



### DESCRIPTION

**This Continuing Professional Course is eligible for 5 CPE Points**

The shoulder complex is the most freely moveable part of our body making it susceptible to injury and dysfunction. Rotator cuff injuries are becoming more and more common, especially in this age of "computer shoulders." and increased sporting activity. People with rotator cuff/shoulder dysfunctions and injuries suffer constant pain, interrupted sleep, and loss of range of motion. A detailed understanding of the shoulder complex and the skills to precisely release the affected muscles are of the utmost importance to bring our clients to a pain free state.

This one-day seminar offers you the tools to give your clients relief from shoulder pain. Learn about rotator cuff injuries, how to release the affected muscles and prevention of future injuries. The course also covers proper sleep position, stretching and strengthening movements for the rotator cuff that are essential for the health of the shoulder joint. This course is a must for any therapist interested in helping their clients attain an injury-free state. Manual therapists are at high risk for rotator cuff/shoulder injuries. You will use this information for the rest of your career.

### ABOUT THE FACILITATOR

Raymond Smith has been lecturing/training in the bodywork profession for over 23 years. Raymond has studied extensively in Australia and overseas in Trigger Point Therapy, Deep Tissue Massage, Nutrition and Acupuncture. He is currently a senior lecturer/trainer at Nature Care college and has a very successful private practice.

Education: Masters Degree – Chiropractic, Bachelor Degree in Sports Science, Diploma in Nutrition and Certificate in Acupuncture

### DURATION

7 hour one-day course

### OTHER (where applicable)

Pre-requisites: Diploma of Remedial Massage or equivalent training

### CONTINUING EDUCATION CREDITS:

This workshop is eligible for 5 Continuing Education points.

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.