

Soft Tissue Release Training is the “father” of all the recent “Release” techniques. These concepts are very simple, easily explained and quickly grasped by all. The entire body is covered in this one workshop.

What is Soft Tissue Release?

Soft Tissue Release (STR) is a dynamic, highly effective technique that has an immediate and powerful effect on muscle and connective tissue. STR is a combination of Myofascial Release, Therapeutic Massage, and Active Assisted Stretching.

Who should take this workshop?

This workshop is extremely beneficial for health care professionals dealing with injuries to soft tissue. Health care providers such as physiotherapists, massage therapists, athletic therapists, chiropractors and osteopaths 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.

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 20 years.

Over the past five years Jim has taught STR workshops throughout Canada to a variety of health care professionals including Athletic Therapists, Registered Massage Therapists, Physiotherapists, 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.

For more information on Soft Tissue Release and a workshop schedule please visit our website at www.softtissuerelease.ca

SOFT TISSUE RELEASE

Next Workshop

**Saturday June 19 and
Sunday June 20, 2010 (9:00 – 5:00)**

Paradise, NL

Cost:

Professional \$310

Students \$265

CEU's:

**The College of Massage Therapists of Newfoundland and Labrador (14 credits) and
The CATA Education Committee (6.0 CEUs).**

SOFT TISSUE RELEASE WORKSHOP**Saturday June 19 & Sunday June 20, 2010 (9:00 – 5:00)
Paradise, NL****Don't Delay, Space will be Limited!**

Name: _____

Address: _____

City/Province/Postal Code: _____

Telephone : (____) _____ Email: _____

COST: (Course includes a comprehensive illustrated manual and certificate)

- Physiotherapist Massage Therapist Athletic Therapist = \$310.00 (\$325 after June 4)
 Other _____ = \$310.00 (\$325 after June 4)
 Students of above professions = \$265.00 (\$285 after June 4)

This course is accredited with The College of Massage Therapists of Newfoundland and Labrador (14 Credits) and the CATA Education Committee (6.0 CEUs).**Check the website for all accredited associations across Canada.****PAYMENT:** (Please make cheque payable to JJB Athletic Therapy Consultants)
Cheques will be held until the minimum number of applicants is reached.**MAIL REGISTRATION FORM AND PAYMENT TO:**Sarah Joy Stoker
7 Prospect Street
St. John's, NL
A1C 1L3
709-754-4260

Once you are registered you will be sent all relevant information regarding the course including directions and accommodations.

CANCELLATION POLICY:

Cancellations received between June 5 -12, 2010 will receive a 50% refund. No refund will be issued for cancellations after June 12, 2010.

For further inquiries regarding registration please contact:Sarah Joy Stoker • phone 709-754-4260 • email stokedjoy@hotmail.com**For further inquiries Soft Tissue Release please contact:**Jim Bilotta CAT(C) • Tel: 905.688-7754 • Email: jm.bilotta@sympatico.caVisit our website at: www.softtissuerelease.ca