

MYOFASCIAL COMPONENTS OF LOW BACK AND LEG PAIN

FLORIDA SCHOOL OF MASSAGE, GAINESVILLE, FL
JUNE 3 - 4, 2023



Pete has 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 FCA, FSMTA, 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 lower 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 will offer a multi-disciplinary approach to treating chronic pain, targeting the lower body region - the *Foundation*. We will explore orthopedic assessments, fascial stretching, and 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 investigate the unique nature of connective tissue and review current findings from the Fascia Research Congress.

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!

THANK YOU SO MUCH for ALL that you shared with us!!! You are a fun and thorough teacher...not to mention so kind and careful about your communication...so appreciate how you listen, respond and move forward with grace!!! Claudia G.

6421 SW 13th St.
Gainesville, FL 32608

Time: 9 am - 6 pm

Cost: \$295 (before Feb. 10)
\$350

[Register Here](#)

Lee Whitridge

772-979-5828

bluemoonies@juno.com

Info: Pete Whitridge
justaskpete@mac.com

772-332-6116

CE Hours: 18

FL Provider 50-1587