

## Knee & Hip Joints Masterclass

This is an intensive course that focuses mainly to introduce qualified therapists to advanced and specific techniques to examine and treat a variety of musculo-skeletal dysfunctions related to the Knee & Hip Joints

### Course contents

- Anatomy of the Knee, Hip and Pelvis
- Most Commons pathologies and knee injuries
- Assessment of the Knee and Hip including Passive and active ROM
- Differential diagnosis-referred patterns of pain
- Treatment- mobilisation soft tissue techniques: Muscle Energy Thechniques , Active Release Techniques, Strain Counter Strain.

### Target Audience

- Sports Massage Therapists
- Sports Therapists
- Physiotherapists
- Chiropractors & Osteopaths also welcomed

Pre Course Learning is essential and we would suggest a good knowledge of the specific topics mentioned.

**DATE : 11<sup>th</sup> & 12<sup>th</sup> December 2010**

**FEES : £190** (*£90 non-returnable deposit is required to secure a place*)

**VENUE: The Massage Training School, Exmouth, Devon**

### JOHN GIBBONS BSc (OST)



John is a registered Osteopath. He is also a Sports & Remedial therapist and a lecturer in Sports Medicine / Athletic Performance for the University of Oxford. John travels the country and delivers specific courses in strapping / taping techniques, advanced joint assessment and lower limb biomechanics.

John specialises in the assessment, treatment and rehabilitation of sports related injuries for the University of Oxford prestigious sports teams (and enjoys being accredited as the Osteopath to the Oxford University Boat Club Men's heavyweight rowing team).

John has publicly presented for many sports related organisations on manual therapy related topics and has also written several articles on Musculo-skeletal dysfunction for publications such as The Sports Injury Bulletin and the Federation of Holistic Therapy.

**Booking form for the SIJ MASTERCLASS 2 day workshop Saturday 11th & 12th December 2010**  
I enclose a deposit of £90 per place (*please make cheques payable to "The Massage Clinic"*)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_ Mob: \_\_\_\_\_

E-Mail: \_\_\_\_\_ date \_\_\_\_\_

Please complete the above form for each participant and send with a cheque to:  
The Massage Training School, 51 Imperial Road, EXMOUTH, Devon, EX8 1DQ