of anatomy
- **comprehensive plan for any given pain complaint** -- understanding which muscles are involved in the most common pain complaints
- **resources to use in your practice** and for continued learning

Course Content

Introduction

Muscles, (Grouped by Area of Body/Pain Complaint)

- for each:
 - Test for involvement
 - Yoga pose that influences muscle
 - Find the muscle and how to confirm
 - Contract/relax
 - Stretch
- Summary of Each Area
 - General techniques and stretches for addressing all the muscles as a group

For List of Muscles (See Next Page)

Common Pain Complaints

- Many muscles can contribute to a problem

Putting it together/working with clients

- Tools
- Perpetuating factors/Lifestyle Modifications
- Know the referral patterns and likely causes and being able to recognize them in clients
- Narrow down to 2-3 most likely muscles and how focus on those
- Short daily yoga/stretching practice

List of Muscles Covered

Trapezius	Quadratus Lumborum
Sternocleidomastoid	Iliopsoas
Levator Scapula	Gluteus Maximus
Scalenes	Gluteus Medius
Supraspinatus	Gluteus Minimus
Infraspinatus	Piriformis
Teres Minor	Tensor Fascia Latae
Latissimus Dorsi	Pectineus
Teres Major	Rectus Femoris
Subscapularis	Vastus Medialis
Rhomboids	Vastus Intermedius
Deltoid	Vastus Lateralis
Biceps Brachii	Adductor Longus
Triceps Brachii	Adductor Magnus
Pectoralis Major	Biceps Femoris
Pectoralis Minor	Semitendinosus & Semimembranosus
Serratus Anterior	Tibialis Anterior
Serratus Posterior Superior	Peroneus Longus, Brevis & Tertius
Longissimus Thoracis	Gastrocnemius
Iliocostalis Thoracis	Soleus
Multifidi	Tibialis Posterior
Abdominal Obliques	Extensor Digitorum Longus
Rectus Abdominis	