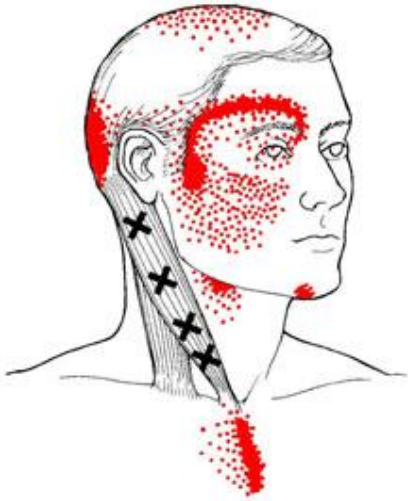


Advanced Trigger Point Therapy

Building on the core principles of Intro to Trigger Point Therapy, this course will emphasize regional pain problems with a greater degree of sophistication and will include supervised clinical practice to insure your competent use of this highly effective therapy for the most common sources of pain. Myofascial trigger points are characterized by local tenderness and referred phenomena (pain, tingling, and numbness, burning and aching) and are often caused by trauma and stress. Trigger point work is highly beneficial for athletes and often included in Sports Massage and Deep Tissue Massage.



Students will learn to:

- readily locate trigger points
- quickly deactivate trigger points with ischemic pressure
- teach clients self-care (ischemic compressions, stretch and strengthening)
- cross fiber friction tendons and ligaments
- address shoulder, rotator cuff, groin pulls and other common injuries
- address leg and knee, hip and thigh, neck, mid torso, hand and wrist, and pelvic pain

Instructor: Erick Hudson

Erick is a graduate of SBBTI's 1000-hour Holistic Health Practitioner Program. In addition to Myofascial Release, he currently teaches TuiNa I & II and Thai Massage. He has worked in psychiatric nursing care for twenty-five years, as well as a longtime student of Martial Arts. He now maintains a private bodywork practice in Myofascial Release and Asian Bodywork styles.

Class: Nov 5-Dec 10 (Tue, Thu) 5:30-9:30pm

Clinic: Dec 12, 19 (+2 TBA) (Thu) 5:45-8:45pm

Trigger Point Therapy 60 hrs

Tuition: \$840, Reg Fee: \$50

Supplies: 23.50 for Trigger Point Therapy Manual



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Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB school #490380 since 2001. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)

WHAT CLIENTS AND STUDENTS ARE SAYING ABOUT TRIGGER POINT...

"In 2004 I had a significant back injury that left me doubled up from pain. I was diagnosed with stenosis and degenerative disks and went through a series of 3 epidural injections of cortisone in the lumbar spine with only minimal effectiveness. In 2006 I became a student at BTI. After 2 Trigger Point sessions with John Harris, I was out of pain. In the four years since, with occasional touch up sessions, I've STAYED out of pain. Even though I had an accurate diagnosis of my spinal column, it was not the source of my pain. Incorporating the Trigger Point therapy protocols learned from John Harris into my Deep Tissue work, I have been able to provide significant pain relief for many of my clients." **Erick Hudson, 1000 hr graduate, SBBTI Instructor**

"I had experienced months of debilitating pain caused by repetitive data entry. I had been unable to hold a pencil or type without knife- like jolts of pain in the wrist. To pick up my grandchildren or even a dish required utilizing the crook of my arm so my hand would not bend. After months of sporadic bodywork sessions followed by two injections of cortisone that only temporarily eased the pain, John Harris decided to work on my arm every other day and in less than two weeks, suddenly ALL the pain was gone. It really felt like a miracle and I am so grateful to John for his skill and knowledge and persistence in find the cure. I continue to perform data entry and practice daily awareness of body mechanics and receive preventative bodywork to keep my wrists functional and healthy." **Gael Ashwood, SBBTI 650 hour graduate, bookkeeper and registrar**

"The best class I've ever taken. John has a superior knowledge and biting wit. He truly cares about the progress and wellbeing of his students." **Beau Davis, SBBTI student**

"I feel this most important class for body workers! I want to take it again! **Emily Sanders, SBBTI graduate**