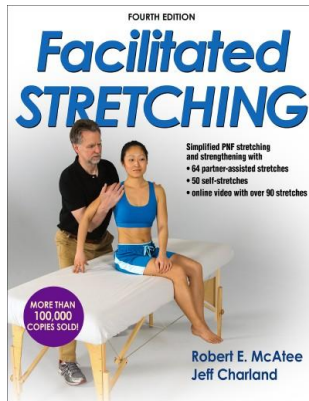


**Continuing Professional Development for Massage and Manual Therapists  
Presented by HMH Wellness  
Taught by Bob McAtee, LMT, BCTMB, CSCS**

**Thursday, June 15, 2023 9:00am-6pm**



**Facilitated Stretching for Massage Therapists**

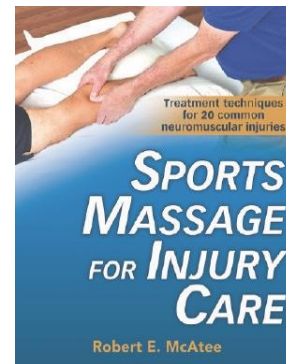
NCBTMB Approved for 8 CE Hours

Many massage therapists would like to include effective stretches in their table sessions but feel they don't have the training or expertise to perform the stretches correctly, or struggle with the best way to incorporate them into a massage. This course provides the opportunity for massage therapists to acquire practical skills that can be used immediately in a massage therapy practice.

Facilitated Stretching is a safe, simple, effective stretching technique that can be used with a wide variety of clients to regain or improve flexibility. This course teaches a series of valuable stretches from the facilitated stretching repertoire that can be easily incorporated into a table massage session using the most efficient PNF stretching techniques to help assess current muscle function, improve range of motion, increase strength, address overuse injuries, and enhance performance.

At the end of this seminar, therapists will have the knowledge and practical experience necessary to safely perform facilitated stretching with clients during table sessions and to assist them in developing a home stretching program.

**Friday, June 16, 2023 9:00am-6pm**



**Addressing Upper Extremity Nerve Entrapment Syndromes**

NCBTMB Approved for 8 CE Hours

Pain or numbness radiating into the arm and hand, or hand weakness, are common complaints from massage clients. This intensive one-day seminar provides training in understanding, assessing, and treating suspected nerve entrapment conditions.

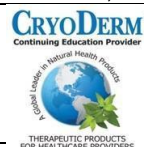
This course extensively reviews the major nerve pathways of the upper extremity, including the most common nerve entrapment sites for the brachial plexus, and the median, ulnar, and radial nerves; reviews basic neural assessment tests, including Adson's test for scalene and first rib involvement, Eden's test for costoclavicular syndrome, Wright's test for pectoralis minor syndrome, ulnar tunnel tests, and median nerve tests for pronator teres syndrome and carpal tunnel syndrome. Nerve glide protocols are used to enhance assessment of the median, ulnar, and radial nerve.

This seminar includes demonstration and extensive supervised practice in the application of effective soft-tissue interventions, including pin and stretch, transverse friction, and facilitated stretching, to help alleviate these conditions.

At the end of this seminar, therapists will have the knowledge and practical experience necessary to identify, assess, and treat the most common entrapment syndromes of the upper extremity, leading to better treatment outcomes, happier clients, and a more profitable practice.

Where: HMH Wellness Center,  
4444 Keystone Dr Suite A  
Maumee, OH 43537

<https://www.hmhwellnesscenter.com/>  
info@hmhwellnesscenter.com  
Phone: 419.874.4640



Bob McAtee is proud to be sponsored by Cryoderm.

Early registration (by May 25, 2023) = \$200 each, or \$370 for both seminars.

Full registration = \$240 each, or \$450 for both seminars.