

Bodywork Professional Development

Trigger Point Therapy - 1 day – with Gavin Cooper

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 Gavin

Gavin's involvement with complementary therapies/healthcare, stretching more than 15 years, has allowed him to gain the experience he has today.

Gavin is currently teaching Sports Therapy at Perth College. He also teaches and on behalf of Scottish Massage Schools the Remedial & Sports Massage Course from both Inverness and Perth, acting as Course Leader and covering subjects such as functional anatomy, physiology, sports pre-habilitation and rehabilitation.

Gavin is trained to Advance Remedial Massage, level 5, as well as Remedial & Sports and delivers specialist workshops covering techniques such as Trigger Point Therapy, Soft Tissue Release and Muscle Energy Techniques. Gavin has been proactive in the design and development of the Scottish Massage Schools Sports Event Massage Course with a specific focus on the recognition of common mechanisms of injury, treatment and management of typical sports injuries using specialist skills such as traditional Taping and Strapping methods and Kinesiotaping.

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Date	Workshop being attended	Cost
29 April 2017	Trigger Point Therapy workshop	£125.00
Venue	Inverness Therapy Clinic, 3 Connel Court, Ardconnel Street, Inverness, IV2 3EY	
<p>Each course requires a non-refundable deposit of £60.00</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 (Please tick all that apply) <input type="checkbox"/> I am bringing pillows, bolster and towels <input type="checkbox"/> I require information on B&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:

Payment by <u>cheque</u> made out to:	Bodyworkcpd Ltd,
Send to:	12 North Loanhead, Limekilns, Fife, KY11 3LA
By <u>Bank Transfer</u>:	BodyworkCPD Ltd, Sort code: 83-23-25, Account no: 11679195
<p>Please add '<u>TPT-Inv-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.</p> <p>Please email us this completed booking form. Thanks!</p>	