The Massage Training School

A 2 Day Workshop on

Neurological testing & Advanced soft tissue techniques

Course contents for the Advanced soft tissue Day

- Surface anatomy-palpation of bony landmarks, muscles and ligaments
- Lumbar spine, cervical spine, shoulder assessment and treatment
- Psoas, piriformis treatment
- Treatment- mobilisation soft tissue techniques: Muscle Energy Thechniques , Active Release Techniques, Positional Release
- Treatment of specific injuries: Achilles tendinopathy and lateral epycondilitis

Course contents for the Neurological testing Day

- Anatomy - of the Brachial, Lumbar and Sacral Plexus. Pathology of a prolapsed disc and the relationship to the nerve root

Neurological Assessment of the following areas:

- Sensory and Motor components of the Neurological Brachial plexus C5-T1.
- Peripheral nerve testing of the Axillary, Median, Radial and Ulna nerve.
- Sensory and Motor components of the Lumbar and Sacral Plexus L1-S1.
- Reflex testing of C5,6,7 and L4, S1.
- Differentiation of upper and lower motor neuron lesions

Pre Course Learning is essential and we would suggest a good knowledge of the specific topics mentioned.

DATE : 23rd and 24th July 2011

FEES : £200 ***(£100 non-returnable deposit is required to secure a place)***

VENUE: The Massage Training School, Exmouth, EX8 1DQ Devon

JOHN GIBBONS BSc (OST)



John is a registered Osteopath. He is also a Sports & Remedial therapist and a lecturer in Sports Medicine / Athletic Performance for the University of Oxford. John travels the country and delivers specific courses in strapping / taping techniques, advanced joint assessment and lower limb biomechanics.

John specialises in the assessment, treatment and rehabilitation of sports related injuries for the University of Oxford prestigious sports teams (and enjoys being accredited as the Osteopath to the Oxford University Boat Club Men's heavyweight rowing team).

John has publicly presented for many sports related organisations on manual therapy related topics and has also written several articles on Musculo-skeletal dysfunction for publications such as The Sports Injury Bulletin and the Federation of Holistic Therapy.

How to book: please send a non returnable deposit of £100 to the above address with your full details. ***Please make cheques payable to "The Massage Clinic"***