

Shoulder Masterclass...

... with Earle Abrahamson

on Saturday 7th November 2015

10am – 4pm



- Have you ever had to refer a client to another practitioner because your skill set limited what you were able or allowed to do?
- Do you want to learn more so that you can develop knowledge to treat a wider range of conditions, clients, and movement dysfunctions?

The **Hands-on Training** Masterclass Series is a composite programme resulting in the award of a Sports Massage Diploma on completion of all 9 classes. The programme has been broken down into a range of learning modules to enable attendees to develop their skills at their own pace and level of competency.

The Shoulder Masterclass is the first in a series designed to enable practitioners & students to:

- develop new skills
- explore the dynamics and mechanics of the human body
- understanding movement, function and dysfunction
- analyse posture in relation to movement
- and consider the therapist toolkit by enhancing soft tissue skills.

This 6 hour workshop, set within an evidence-based framework, considers the functional anatomy of the shoulder region; relates anatomy to pathological conditions; explores injuries and traumatic events that impact the shoulder - and analyses body posture and postural defects in relation to shoulder biomechanics, movement patterns and movement restrictions.

The participant will learn to apply theory to practice; develop problem solving and clinical reasoning skills; engage with reflective practices - and develop new and different soft tissue skills to actively aid movement and treat movement dysfunctions.

The workshop has an excellent blend of theory and practice and is open to practitioners and students who wish to explore their practice; develop new practices; widen their knowledge base; understand bio-mechanics and movement patterns; explore myotomes, dermatomes and neurological testing - and become more competent in clinical practice.

This Masterclass covers the following learning content:

- 🌀 Full functional anatomy of the shoulder
- 🌀 Pathological conditions, injuries and traumatic events
- 🌀 Shoulder mechanics and movement patterns
- 🌀 Neurological testing, brachial plexus and upper limb tension tests for median, radial, and ulna nerves
- 🌀 Postural assessment - including muscle testing, range of movement, myotomes and dermatomes
- 🌀 Active release techniques and movement as medicine practical
- 🌀 Aftercare advice and shoulder rehabilitation

On completion of the Masterclass attendees will receive a Certificate of Attendance which must be retained if attendees intend to complete the full Diploma programme.

Places are limited to 12 per class, so early booking is essential.

An adjunct to the Masterclass is a separate kinesiology taping class. Further information will be given to attendees should they wish to develop taping skills.

Investment: £145, with a £100 deposit to secure your place
The Venue: The Whittington Education Centre, Highgate, N19
The Date: Saturday 7th November 2015
The Time: 10am to 4pm
To book: email: info@hands-on-training.co.uk
or call: 07831 164430

