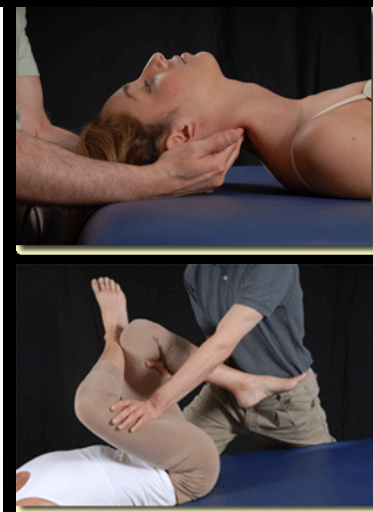
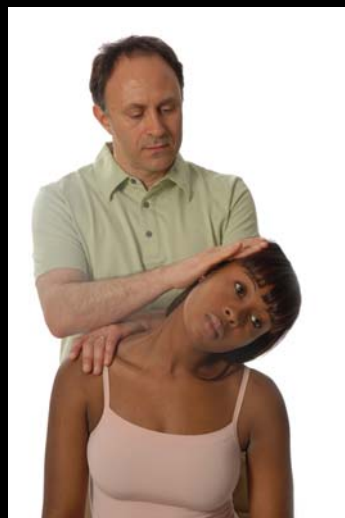


# Deep Tissue Massage, Stretching & Joint Mobilization Workshops with Dr. Joe Muscolino

Sydney & Brisbane  
July 2011



## The Workshops

### Intermediate & Advanced Techniques for the Neck

Sydney: 2-3 July 2011

Brisbane: 9-10 July 2011

The first day will cover body mechanics for deep tissue work and stretching for the neck, including: How to use your core to easily perform deep work to the neck, How to safely massage the musculature of the anterior neck, and How to perform multiplane stretching of the neck.

The second day covers Advanced Stretching Techniques and Joint Mobilization. Dr. Muscolino will describe and demonstrate: How and why CR (also known as PNF), AC, and CRAC stretching techniques work and advanced safe joint mobilization techniques.

### Intermediate & Advanced Techniques for the Low Back & Pelvis

Sydney: 4-5 July 2011

This workshop is structured similarly to the neck workshop. The first day will cover body mechanics for deep tissue work and stretching for the lower back & pelvis. The second day will focus on advanced stretching and how to safely perform joint mobilization.

### Deep Tissue Massage, Stretching & Joint Mobilization

The focus of these workshops is to learn how to work clinically utilizing deep pressure, basic and advanced stretching, and joint mobilization techniques; and to do so more efficiently by working from the core with less effort so you do not hurt yourself. In effect, how to work smarter instead of harder!

Working clinically and efficiently can be done simply by learning a few basic guidelines of proper technique that Dr. Joe Muscolino will show you. An invaluable workshop for anyone who does sports, clinical, and/or rehab. work!

### Dr. Joe Muscolino

Dr. Joe Muscolino is a licensed chiropractic physician and has been a massage therapy educator for 24 years, with extensive experience in teaching kinesiology and musculoskeletal assessment and technique classes.

Dr. Muscolino has authored 8 major publications with Mosby of Elsevier Science, including "The Muscle and Bone Palpation Manual, with Trigger Points, Referral Patterns, and Stretching" He also writes the column article "body mechanics" for the AMTA's massage therapy journal.

Don't miss this unique experience to train with Dr. Joe Muscolino.

**Book Early as Places are Limited**

To register your interest & for more information, visit [www.terrarosa.com.au](http://www.terrarosa.com.au)

Or email: [terrarosa@gmail.com](mailto:terrarosa@gmail.com)

