

THE BACK LAB CERTIFICATION SERIES™

INTEGRATED SPINAL MASSAGE COURSE

To Relieve Pain and Injury

Learn to combine traditional massage with effective and targeted deep release techniques for clients suffering from neck pain, back pain and muscular tension

July 20/21/22 | Primrose Hill, London | £875

Backlab.co.uk for more information and further course dates

COURSE OVERVIEW

3-Day intensive practical training

- Learn advanced spinal massage and soft tissue release techniques
- Apply your new skills straight away
- Live patient practical sessions
- Led by a spinal specialist Physiotherapist

TREATMENT AREAS

- **Lumbo-Pelvic Region:** Erector Spinae, Thoracolumbar Fascia, Abdominals, Gluteals, Hamstrings and Hip Flexors
- **Thoracic region:** Latissimus, rhomboids
- **Cervical region:** Upper trapezius, Levator scapulae, SCM, scalenes, Jaw

TECHNIQUES

- **Grade 1: (Superficial level)** Gentle tissue assessment, superficial palpation and nervous system regulation
- **Grade 2: (Mid-layer level)** Targeting muscle and fascial pathways
- **Grade 3: (Deep level)** Trigger point therapy and sustained pressure
- **Grade 4: (Advanced deep level)** Combining stretch, resistance and movement

Suitable for Physiotherapists, Sports and Massage Therapists

WHAT WILL YOU GAIN

1. Treat all areas of the spine, confidently
2. Merge technical release with traditional massage
3. Palpation skills:
   - Identify problem areas
   - Differentiate bone, muscle, fascia and nerves
   - Assess tissue status: acute stages of healing, inflammation vs muscle spasm
   - Grade your massage pressure
4. Understand pain and tissue sensitivity
5. Contraindications and precautions
6. Apply the right technique, for the right patient, at the right time to achieve better outcomes and greater patient satisfaction

LIVE PATIENT PRACTICALS

Supervision, feedback and guidance, throughout real patient treatments.

LIMITED PLACES | SMALL GROUP TEACHING

Location: 65 Princess Road, London NW1 8JS

MORE INFORMATION & BOOKING:

support@backlab.co.uk | Backlab.co.uk