

Bodywork Professional Development

Muscle Energy Techniques - 1 day – with Gavin Cooper

Muscle Energy Techniques (MET) is the collective name for a variety of techniques that stretch, strengthen or break down fibrous adhesions. A MET is one in which the patient's own effort and movement, rather than that of the therapist, provides the primary force in treating the problem.

The workshop will show you how you could use METs as part of your treatment plan.

On completion of the workshop you will have the knowledge and practical experience necessary to identify, assess and treat specific dysfunction within the musculo-skeletal framework and perform a variety of Muscle Energy Techniques that will help restore function.



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
30 April 2017	Muscle Energy Techniques workshop	£125.00
Venue	Inverness Therapy Clinic, 3 Connel Court, Ardconnel Street, Inverness, IV2 3EY	
Each course requires a non-refundable deposit of £60.00 Full payment/balances should be received no later than 28 days before the course date.		
Please Note – Workshop participants should bring the following, (where practicable)		
<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		
Please advise us by email if you have any special needs.		

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
Please add '<u>MET-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.	
Please email us this completed booking form. Thanks!	