

# Evaluation and Treatment of Shoulder Injuries and Muscle-Specific Deep Tissue Techniques for the Shoulder Girdle

with Brian Utting, LMT of the Pacific Northwest School of Massage

Saturday, 10 February & Sunday, 11 February 2024 in Hamilton, NZ



## Evaluation and Treatment of Shoulder Injuries

Saturday, 10 February 2024, 9:30am-6:30pm, 8 CE hours

A lot of our clients suffer from chronic rotator cuff injuries that seem to stubbornly persist using conventional massage techniques. Learn precise and specific orthopedic assessments and thumbs-free techniques to identify and successfully treat some of the most common injuries to the subscapularis, supraspinatus, infraspinatus, teres minor, long head of the biceps, and acromioclavicular joint. The class will include a review of rotator cuff anatomy, palpation of the rotator cuff muscles and related structures, and instruction in appropriate treatment massage techniques to treat the soft tissue lesions. You will also receive a detailed 30-page handbook for future reference.

*"This is the best Continuing Education workshop I've taken, out of 120+ CE hours." - Julio Otazo*

## Muscle-Specific Deep Tissue Techniques for the Shoulder Girdle

Sunday, 11 February 2024, 9:30am-6:30pm, 8 CE hours

The shoulders are meant to float freely on the ribcage, held in elegant suspension by 16 muscles, but very often they are restricted, stuck down, and in pain. In the morning, you will learn to effectively liberate some of the major anterior structures of the shoulder girdle (such as the pectoralis minor, subclavius, and subscapularis), and help to give your clients a feeling of ease and freedom in their shoulders that reaches all the way around to their back.

In the afternoon, we will work with the shoulder girdle from the side-lying position. Besides being deeply comforting and relaxing, skilled side-lying work gives you excellent access to the structures of the shoulder. You will learn specific, effective, and potent techniques for releasing the muscles of the shoulder girdle, including the trapezius, rhomboids, latissimus dorsi, serratus anterior, levator scapula, subscapularis, infraspinatus, supraspinatus, pectoralis minor, and the surrounding fascia. We sometimes think of side-lying work as primarily for pregnant women, but almost all of your clients can benefit from skilled side-lying work in this area, and it feels wonderful.

*"I haven't felt this kind of freedom in my shoulders since before massage school! I have definitely been enjoying my wings." -Amy Ross*

**At the end of the weekend, you will know how to identify and treat the most common injuries to the shoulder, and to balance and create a supportive foundation for the shoulder girdle, as well as creating states of deep relaxation for your clients.**

## Tuition and Registration:

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

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

Register online at [www.pnwschool.com](http://www.pnwschool.com)

## Questions?

Contact Annika Leadley in Hamilton, NZ at [annikabishell@gmail.com](mailto:annikabishell@gmail.com)

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

If you are able, can you bring a massage table?

Please let us know either way, yes OR no. Thank you.



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: [www.pnwschool.com](http://www.pnwschool.com)