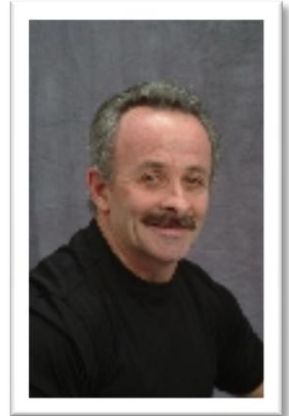




The New York State Society of Medical Massage Therapists,
is proud to sponsor

ORTHOPEDIC MASSAGE FOR COMPLICATED

- Elbow, Forearm, Wrist & Hand
- Lower Extremities
- Cervical Area



By International Lecturer James Waslaski

Saturday & Sunday / March 10 & 11, 2012
@ Hyatt Regency Long Island at Wind Watch Golf Club
1717 Motor Parkway, Hauppauge, NY 11788

*** Must attend both days to earn 16 NYS CEU's! * Expand your Skills & Help Clients Faster!**

TAKE ADVANTAGE OF EARLY BIRD PRICING BEFORE FEBRUARY 10, 2012

Early Bird: \$275 Members / \$325 Non-Members
Full Price: \$325 Members / \$375 Non-Members

Attention Non-Members: Join NYSSMMT as a 'Professional Member' when paying workshop fee and receive: 'Half-Off Membership Dues' (\$50.00 savings). Offer good until March 10, 2012.

**For fast online registration go to: www.NYSmassage.org then click the "Events" tab.
For questions call: 1-877-NYSSMMT (697-7668)**

► 48 hour Cancellation Policy: NYSSMMT will return fee minus non-refundable processing fee of \$50.00 ◀

Complete this form to pay by mail

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Mail completed application to: **NYSSMMT, Inc. PO Box 442, Bellmore, NY 11710**
Full schedule and conference instructions on back page.

THE NEW YORK STATE SOCIETY MEDICAL MASSAGE THERAPISTS, INC.
www.nysmassage.org

Saturday, March 10th

8:00am-9:00am Registration / Breakfast - bagels, coffee, tea will be served
9:00am-1:00pm Class in session
1:00pm-2:00pm Lunch (On your own - restaurant & coffee shop on premises)
2:00pm-6:00pm Class in session

Sunday, March 11th

8:00am-9:00am Breakfast - bagels, coffee, tea served
9:00am-1:00pm Class in session
1:00pm-2:00pm Lunch (On your own – restaurant & coffee shop on premises)
2:00pm-6:00pm Class in session & closing remarks

Class Requirements:

- Massage Tables are needed – 2 to 3 attendees per table
- Clothing: Men - shorts / Women - sports bra and shorts
- Bring 'unscented' massage cream or lotion / sheets & towels / bolsters

Call Hyatt Regency Long Island directly to make your hotel reservations: (800) - 233 - 1234.

For maps and directions visit their website: <http://longisland.hyatt.com>

James Waslaski, AA, LMT, CPT is an author and international lecturer on chronic pain and sports injuries, teaching approximately 40 seminars per year around the globe. He has developed seven orthopedic massage and sports injury DVDs and authored manuals on Advanced Orthopedic Massage, Clinical Sports Massage, and Client Self Care. James' new book "Clinical Massage Therapy; A Structural Approach to Massage Therapy", was published with Pearson Publishing in September 2011. James is a frequent presenter at state, national and international massage, chiropractic, and osteopathic conventions. Visit his website: www.orthomassage.net.

Course Descriptions

Orthopedic Massage for Complicated Cervical Conditions

(All New)

Imagine if you could restore normal muscle resting lengths to the major muscle groups in the cervical area of the body, and facilitate perfect alignment of the cervical spine. This dynamic multimedia presentation will give you a user friendly approach to evaluate, treat and custom design a client self care program that can eliminate complicated cervical conditions forever. You will learn functional assessment and special tests, myofascial and neuromuscular techniques, myoskeletal alignment techniques, scar tissue mobilization protocols, and specific stretches and therapeutic exercises to eliminate both the underlying cause, and clinical symptoms of the cervical pain and associated upper extremity numbness. We will specifically cover Atlas/ Axis mobilization, whiplash, cervical sprains and strains, facet joint dysfunction, spinal stenosis, cervical shearing forces, joint capsule adhesions, degenerative disc conditions, bulging discs, and joint arthritis. Cutting edge clinical research will be shared throughout this workshop, to support our unique approach to myofascial pain, and muscle-tendon strain pain. 70% Hands on training.

Orthopedic Massage for Complicated Elbow, Forearm, Wrist and Hand Conditions & Double (or triple) Crush Phenomenon

(New Course)

Based on myofascial pain studies presented at Harvard Medical School and tendonitis vs. tendinosis research dating back to 1946, participants will learn new techniques that will forever change the way they approach myofascial pain, trigger point pain, nerve compression pain, and tendon pain. These innovative structurally-oriented routines offer pain-free multi-modality methods for achieving immediate and

permanent results for Medial and Lateral Elbow Pain, Muscle-Tendon Strains, Nerve Entrapments, Pronator Teres Syndrome, Carpal Tunnel Syndrome, Progressive Joint Arthritis, and Trigger Finger. You will also take a detailed look at "Double (or triple) Crush Phenomenon". The role cervical, thoracic, and elbow conditions play on numbness, weakness and tingling in the arms and hands. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self-care of each condition. This dynamic multimedia presentation entails theory, real case studies, and 70% hands-on training.

Orthopedic Massage for Complicated Lower Extremity Conditions

Participants will use modalities such as functional assessment, posturology, myofascial release, neuromuscular therapy, scar tissue mobilization, myoskeletal alignment, P.N.F. stretching, and strengthening, in a very precise order. This unique multidisciplinary approach will eliminate even the most complicated pain conditions in the lower extremity immediately and permanently. Discover our cutting edge approach for immediate relief from muscle strains, sprains, myofascial pain, trigger points, and tendonitis. Empower the client to take responsibility of each condition by stretching shortened muscle groups and strengthening weak muscle groups. This incredible multimedia presentation will take you inside the human body to thoroughly understand and eliminate conditions such as plantar fasciitis, Achilles tendinosis, posterior medial shin pain, anterior lateral shin pain, anterior lateral compartment syndrome, fallen arches, hyper-pronated feet, ankle sprains and strains, bunions, hammer toes, neuromas, and joint arthritis.