

Cedar Rapids

September 23-24, 2017

Subject: Assessment & Treatment of the Cervical Spine & Upper Extremity

Time: 9pm-4pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: About the Class: This is a two day 12 hour class that will review basic anatomy of the cervical spine and the upper extremity. There will be a review of common soft tissue injuries of the cervical spine and the upper extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, anterior upper body routine to work with clients who have whiplash, TMJ dysfunction, TOS, epicondylitis and nerve impingement.

Waterloo

October 14-15, 2017

Subject: Assessment & Treatment of the Lumbar Spine & Lower Extremity

Time: 9pm-4pm (one hour lunch break)

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: This is a two day 12 hour class that will review basic anatomy of the lumbar spine and the lower extremity. There will be a review of common soft tissue injuries of the lumbar spine and the lower extremity. The therapist will learn common assessment and a deep tissue treatment protocol. They will learn an hour, posterior and anterior lower body routine to work with clients who have Sciatica, nerve impingement, LBP, ITBS, plantar fasciitis, ankle and knee injuries.

Davenport

November 11th & 12th 2017

Subject: Biomechanics Review and Massage Application

Time: 9:00 am – 4 pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: There will be a review of basic biomechanics terminology, laws of motion and forces applied to the body through everyday life and massage therapy.

We will discuss postures, gait and proper firing patterns of normal gait. We will perform massage for abnormal gait and postures to assist with realignment of tissue and to allow for a decrease in tension of the tissues due to misalignment from poor biomechanics.

Dubuque

October 7th & 8th 2017

Subject: Restorative Yoga – Myofascial Release and Trigger Point Release

Time: 9:00 am – 4 pm

Presenter: Dr. Brooke Eckhardt Lee

Hours: 12 CE hours

Cost: \$180

Course Description: Learn to help your clients relax and achieve proper alignment through peaceful meditative Yoga poses, using props, bolsters, blankets, towels, straps and pillows.

The class will consist of assessment of proper alignment of the body, assisting in to the restorative poses, helping the client feel, the proper body positions and working trigger points and myofascial release to allow proper stretch in the soft tissue.

We will work through five to eight poses.

You will need to bring two to three pillows, two to three blankets and bolsters.

This way you can learn to work with what you have at hand.

If you have your own yoga straps and blocks you are encouraged to bring them also.

I will supply the straps and yoga blocks