

PNMT FOR THE CERVICAL SPINE

NCBMTB Approved Continuing Education Hours: 16

Timeline: 2 day seminar

Day 1: 9am – 6pm (one hour lunch)

Day 2: 9am – 6pm (one hour lunch)

Cost: Early Bird \$395, Normal \$435, Review Rate 40% off

Neck pain accounts for a large percentage of visits to massage therapy offices. While more general massage approaches to the neck can be very relaxing, PNMT focuses on more specific problem-solving. When a client comes to your office with specific complaints, PNMT will help you consider all the possible musculoskeletal explanations that would explain his/her discomfort. Great problem-solving skills and a deep knowledge of functional anatomy are the keys to success. Additionally, PNMT for the Cervical Spine places an emphasis on the relationship of the cervical spine and neural excitability. We think you will

During the PNMT for the Cervical Spine seminar, you will begin with a review of very quick but highly accurate assessment approaches to help you direct treatment. Included in that assessment are Range of Motion and exclusionary muscle testing. You will then learn which muscles to address for each range of motion limitation and spend ample time treating them

on multiple people. The focus is on real-world applications- increasing functional capacity as well as lessening discomfort. Here is one example:

Your client presents with pain in the left side of her neck. Her rotation to the left is restricted, just 40 degrees of rotation in comparison to right rotation, which is 65 degrees. When she turns to the left, she feels pain on the left side of her neck. When you take her into cervical extension during left rotation, her pain is worse. Moving her into cervical flexion during left rotation lessens her pain.