



Stretch Therapist (ST) Stage I Workshop

Wodonga – March 2010

DESCRIPTION

The **Stretch Therapist (ST)** workshop is presented by **Kit Laughlin** and is based on Kit's book *Overcome neck & back pain*. The workshop is designed for practitioners of a recognised school of bodywork who want to be able to offer clients the latest assessment techniques and the most efficient corrective exercises.

This workshop will train bodywork practitioners in the diagnosis and treatment of back pain caused by muscular and skeletal asymmetries. Participants will gain mastery of relevant solo and practitioner-applied stretching and strengthening exercises and neural re-patterning techniques for the analysis and correction of dysfunction.

We want you to demonstrate that you can teach your patients how to help themselves.

The ST Stage I workshop is three days (18 contact hours).
(Stage II – also three days – can be attended at a later date.)

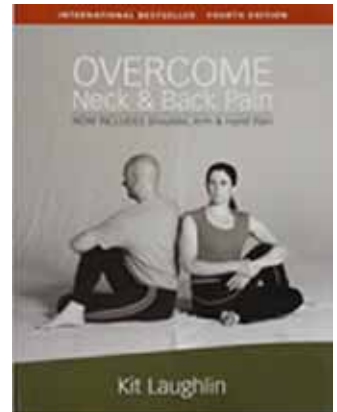
PRE-REQUISITES

Participants are expected to read *Overcome neck & back pain*, 4th edition prior to the workshop, and have adequate anatomical knowledge.

PRESENTER

Kit Laughlin is a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome neck & back pain*, *Stretching & Flexibility*, and *Stretching & Pregnancy*. Kit has presented workshops to over 3,000 individuals worldwide and is a strength and flexibility consultant to elite teams and athletes. He studied Oriental medicine and Shiatsu massage for three years in Japan and founded the Shoshin Centre in Canberra, Australia, where he assists clients to overcome pain related to muscular and skeletal asymmetries. Please visit www.KitLaughlin.com for more details.

The ST course text is *Overcome neck & back pain*, 4th edition by Kit Laughlin.



WORKSHOP DETAILS

Dates

Saturday 6, Sunday 7 and Monday 8 March

Times

9.30 am to 5.00 pm each day

Venue

Wodonga Institute of TAFE, 87 McKoy St, Wodonga (see www.wodongatafe.edu.au)
Building B – Room B001

Cost

\$649.50 (GST inclusive)

Please note:

A 10% discount is offered to members of those associations listed at www.KitLaughlin.com (see the 'Workshops' section).

Please print pages 1 and 2 and retain for your record.

Please print and complete page 3 and return as detailed.

**Registrations requested by
Friday 12 February 2010.**

NEED MORE INFORMATION?

**See the 'Workshops' section of our website at:
www.KitLaughlin.com**

**Contact: Michael Howse
Phone: 02 6024 6724 or 0417 047 412
Email: mthowse@bigpond.com**



Stretch Therapist (ST) Stage I Workshop Outline

The causes of low back pain

The current theory on causes of low back pain will be covered. You will learn structural assessment of leg length and hemi-pelvis inequalities as well as calf, *piriformis* and hamstring stretches relevant to the Straight Leg Raising Test (SLRT).

Corrective exercises for lower back pain, sciatica and *piriformis* syndrome

You will learn to identify the causes of sciatica using the Straight Leg Raising Test. Tests and corrective exercises (solo and practitioner-applied) will be done for muscular imbalances in the hamstrings, hip flexors, *piriformis*, glutes, whole-spine rotation, lateral flexion, *quadratus lumborum*. We will focus on left-right comparison of muscular function.

Strengthening and repatterning exercises

Through his work with athletes and patients, Kit recognises the urgent need to teach practitioners how to assess functional strength patterns and their biomechanical causes. His work with an Olympic sprinter, for example, showed that her hamstring pulls were caused by inactive glutes, which were the result of tight hip flexors. Kit will address the causal relationships between muscular problems (e.g. pulled hamstrings) and neural sequencing. You will learn tests for glute activity, lower versus upper abdominal dominance, hip flexor and quadriceps dominance, and rotational left-right comparisons.

“Very beneficial on many different levels. Personally, for the first time in many years I believe I can physically help myself (in regards to my low back) without hurting myself. This will allow me to help others better. Professionally, apart from the immense skill set you’ve passed onto us Kit, your attitude, peace and touch is inspiring and challenging. I am now more aware and can function more without fear!”
Roger Norris
 (physiotherapist)





Stretch Therapist (ST) Stage I Workshop **REGISTER NOW!**

Wodonga — March 2010

Use this form to send in your registration by mail or fax. Please PRINT CLEARLY.

Registrations requested by Friday 12 February 2010

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ POSTCODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

REGISTRATION FEES Please note: all figures are GST inclusive

Step 1

Stage I \$649.50 (Stage I: Saturday 6, Sunday 7 and Monday 8 March)

Step 2:

If you are a member of an association listed at www.KitLaughlin.com (Workshops section), please indicate which one, then apply a 10% discount.

Association _____

10% discount _____

Step 3:

Total payable _____

Please tell us where you learned about this workshop (which website, newsletter, journal, other)

PAYMENT DETAILS

Visa Mastercard EFTPOS * Cheque **

* In-person only

** Please make cheques payable to Michael Howse

Credit Card Number

Expiry Date Cardholder's Name

Cardholder's Signature

Return this form, with payment, to:

**Michael Howse
PO Box 1552
Wodonga Vic. 3689**

Refunds and withdrawals

1. Participants who wish to withdraw more than three weeks prior to the scheduled date will receive a full refund of money paid, minus a \$50 administration charge unless you transfer registration to another participant.
2. There will be no refund on withdrawal from a workshop if notification is received less than three weeks prior to the scheduled commencement date.
3. A full refund will be given if the course is cancelled.