

# Muscle-Specific Deep Tissue Techniques for the Torso

with Brian Utting, LMT

of the Pacific Northwest School of Massage, Seattle, USA

Saturday, February 17, 2024 in Christchurch, New Zealand



## Deep Tissue Techniques for the Torso (Iliopsoas, Diaphragm, QL and Paraspinals)

Saturday, February 17<sup>th</sup>, 9am-6pm (8 CE hours) at the Shirley Wellness Center in Christchurch, New Zealand

Course is NCBTMB-approved for 8 hours of Continuing Education credit (provider #451040-09)

These muscular structures support the core—they are integral to maintaining balance, structural alignment, ease of breathing, mobility, and the ability to function without lower back pain. In the morning, you will learn specific, potent, and effective Deep Tissue techniques to release the iliopsoas, diaphragm, QL, lower multifidus, and the lumbodorsal fascia. These are straightforward, muscle-specific techniques that can be immediately applied in practice, often with profound results. There will be a concise and insightful anatomy review of these structures with an eye toward the functional relationships between them. We will also focus on correct placement and proper use of fingers, knuckles, and elbows for optimal results.

In the afternoon we will focus on some muscle-specific Deep Tissue techniques for the Paraspinals (erector spinae and transversospinalis) that are different from but complementary to what you learned in massage school or elsewhere. The emphasis will be on releasing and unbinding the erector spinae group, the transversospinalis group, the lumbodorsal fascia, and the quadratus lumborum. These muscle-specific techniques will improve the precision and effectiveness of your back massage, and can be easily integrated to your style of bodywork. Body mechanics will continue to be a focus of the class, as well as proper use of elbows, fingers and knuckles to save wear and tear on joints. Students who have taken this class have reported that they were able to apply the techniques in their practices right away and that their clients loved the results, feeling a newfound sense of freedom and ease in their backs.

“This is one of the most practical classes I’ve ever taken. Brian presented useful information and then taught practical application of this info. He walked us through how to find each muscle—something I have always wished other instructors would do. I left the training with expanded skills and knowledge, which I have been able to use right away with my clients.” - Evelyn Bass

“I absolutely love this work. I can hardly wait to bring it into my practice.” - Hannah LePiane

## Tuition

\$550NZ for both days, if registered by 20 January 2024 (\$600NZ thereafter), with a \$300NZ (or \$180US) non-refundable deposit.

\$300NZ for one day, if registered by 20 January 2024 (\$325NZ thereafter), with a \$150NZ (or \$90US) non-refundable deposit.

## Registration

- 1) Email Lynn Wilson at [lynn.wilson@outlook.co.nz](mailto:lynn.wilson@outlook.co.nz) and let her know you’ll be registering for the class(es). Please include your name, telephone, email address, which class(es) you’re registering for, and if you are able to bring a table.
- 2) Send a \$150NZ per-class, non-refundable deposit via internet banking to Lynn Wilson, ASB 12-3149-0156293-58. Please state your name as reference. The balance is due Friday before class (16 Feb) via internet banking, or cash-only at class.
- 3) You may also register directly at [www.pnwschool.com](http://www.pnwschool.com); scroll to Feb 17 and 18 on the PNWSM website.

## Questions?

Contact Lynn Wilson in Christchurch at: 021-210-2776 or [lynn.wilson@outlook.co.nz](mailto:lynn.wilson@outlook.co.nz)

Contact Brian Utting in Seattle, WA, USA at: [info@pnwschool.com](mailto:info@pnwschool.com)



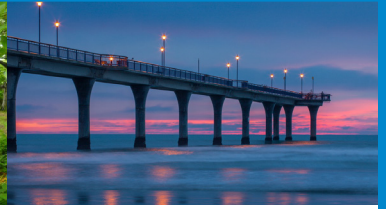
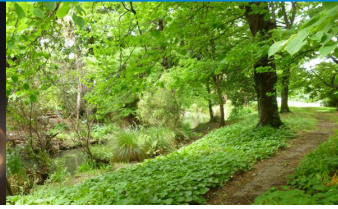
Brian founded the Brian Utting School of Massage (Seattle, WA) where his 1000-hour COMTA-accredited school was considered one of the best massage schools in the US. With over 35 years of experience, Brian teaches with a rare blend of passion, anatomical precision, humor, common sense, and depth. He was 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: [www.pnwschool.com](http://www.pnwschool.com)

# Muscle-Specific Deep Tissue Techniques for the Neck

with Brian Utting, LMT

of the Pacific Northwest School of Massage, Seattle, USA

Sunday, February 18, 2024 in Christchurch, New Zealand



## Muscle-Specific Deep Tissue Techniques for the Posterior, Lateral and Anterior Neck

Sunday, February 18<sup>th</sup>, 9am-6pm (8 CE hours) at the Shirley Wellness Center in Christchurch, New Zealand

Course is NCBTMB-approved for 8 hours of Continuing Education credit (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 (~5 kg), 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

"This class has vastly improved my knowledge, approach, and technique. I am looking forward to immediately applying all this in my practice." - Jessica Roberts

## Tuition

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