

Bodywork Professional Development

Muscle Energy Techniques - 1 day – with Richard Hogg

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 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.

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Date	Workshop being attended	Cost
11 June 2017	Muscle Energy Techniques workshop	£125.00
Venue	Curl Aberdeen, Eday Walk, Summerhill, Aberdeen , AB15 6LN	
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-Aber-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!	