



“TREAT” COURSE 10 x Mon nights (CPE points)

WARNERS BAY Mons 4,11,18,25/8, 1,8,15,22,29/9, 13/10 6.45-9.45pm

Trainer: Laurie Fawkner (student clinic not required)

The "Treat" course is designed to provide practitioners with effective assessment skills/treatment options for dealing with common problems. The content includes Resisted Muscle Testing, Advanced Remedial Techniques, Trigger Points, Soft Tissue Release and Muscle Energy Techniques. You will also gain an understanding of more serious conditions often experienced by clients and be able to offer them techniques that make substantial change. The 10 nights will include:

TREAT LOWER LIMB Learn the process for balancing the lower body. Understand pathology including Plantar Fasciitis, Shin Splints, Tendonitis, Anterior Compartment Syndrome, ITB Friction Syndrome. Learn functional assessments of Knee and Ankle.

SACRO WEDGY/TREAT PIRIFORMIS & PSOAS Focus will be on conditions that are affected by these 2 important muscles, Piriformis and Psoas which are often the cause of many lower back, sacral and hip abnormalities. You will be introduced to the Sacro Wedgy, a tool for assisting to stabilise the sacrum and re-educate positioning of the lower torso.



TREAT PELVIC GIRDLE Learn the process for balancing the Pelvic Girdle, test to differentiate between lesions of the hip, SI Joint, Lumbar and Pelvis region which may exhibit similar pain patterns. Understand the role of Myofascial Trigger Points in lower back pain and muscles that can refer pain. Master various correctional skills.

TREAT SHOULDER PAIN Learn to assess conditions and lesions of the Shoulder including bursitis, dislocated shoulder, rotator cuff tears, tendonitis and frozen shoulder. Master tests for isolating the prime movers of the shoulder and assessing and the muscle tendon unit.

TREAT NECK PAIN Gain knowledge of lesions of the cervical spine including arthritis, whiplash, Torticollis, Thoracic Outlet Syndrome, Herniated disc. Make bilateral comparison and identify soft tissue and bony landmarks. Learn release techniques for the shoulder, neck, facet joints, SCM, Scalenes and cranium.

REHABILITATION STRETCHING 4 x nights (CPE points)

Charmhaven Mondays 30/6, 7,14,21/7 6.30-9.30pm **Trainer: Terry Reilly** (student clinic not reqd)

or Warners Bay Mondays 10,17,24/11, 1/12, 6.45-9.45pm **Trainer: Laurie Fawkner**

The aim of Rehabilitation Stretching is to help establish biomechanical integrity with specific stretches and exercises that optimise posture by addressing the balance of strength and flexibility between muscle groups and so maintaining or allowing a return to co-ordinated pain-free movement. You will understand the types and concepts of stretching and learn/practice various stretches for injury rehabilitation of the body's muscles. This course will be a valuable tool to assist educate your clients on the many benefits of rehabilitation stretching.



CLINICAL STRAPPING 2 x Mon nights (CPE points)

Trainer: Laurie Fawkner (student clinic not required)

Charmhaven Mons 19&26/5 6.30-9.30pm **or Warners Bay Mons 20/10 & 3/11,** 6.45-9.45pm

In this hands-on workshop learn effective, safe and appropriate strapping techniques. You will also understand the use and purpose of sports strapping for new and existing injuries as well as injury prevention. The course explores common joint injuries and required strapping techniques to support the major joints such as the foot, ankle, knee, elbow, wrist, hand.



Pre-requisite:	Cert. IV in Massage (HLT40302) for "Treat" and Rehab, Cert IV Pt 1, Sport Trainer or equiv. for Strapping.	
Award:	Letter of Attendance for Strapping, SIBT Certificate for "Treat" and Injury Rehabilitation	
Price: <i>Include \$88 enrolment fee if this is your first training with SIBT.</i>	"Treat" Course	\$798 or pay as you go by Direct Deposit: Deposit \$150 then \$238 per mth for 3 mths.
	Rehabilitation Stretching	\$328
	Strapping	\$168 (includes strapping tape)
Bring to class:	Normal massage equipment	
<small>-Direct Debit will incur an \$18 estab fee + 3.9% interest. Credit Card payments will incur a 2% fee on total amount. - Early Bird must be received 28 working days prior to commencement -Incl \$88 enrolment fee if applicable - Dates/venues/times are subject to change - confirm prior to enrolling.</small>		

ADVANCE YOUR SKILLS, INCREASE YOUR KNOWLEDGE.

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