

# MYOFASCIAL COMPONENTS OF HEAD, NECK, & SHOULDER PAIN

FLORIDA SCHOOL OF MASSAGE, GAINESVILLE  
AUGUST 17-18, 2019



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 as Chair of 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 of the upper body that are at the root of most client pain.*

- Refine your touching skills and gain new confidence
- Deepen your knowledge of anatomy and fascial structures
- 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 workshop explores the *Responsibility Center*, focusing on the scapulae, shoulder girdle, brachial plexus, cervical ligaments and mandible. This is a multi-disciplinary approach to chronic pain. We will use orthopedic assessments, passive and active fascial stretching, hydrotherapies, as well as myofascial and muscle energy techniques to help identify and eliminate pain and dysfunction. You will have the opportunity to dialogue about your own specific client needs and learn self-care strategies to help clients maintain pain free movement. We will review current findings from the Fascia Research Congress 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!

*"Instructor was fun, knowledgeable and helpful. Enjoyed the class 100%." Anon. SSMT student (Head, Neck & Shoulder)*

6421 SW 13th Street  
Gainesville, FL 32608

Time: 9 am - 6 pm

Cost: \$275 (before August 2)  
\$325

Registration:

Lee Whitridge

772-979-5828

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CE Hrs: 18

Info:

Pete Whitridge

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