

# Functional Anatomy Series & Positional Release Therapy

**DESCRIPTION:** Positional Release Therapy, also known as strain counterstrain, is a therapeutic technique which uses a position of comfort to address somatic dysfunction. Effects of PRT include; normalization of muscle hypertonicity and fascial tension, reduction of pain during joint mobility, increased circulation, reduced inflammation, decreased pain and increased strength through greater soft tissue functionality. This lecture and hands on class will deepen your knowledge of each region. This course will teach you how to evaluate and isolate specific muscle groups, evaluate range of joint movement and increase your palpation skills.

## Class objectives

- Understand joint biomechanics and its relationship to postural alignment.
- Review and palpate bony landmarks.
- Understand muscle lengthening and shortening.
- Review clinical implications of pathologies and evaluate for safe treatment.
- Learn positional release theory and application.

## Cancellation/Refund Policy:

You may cancel your registration up to 14 days before the class and receive a full refund. If you cancel less than 14 days or less prior to the class, tuition becomes transferrable towards any future classes. All cancellation credits must be applied to another workshop within one year from the date of the original class. A \$50 administrative fee will be deducted for all transferred tuition. We reserve the right to cancel any class, in which case the tuition fee will be returned in full.

## PROGRAM DETAILS:

4 CE's per section or 16 CE's total approved NCBTMB

### Sunday October 2, 2022

9:00-1:00 Lower Extremities

2:00-6:00 Hip & Pelvis

### Monday October 3, 2022

9:00-1:00 Shoulder and Upper Extremities

2:00-6:00 Neck, Back and Thorax

**Cost:** \$135 per section or \$240 per day

**Location:** Let The Healing Begin Studio ([healing-begins.com](http://healing-begins.com))

31 Main Street Meredith, NH 03253

## TO REGISTER:

Payment is necessary to register for this class. Payment can be made with Venmo @Vickie-Branch-1, or credit card through PayPal at [paypal.me/branchanatomy](http://paypal.me/branchanatomy).

Please specify which workshops you are registering for. Once payment is received a confirmation email of your registration will be sent.

If you have any questions regarding location and directions, please contact Dave Ayers: 603-716-7260 or [dave@healing-begins.com](mailto:dave@healing-begins.com)



**Vickie Branch D.Sc.O, DOMP, LMT** is a licensed New Hampshire Massage Therapist and Manual Osteopath with over 33 years in practice and 26 years as an educator. Formerly, she was a director and instructor for a NH massage program. For the past 12 years she has assisted with human anatomy instruction and dissection of cadavers for physician assistant and physical therapy students. Vickie offers continuing education in anatomy, cranial sacral therapy, visceral manipulation and positional release therapy.