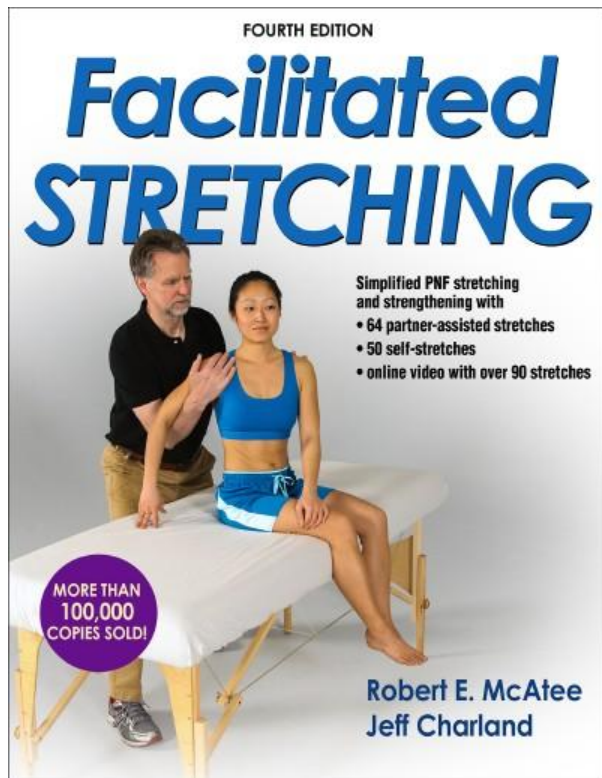


Continuing Professional Development for Massage and Manual Therapists:

Facilitated Stretching for Massage Therapists

Taught by Bob McAtee, LMT, BCTMB, CSCS

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.

Where: HMH Wellness Center, Maumee, OH <https://www.hmhwellnesscenter.com/>

When: Monday, August 9, 2021, 9:00am-6pm

Phone: 419.874.4640

Email: info@hmhwellnesscenter.com

Early registration \$185 (by August 1, 2021), after that \$225

Bob McAtee is proud to be sponsored by Cryoderm.

