

Functional Anatomy & Positional Release Therapy

HIP & PELVIS: October 1, 2022, 11a—3:30p

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.

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.

PROGRAM DETAILS:

4 CE HOURS

Cost: \$165

Location: Flote, 845 Lafayette Rd, Hampton, NH

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](https://www.paypal.me/branchanatomy). Please specify which workshop (or both) you are registering for. Once payment is received a confirmation email of your registration will be sent.

If you have any questions, please contact Jessica Kennon, [603-275-9159](tel:603-275-9159), trinitymassage114@gmail.com.

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.



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. Vickie began teaching in the early 90's. 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.