

# Dr. Ben Benjamin Workshops

Each Day  
**\$50 OFF**  
Registration Special

## Integrating Orthopedic Assessment & Treatment

Neck, Shoulder, Low Back & Knee Injuries

Comprehensive hands-on workshop includes assessment and friction therapy treatment. At each full-day training, you will learn two dozen assessment tests, as well as cross-fiber friction, and myofascial and deep tissue techniques to address pain and injury in some of the most commonly injured structures in the neck, shoulder, low back, and knee.

You will also learn the anatomy of these structures as never before through physically locating and palpating each targeted muscle, tendon, and ligament with these techniques. This new workshop gives you a comprehensive view of working with these injuries from initial assessment to treatment.

Learn **ASSESSMENT TESTING** and **HANDS-ON TREATMENT** for the most commonly injured structures in the following:

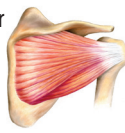
### THE NECK

Injuries to these structures can create headache-like pain as well as referred pain into the arms, hands, upper back and chest.



### THE SHOULDER

Injuries to these structures can refer pain into the axilla, upper arm, and forearm.



### THE LOW BACK

Injuries to these structures can show themselves as low back pain as well as referred pain into the abdomen, hip, thigh, lower leg and foot.

### THE KNEE

The most commonly injured ligaments in this area cause debilitating knee pain and swelling - & many practitioners have never heard of them.



## Active Assisted Stretching Upper Body Program

Neck, Shoulder, Forearm, Wrist, Hand & Fingers

This intensive, hands-on workshop teaches you a comprehensive, effective stretching protocol for the upper body. Active Assisted Stretching (AAS) energizes the body, enhances the health of the tissues, increases flexibility, protects the body from injury, enhances the healing process, re-aligns the fascia and makes building strength more effective. AAS is especially good for athletes, the elderly, and the injured, and can also benefit the neurologically impaired.

During this workshop you will practice every stretch until you can perform them efficiently both individually and in sequence, with the least effort. You will also learn self-stretches to teach your clients who need to focus on stretching specific structures.



**FOR YOUR SAFETY: Participants will be notified of any COVID-19 restrictions prior to the event.**

Saturday, July 9 from 9am-5:00pm • 7 CEs\*  
Georgia Massage School  
415 Horizon Drive, Suite 275, Building 200  
Suwanee, GA 30024

Sunday, July 10 from 9am-5:00pm • 7 CEs\*  
Georgia Massage School  
415 Horizon Drive, Suite 275, Building 200  
Suwanee, GA 30024



**\$149** Registration Special

Regular registration is \$199

**CLICK OR CALL TO REGISTER**

*NOTE: Your PayPal receipt is your proof of registration.*



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Regular registration is \$199

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**BEN BENJAMIN, PhD (Sports Medicine)** has been practicing massage since 1963 and has been nationally recognized for his contributions to massage therapy, receiving the AMTA President's Award in 2000 and an induction into the Massage Therapy Hall of Fame in 2010.

\*NCBTMB Approved Provider #033029-00 • NYS Approved • Reports to Georgia and Florida CE Broker