

— NCBTMB approved Continuing Education —

Specific Deep Tissue Techniques for the Neck

with Brian Utting of the Pacific Northwest School of Massage

Saturday, August 3, 2019 in Anchorage, Alaska



Muscle-Specific Deep Tissue Techniques for the Posterior, Lateral, And Anterior Neck Saturday, August 3rd, at the Alaska Career College, 10am-7pm, 8 CE hours

Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)

The neck is a strong, vulnerable and complex structure. It is the most movable part of the spine, and yet is strong enough to balance and support the head (10-11 pounds), even with chronically poor posture. Skillful deep tissue work in this area is not about brute force; it's about precision and strategy, informed by knowledge of the anatomical structures. It's rare to find massage therapists who really know how to massage the neck in a precise, specific way—especially around the small muscular attachments to the transverse processes—even though this is often where the muscles are most frayed and/or inflamed.

In the morning you will learn specific techniques for releasing the cervical posterior paraspinal muscles (longissimus, semispinalis capitis, multifidus), suboccipital triangle, levator scapula (especially the cervical attachments), facet joints, splenius capitis and cervicis, posterior, middle, and anterior scalenes, sternocleidomastoid, and masseter.

In the afternoon we will focus on deep muscle-specific techniques for the anterior neck. Many people learned in massage school to avoid this area, but it responds safely and well to skilled and precise touch. We will focus on the scalene, suprahyoid, infrahyoid, and longus capitis and colli groups. This is really helpful work for clients who have been in car accidents, have emotional issues with their necks or throats, or use their voices professionally (eg, singers).

These are straightforward, muscle-specific techniques that can be immediately applied in practice. The work is well-suited to either treating cervical injuries or improving your spa massage, and will increase your precision, palpatory sensitivity, and effectiveness. Body mechanics will also be a focus of the class as well as proper use of fingers to save wear and tear on joints.

"I honestly learned more in your neck class than any other CE I've taken, and I've been at it almost 13 years." -Tracey Brandt

"I love neck work, and this class took things to the next level." - Heather Finch

Tuition

\$175 if registered with a \$75 non-refundable deposit by July 20th; \$200 thereafter. Register for both the MSDT Neck class and the Tx of Cervical Ligaments class for only \$300 (\$150 deposit required). The price for the 2-class package goes up to \$350 after July 20th, 2019.

Registration

Send a \$75 per class non-refundable registration check to Cat Rose, c/o Active Health Solutions, 1000 O'Malley Rd. Suite 102, Anchorage, AK 99515, or register online at www.pnwschool.com

Questions

Contact Cat Rose in Anchorage at: 907-830-1075 or alaskanbutterfly@hotmail.com
Contact Brian Utting in Seattle at: 206-784-1778 or brianuttingimp@gmail.com



Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the country. With over 30 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was awarded the AMTA's Robert N. Calvert Award for Lifetime Achievement in 2009, and was inducted into the Massage Therapy Hall of Fame in 2014. Visit Brian's website for more info: Pacific Northwest School of Massage www.pnwschool.com

— NCBTMB approved Continuing Education —

Assessment and Treatment of the Cervical Ligaments

with Brian Utting of the Pacific Northwest School of Massage

Sunday, August 4, 2019 in Anchorage, Alaska



Assessment and Treatment of the Cervical Ligaments

Sunday, August 4th, at the Alaska Career College, 10am-7pm, 8 CE hours

Class is NCBTMB-approved for Continuing Education credit (NCB provider # 451040-09)

The neck is one of the most common areas of client complaint, injury and dysfunction, and it can be a challenging area to treat effectively. Injured or irritated neck ligaments can be particularly vexing; besides causing deep pain, they can provoke a guarding response in the nearby muscles, causing additional pain, tension, and limitation of movement.

In this class we will explore the deeper terrain of the neck, concentrating on the key ligamentous and related muscular and fascial structures that, when injured, often create chronic neck pain and tension. The cervical ligaments are every bit as important as the muscles, bones, and fascia, but are often overlooked by massage therapists, chiropractors, and physical therapists.

You will learn assessment and palpation skills that will help you to identify the ligamentous structures that need treatment, make sure it is appropriate to do so, and treat the injured structures. A primary focus of this class is to help you refine your accuracy in both palpation and treatment, and to help you develop more confidence, specificity and thoroughness in your neck assessment and treatment. Clients notice the difference right away when they feel you touch the “right spots”, and their chronic pain and tension begins to dissolve from the inside out.

“This was one of the most informative classes I’ve taken in a long time. The material is very useful for my clinical practice.”

- Sabrina Sargent

“This class was ridiculously useful. I will be using these techniques immediately and daily.”

- Robin Mayberry

Tuition

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