

Corrective Bodywork: The Upper Body

Presented by
Bruce Costello MA, LMT, NMT, DC, CPT, CES

Find the Problem

Fix it and

Prevent it from Returning

The human movement system relies on the integrated function of the muscular, skeletal and nervous systems. Any imbalance in one or more of these systems will lead to somatic dysfunction which may eventually present as a musculoskeletal complaint. This hands-on course will describe the characteristic neuro-myo-skeletal imbalances due to a sedentary lifestyle, repetitive movements and improper body mechanics. The participant will learn soft-tissue assessment skills for the cervical and upper extremity. Once the neuro-myo-skeletal imbalances are identified, then treatment protocols will be taught to stimulate underactive tissues and release overactive tissues. In order for the client to remain symptom-free self-care activities will be taught to reinforce their treatment. Organizing the assessment, treatment and self-care into a treatment plan will provide the participant with a comprehensive approach for managing the care of their client with upper body complaints.



Dr. Bruce Costello is a massage therapist, chiropractor and corrective exercise specialist. He founded Rising Spirit Institute of Natural Health in Atlanta, GA. He maintains a private practice in Corrective Bodywork and teaches throughout the southeast. He has extensive knowledge of Neuromuscular therapy, Muscle Energy techniques, Assessment, Rehabilitation and Corrective Exercise. His teaching style is very interactive with lots of hands-on practice. He is a passionate educator with over 25 year's experience. Dr. Bruce is approved by the NCBTMB as a continuing education Approved Provider # 451122-09.

Seminar Date

October 9 & 10, 2010

Location

Savannah, GA

Savannah School of Massage

12 Continuing Education Contact Hours

Saturday, October 9 registration begins at **9:30am**. Seminar begins at **10am** and concludes at **5pm**. An hour lunch break is given both days.

Sunday, October 10 seminar begins at **9am** and concludes at **4pm**.

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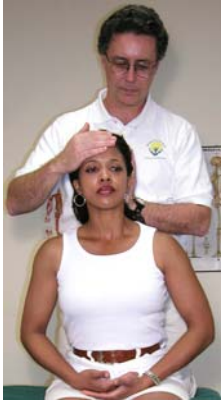
October 9 & 10, 2010

What you should bring

Please bring table, massage linens, massage cream or lotion, exercise mat or beach towel, shorts and clothing conducive to hands-on work and movement and wear sneakers.

What you will learn

- Identify the components of the human movement system and how imbalance occurs.
- Perform a soft-tissue assessment of the cervical and upper extremity.
- Perform soft-tissue treatments to the cervical and upper extremity regions.
- Perform self-care activities for the cervical and upper extremity conditions.
- Develop a treatment plan for a cervical or upper extremity condition.



Early Registration by Oct. 2 - \$225

Registration after Oct. 2 - \$250

To Register: Savannah School of Massage @ 912-355-3011

Cancellation received at least five working days before the seminar is refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made any time. The expense of continuing education, when taken to maintain and improve professional skills may be tax deductible. Please contact your accountant for complete details.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received seven (7) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

What others have said:

“I learned a tremendous amount of information in a very short period of time.” R.D.

“Dr. Bruce is a wonderful instructor and I believe this work is necessary for treating chronic pain” J.L.

“Dr. Bruce makes the material easy to learn and I really enjoy this work.” L.H.

“The knowledge gained from Dr. Bruce is great. Everyone needs to take this seminar.” O.T.

“This will do more for my own personal health than I had thought.” C.R.

“One of the best CEs I’ve taken.” L.S.