

THERAPEUTIC STRATEGIES FOR EFFECTIVE PAIN RELIEF

FLORIDA SCHOOL OF MASSAGE, GAINESVILLE, FL
AUGUST 5-6, 2023



Pete's been a licensed massage therapist since 1988. He is a founder and Past President of the Alliance For Massage Therapy Education and has dedicated his career to helping establish high standards in massage therapy education. He teaches throughout the US and is a frequent speaker at FSMTA, FCA and AMTA meetings and conventions.

Pete has served on the FL Board of Massage Therapy. He received the FSMTA Charles Canfield Award for service to the massage profession in 2004. He was inducted into the Massage Therapy Hall of Fame in 2016 at the World Massage Festival.

He lives in Fort Pierce, FL with his wife Lee. They travel frequently and would love to visit your town.

with **PETE WHITRIDGE, BA, LMT**

Want to have fun while getting your CEU's? Spend two days with Pete Whitridge exploring deep tissue structures that are at the root of most client pain.

- Refine your touching skills and gain new confidence
- Teach your clients to work with you during therapy
- Eliminate chronic pain by working below the client's pain threshold
- Slow down, focus your attention, be more effective with less effort

This class will offer a multi-disciplinary approach to chronic pain and will offer the opportunity to discuss about your own specific client needs. We will explore myofascial assessments, deep tissue techniques, passive and active stretching, muscle energy techniques, and self-care. We will review current findings from the Fascia Research Society while exploring the unique nature of the connective tissues.

This class is designed to help you pinpoint problem areas quickly, devise strategies to eliminate pain, and work collaboratively with your client. You will receive lots of bodywork, learn new ways to handle clients with chronic pain, and reconnect with fellow massage therapists. You will leave this class with new skills and confidence in helping your clients be pain free!

"Knowledge of the subject was outstanding. Pete knows his anatomy and never wavered on any questions. Pete held my interest through the weekend, which I cannot say for other classes I have taken. Love the way Pete carries himself and great sense of humor. Will attend more of his classes/workshops. Very superior instructor." Anon., Sarasota School of Massage Therapy

***** WORKSHOP WILL BE HELD IN PERSON AND FSM CURRENT COVID SAFETY PROTOCOLS WILL BE OBSERVED**

6421 SW 13th St.
Gainesville, FL 32608

Time: 9 am - 6 pm

Cost: \$295 (before July 14)
\$350

[Register Here](#)

Lee Whitridge

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CE Hours: 18

FL Provider 50-1587