

**Soft Tissue Release Training originated in the mid 1980's and is the foundation of recent release techniques.**

**What is Soft Tissue Release (STR)?**

STR is a combination of Myofascial Release, Therapeutic Massage, and Active Assisted Stretching. The technique involves applying precise pressure during a specific stretch performed in multiple planes of movement. The result: effective and comparatively quick reorganization of scar tissue, the targeted muscle(s) return to the proper resting length, muscle imbalances are corrected or improved, associated pain is decreased or possibly eliminated altogether.

**Who should take this workshop?**

This 2-day practical hands on workshop is extremely beneficial for health care professionals dealing with injuries to soft tissue. Health care providers such as athletic therapists, physiotherapists, massage therapists, chiropractors, osteopaths, kinesiologists and students of the above professions can benefit from this workshop.

**Workshop Details**

This practical hands-on workshop is delivered in a unique, learner-centered way. A brief review of the anatomy and physiology of soft tissue, and the changes in tissue resulting from injury, is followed by an explanation of how the application of soft tissue release techniques can achieve positive results quickly and permanently. The two basic movements of STR are taught and then participants move into practical sessions, applying STR techniques to different body areas.

After completing the workshop participants will have the confidence and skills to properly apply the techniques to their clients immediately.

STR with Jim Bilotta is accredited with most provincial massage therapy associations in Canada and the Canadian Athletic Therapists' Association.

**Instructor – Jim Bilotta CAT(C), M.Ed, Dip SIM, B.PhEd**

Jim is a member of the Canadian Athletic Therapists Association since 1992 and has worked at Brock University for the past 25 years.

Over the past eight years Jim has taught STR workshops throughout Canada to a variety of health care professionals including Athletic Therapists, Physiotherapists, Massage Therapists, Occupational Therapists, Registered Massage Therapists, Chiropractors, , and students of these professions. Jim has completed a Master's degree in Education, specializing in adult learning and developed this Soft Tissue Release workshop and manual as part of his graduate work. Jim utilizes many adult learning principles in his workshops to help participants understand the soft tissue release principles and techniques.

**For more information on Soft Tissue Release and a workshop schedule please visit our website at [www.SoftTissueRelease.ca](http://www.SoftTissueRelease.ca)**

**SOFT TISSUE RELEASE (LEVEL 1)**

Sat March 24 and Sun March 25 2018

York University

(9:00 – 5:00)

Cost

Professional: \$425.00

York Students: \$265.00

CEU's:

Canadian Athletic Therapists' Association (6.0)

CMTO Quality Assurance Committee (8.0)

**SEE NEXT PAGE FOR REGISTRATION →**

## SOFT TISSUE RELEASE (LEVEL 1) WORKSHOP

Saturday March 24 and Sunday March 25, 2018

York University

Please print clearly!

Name: (please print) \_\_\_\_\_

Address: \_\_\_\_\_

City/Province/Postal Code: \_\_\_\_\_

Telephone : (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**COST: (Course includes a comprehensive illustrated manual, power point notes and certificate)**

Athletic Therapist  Physiotherapist  Occupational Therapists  Massage Therapist

Kinesiologist  Chiropractor  Other \_\_\_\_\_

= \$425.00

Students of above professions = \$265.00

**This course is accredited with the CATA Education Committee 6 CEU's and the CMTO for 8 CEU's**

**REGISTRATION OPTIONS:**

**Option 1 - Credit Card - Online registration and payment by credit card can be done on our website at [www.SoftTissueRelease.ca](http://www.SoftTissueRelease.ca) – go to Workshop Registration.**

**Option 2 - If not registering/paying on line please hand in a hard copy of the registration form and payment (cheque or cash) (Please make cheque payable to Jim Bilotta) to: James Gardner- Assistant Manager (interim), Gorman Shore Sport Injury Clinic.**

**Option 3 - Mail: (Please make cheque payable to Jim Bilotta)**

Cheques will be held until the minimum number of applicants is reached.

**MAIL REGISTRATION FORM AND PAYMENT TO:**

Jim Bilotta, 29 Wilfrid Laurier Cres, St. Catharines, ON. L2P0A4

Once you are registered you will be sent all relevant information regarding the course

**CANCELLATION POLICY:**

Tuition is refundable up until 30 days prior to the class. Cancellations made between 15-29 days prior to the workshop will receive a 50% refund. No refunds will be submitted 14 days prior to the workshop. A \$50.00 processing fee applies for cancellations. If the workshop does not reach the minimal number of participants the instructor has the right to cancel the workshop up to 2 weeks prior to the workshop date. If the workshop is cancelled all participants will receive a full refund.

**For further inquiries regarding registration and Soft Tissue Release please contact:**

Jim Bilotta CAT(C) • Tel: 289-686-8926 • Email: [info@softtissuerelease.ca](mailto:info@softtissuerelease.ca)

Visit our website at: [www.SoftTissueRelease.ca](http://www.SoftTissueRelease.ca)