

SPORTS MASSAGE

with James Mally, N.D.

It doesn't matter if your clients are athletes or not, everyone can benefit from sports massage techniques. You can apply what you learn to any muscle in the body, by combining knowledge of the techniques with a good understanding of anatomy. In this workshop, we will:

- Compare and contrast various **modalities** used in sports massage
- Discuss the indications and cautions for each technique
- Show evaluation and treatment options for many **common conditions**
- Explain how sports massage **techniques may be applied to the entire body**

MODALITIES

- PNF Stretching
- Facilitated Stretching
- Reciprocal Inhibition
- Multidirectional Friction
- Soft Tissue Release
- Trigger Point and Counterstrain
- Resistance Release

COMMON CONDITIONS

- Hamstring strain
- Rotator cuff tear
- Tennis elbow
- Golfer's elbow
- Iliotibial band friction syndrome
- "Shin splints"
- Achilles tendinitis
- *And more!*

July 20 & 21, 2019

Saturday & Sunday 9 am - 6 pm

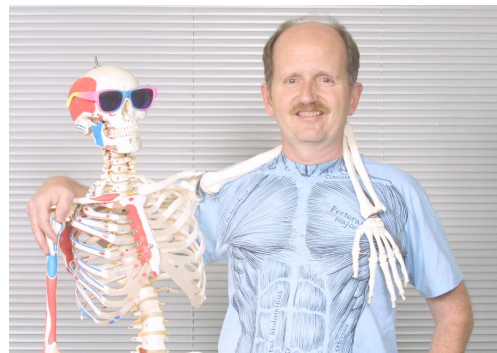
16 hours (\$300 + \$20 materials)

Please wear athletic attire for this workshop.

Fair Oaks Massage Institute

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Dr. James Mally (the one on the right) is an orthopedic massage therapist, teacher, and educational content producer with four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com