

## Bodywork Professional Development

### Trigger Point Therapy - 1 day – with Richard Hogg

A Trigger Point is best described as an area of hyper-sensitivity in a muscle from which impulses travel to the central nervous system, giving rise to referred pain. The point from which the pain arises is known as the Trigger Point. Causes of trigger points are many and varied - stress, injury, overuse, chemicals, alcohol, etc.

When trigger points are active, muscles remain tight thus restricting blood flow and causing a nerve compression, which keeps the condition in a pain-spasm-pain cycle.

There are many ways of treating trigger points - one of the most effective is the pressure technique that you will be shown, followed by a passive stretch.



**You will be awarded an attendance certificate at the end of the course.**

**The workshop is open to therapists holding a minimum Remedial & Sports Massage qualification at level 4 as well as Physiotherapists, Osteopaths, etc.**

Workshop participants should bring:

1. Couch and Cover
2. Bolster and pillow
3. Blanket/towels and face cradle cover

#### **About Richard**

Richard has been involved with complementary therapies/healthcare for almost 30 years. One of the earliest therapies he trained in was Reiki. He has been teaching others in this modality and many others for the past 12 years. In addition, he is trained to Manipulative therapy level as well as Advanced Remedial Massage, Remedial and Sports, Swedish Massage and several other modalities.

He has trained people in First Aid over the past 30 years. He has taught first aid with major aid agencies and many private organisations. He has taught in a variety of industries including Local Authorities, Voluntary and Private Sector as well as in Primary and Secondary Education.

Currently, Richard teaches Remedial and Sports Massage in both Edinburgh and Aberdeen on behalf of Scottish Massage Schools.

## Bodywork Professional Development

Date	Workshop being attended	Cost
<b>29 April 2017</b>	<b>Trigger Point Therapy workshop</b>	<b>£125.00</b>
Venue	Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh, EH3 5PL	
<p>Each course requires a non-refundable <b>deposit of £60.00</b></p> <p>Full payment/balances should be received no later than 28 days before the course date.</p>		
<p>Please Note – Workshop participants should bring the following, (where practicable)</p> <p style="text-align: center;"> <input type="checkbox"/> I am bringing a couch <span style="float: right;">(Please tick all that apply)</span>  <input type="checkbox"/> I am bringing pillows, bolster and towels  <input type="checkbox"/> I require information on B&amp;B         </p> <p>Please advise us by email if you have any special needs.</p>		

### Personal Details

Name:	Name on Certificate:
Address:	
	Postcode:
Tel No:	Email:
Payment amount:	Signature:

<b>Payment by <u>cheque</u> made out to:</b>	<b>Bodyworkcpd Ltd,</b>
<b>Send to:</b>	<b>12 North Loanhead, Limekilns, Fife, KY11 3LA</b>
<b>By <u>Bank Transfer</u>:</b>	<b>BodyworkCPD Ltd, Sort code: 83-23-25, Account no: 11679195</b>
<p><b>Please add '<u>TPT-Edin-your surname</u>' as a reference so we can identify your fees and what they are for, email us to let us know when you have processed your payment.</b></p> <p><b>Please email us this completed booking form. Thanks!</b></p>	