

COURSE DESCRIPTION

The workshop will first outline the Physiological Benefits of Soft Tissue Release and how it deals with connective tissue. Soft Tissue Release (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: fast and permanent reorganization of scar tissue, the targeted muscle(s) return to the proper resting length, muscle imbalances are corrected, associated pain is decreased or eliminated altogether, and muscle performance is improved.

PREREQUISITES

Physiotherapists, Physiotherapy Assistants with some manual/hands-on skills, Athletic Therapists, RMT's, Chiropractors, Osteopaths, and Registered Kinesiologists with experience in manual/hands-on therapy.

Also open to students in Physiotherapy, Athletic Therapy and Massage Therapy

SOFT TISSUE RELEASE

Date: Saturday February 18th & Sunday, February 19th, 2012

Times: (approximate)
Sat: registration 8:30-9:00
Sat: 9:00 – 5:00
Sun: 8:30 – 5:00

Place: McMaster University
Institute of Applied Health Sciences
(IAHS) – Room: 304

Directions:

From Toronto:

- Take the 403 to Hamilton
- Exit at Main Street West
- Turn west (left) at the lights onto Main St.
- Turn right into the main entrance for McMaster Hospital/McMaster University
- Turn at first left, go past the parking booth and turn left. The IAHS is the second building on your left.
- Parking (5\$ for Saturday and Sunday) on left hand side (just past IAHS)

From Brantford:

- Take the 403 to Hamilton
- Exit at Aberdeen St.
- Turn left on Longwood
- Turn left on Main St. West
- Follow above directions

**Education Committee
Hamilton District of OPA**

Presents:

SOFT TISSUE RELEASE

Saturday February 18th and
Sunday, February 19th, 2012

AT:

McMaster University
Institute of Applied Health Science
(IAHS), Room 304
Hamilton, Ontario

OUTLINE

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. At the end of each session, information will be presented on patient home programs consisting of self stretching and self release techniques. After successfully completing the workshop, participants will have the confidence and skills to properly apply the techniques to their clients immediately.

ABOUT THE INSTRUCTOR

JIM BILOTTA is a member of the Canadian Athletic Therapist's Association since 1992 and has worked at Brock University for the past 21 years.

Over the past seven years, Jim has taught STR workshops throughout Canada to a variety of health care professionals including Physiotherapists, Athletic Therapists, and Registered Massage Therapists, Chiropractors, Kinesiologists and students of these professions. Jim has completed a Masters 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.

General Information

A detailed, illustrated course manual with all PowerPoint notes will be handed out at the course

Tax receipts and course certificates will be distributed at the completion of the seminar.

Registration Deadline: Friday February 3, 2012

CPA Members	\$325.00
Non CPA Members	\$350.00
Students	\$265.00

Includes course materials, lunch, and breaks
Please dress in appropriate attire.

Cancellation Policy

No refunds will be given unless a suitable replacement can be found and a \$20.00 administrative fee will be charged.

The course will be cancelled and full refunds given if there is insufficient registration.

Acceptance to the course will be confirmed by email, unless otherwise requested, and by cashing of cheques.

Registration Form

Soft Tissue Release

Name:

Address:

Phone Number:

Email:

CPA#:

Registration is prioritized as follows:

Physiotherapy professionals

Other Health Care professionals

Students

Post dated cheques will not be accepted.

Make cheques payable to:

Education Committee Hamilton
District O.P.A.

Please mail to: Maureen Bellavia
29 Chifney Ln
Ancaster, On
L9K 1K7

In case of further questions please contact:

Maureen Bellavia
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Email: bruno.bellavia@sympatico.ca