



Nature Care College

Trigger Point Therapy

DESCRIPTION

This Continuing Professional Course can be studied by current students who have completed the required pre-requisites (see below) or as a CPE Course.

CPE Points Eligible for this Course: 10 Points

This module is an ideal extension for bodyworkers. Students will be able to treat musculoskeletal problems using myofascial trigger point techniques by learning about their application, location and pain patterns.

By the conclusion of this module, students should be able to:

1. Outline the process for identifying myofascial trigger points and their pain patterns.
2. Demonstrate location and the treatment of myofascial trigger points in major muscles.
3. Demonstrate stretch procedures used with trigger point therapy.
4. Demonstrate the ability to incorporate trigger point therapy into a treatment protocol.

ABOUT THE FACILITATOR

Vito has taught various massage courses, including Trigger Point, for over 20 years. He is a practicing remedial massage therapist specialising in integrating Trigger Point Therapy within a massage context utilising the pioneering and groundbreaking work of Drs. Travell and Simons and contemporary experts such as Leon Chaitow.

Education: M.Ed., Grad. Dip. Voc. Ed., B.HSc., N.D., D.R.M. Adv. Dip. Acup (Nanjing).

DURATION

16 Hours: 2 day workshop

OTHER (where applicable)

Pre-requisites: Current student –completed Medical Sciences & Remedial Massage 1; Cert IV. Or Diploma in Remedial Massage Therapy

CONTINUING EDUCATION CREDITS:

This workshop is eligible for 10 Continuing Education points.