



# โรงเรียนอาทิตยนาวดแผนไทย

## SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

DEDICATED BODYWORKER WORKSHOPS AT SUNSHINE MASSAGE SCHOOL

## BODY ASSESSMENT,

### TREATMENT AND REBALANCING WITH MIKE

This course covers Body Assessment of problem conditions, Bodywork Treatment and Exercise Rebalancing approaches for the body. We will cover every section of the body in detail, starting from the feet up to the head, considering the 3-Steps below:



**Step 1 - Where's the pain?** Assessment of pain, injuries and movement limitations in the body. Where people may have pain, heaviness, weakness or incorrect joint tracking affecting movement for the person. Many longterm injuries take one to three months to heal even when treated properly, depending on the severity and the body fitness in the area affected.

**Step 2 - Treatment.** Anatomy Review & Massage Treatment Strategies for therapeutic fascia, muscle, joint and nerve blockage release and techniques to help correct these

Pain/Problem conditions, for ourselves or for others. Make the plan before you work based on a deeper understanding of the symptoms and sources of problems.

**Step 3 - Exercise Rebalancing** approaches and techniques via Self-Myofascial Release (SMFR), stretching, strengthening and mobility exercises for longterm pain & problem resolution. Exercise Rebalancing is the "glue" to help keep the injuries from returning. The body is grouped into "Five Areas" by function and rebalancing approaches.

**Prerequisites:** This course is for experienced bodyworkers who have a desire to resolve pain and orthopedic related dysfunctions in the body.

5 days /30 CE hours, Baht 11,500.-

**30 October to 3 November 2017**  
**25 to 29 December 2017**

