



โรงเรียนนวดอาทิตย์นวดไทย

SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

## Advanced classes at Sunshine Massage School

### **Advanced: Assessment and Treatment of Movement Dysfunction through the Application of Thai Massage**

This course covers the following topics:

- Basic anatomy
- Functional anatomy and biomechanics
- Upper crossed and lower crossed syndromes (shoulder & hip issues typically associated with sedentary work)
- Postural assessments
- Static assessments
- Dynamic assessments
- Muscle testing
- Breathing assessments
- Common painful conditions of the ankle, knee, hip, and shoulder
- Joint mobilisation
- Application of Thai massage to treat the dysfunctions discussed
- Corrective therapy exercises

This course is only open to students experienced in Thai Massage.

5 days / 30 CE Hours – Baht 8,500.-

27 June to 1 July 2011

22 to 26 August 2011

31 Oct. to 4 Nov. 2011



Sunshine Massage School • 159/2 Kaew Nawarat Soi 4 • Chiang Mai 50000 (Thailand)

Tel. 053.262.574 • info@sunshine-massage-school.com

www.sunshine-massage-school.com

MEMBER OF สมาพันธ์



Thai Healing Alliance



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### **Advanced: Assessment and Treatment of Movement Dysfunction through the Application of Thai Massage**

It will benefit the student to become familiar with the following muscles before starting the course:

- Diaphragm
- Deep neck flexors
- Neck extensors
- Pectoralis minor
- Pectoralis major
- Upper and lower Trapezius
- Psoas and tensor fascia latte
- Iliotibial band and gluteus medius

We all have many techniques for dealing with soft tissue and joint pain. A client complains of a stiff painful neck and shoulders or a painful lower back. We look in our toolbox and come out with traction, harmonics, energy lines palming, joint mobilisation, soft tissue release, stretching and many more techniques and our client feels better but! next week they are back with the same painful neck shoulders and lower back. Why?

We did not address the cause of the pain, which was not the neck, shoulder or lower back. If we can understand functional anatomy, breathing patterns, and force couples, we can stop becoming pain chasers and develop into detectives who can identify the weak links that cause pain higher or lower in the kinetic chain:

Painful necks are often caused by lack of thoracic spine mobility and faulty scapulae function.

Lower back pain can be a side effect of limited hip and ankle mobility.

General pain can be caused by poor breathing patterns. Learn how to identify painful patterns, treat them and prescribe corrective exercises to your clients to empower them to

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