



A Pain in the Neck

Working the Scalenes, Upper Trapezius and Sternocleidomastoid. This is a hands on workshop and will include some applied anatomy of the scalenes, upper trapezius and SCM, muscle testing, pain referral patterns, stretching and manual techniques.

These three muscles play an important role part in maintaining the cervical curve; and good posture of the cervical region and preventing nerve and vascular impingement. These muscles when dysfunctional can mimic cervical disc problems, cause nerve or vascular impingement, neck and head pain, and contribute to poor posture.

Dysfunction may cause:

- Sternocleidomastoid (SCM) - can result in head and face pain, nausea, dizziness, coryza, and lacrimation and multiple trigger points.
- Scalenes - can cause pain to refer into the chest, to the medial border of the scapula, into the shoulder, down the posterior and lateral sides of the arm to the thumb and index finger.
- Trapezius - may cause pain and tightness in the neck, symptoms of headaches, dizziness, neck pain and mid back pain.



Presenter: **Raymond Smith**

Raymond has been lecturing in the bodywork profession for over 23 years. He holds a Masters Degree in Chiropractic, Bachelor Degree in Sports Science, Diploma of Nutrition and a Certificate in Acupuncture. Raymond has studied extensively in trigger point therapy, deep tissue massage, nutrition and acupuncture. He is currently a senior lecturer at Nature Care College, presents private seminars and has a very successful private practice.

Pre-Requisites: Certificate IV in Massage Therapy Practice

Course Duration: 4hrs - 9.30am to 1.30pm

Course Date: 17 July

Course Fees: \$65 - ATMS & AAMT Members & Nature Care College Graduates
\$95.00 - Non Members