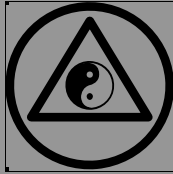


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Nature Care College

A Pain in the Neck

DESCRIPTION

A Continuing Professional Education Course - Eligible CPE Points: 5 Points

Working with the Scalenes, Upper Trapezius and Sternocleidomastoid, this hands on workshop will include some applied anatomy of the scalenese, upper trapezus and SCM, muscle testing, pain referral patterns stretching and manual techniques.

These three muscles play an important role in maintaining the cervical curve and good posture of the cervical region; 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 & face pain, nausea, dizziness, coryza, lacrimation in 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.

ABOUT THE FACILITATOR

Raymond Smith has been training/lecturing in the bodywork profession for over 23 years. He holds a Masters Degree in Chiropractic, Bachelor Degree in Sports Science, Diploma in 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/trainer in advanced bodywork at Nature Care College and has a very successful private practice.

DURATION

7 Hours – One Day Workshop

OTHER (where applicable)

Pre-requisite training: Diploma of Remedial Massage or equivalent.

CONTINUING EDUCATION CREDITS:

This workshop is eligible for 5 Continuing Education points.

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