

Dr. Ben Benjamin Workshops

Each Day
\$50 OFF
Registration Special

Frustrating Neck Injuries

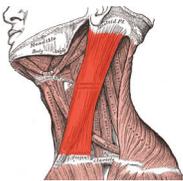
Orthopedic Assessment & Treatment

Neck pain and injuries are often misunderstood. A searing pain in the shoulder blade, a burning sensation down the arm, and a numbing, crawling sensation in the hand can all be the result of injuries to various structures in the cervical region.

Cervical injuries are second in prevalence only to those in the lumbar region. In fact, **it is rare to find anyone who has not suffered from neck pain at some point in their life.** Severe neck injuries can make life miserable for months or years. They may result from a fall, a head-on collision in an athletic event, working at the computer for many hours, or a car accident — particularly one involving whiplash.

In this course, you will **learn over 2 dozen orthopedic assessment tests** to pinpoint challenging neck injuries. We will then address the injuries through several different treatment modalities including **friction therapy, myofascial therapy, muscle energy techniques, and Active Isolated Stretching** for the neck. You will also learn how to physically locate and palpate each muscle, tendon, and ligament targeted with these treatment techniques.

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



- Supraspinous Ligaments
- Intertransverse Ligaments
- Sternocleidomastoid Muscles
- Anterior Scalene Muscles
- Middle Scalene Muscles
- Posterior Scalene Muscles
- Suboccipital Muscles
- Digastric Muscles
- Hyoid Muscles

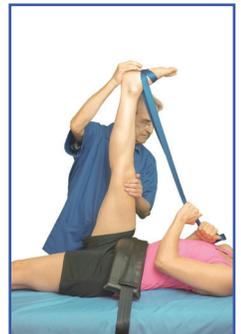
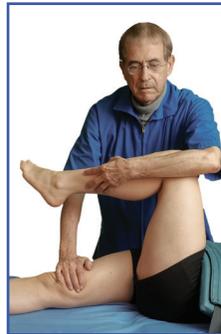


Active Assisted Stretching Lower Body Program

Low Back, Hip, Thigh, Knee, Lower Leg, Foot & Ankle

This intensive workshop teaches you **a comprehensive, effective stretching protocol for the lower 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 protocol prior to the event.

Saturday, October 8 from 9am-5:00pm • 7 CE's*
Georgia Massage School
415 Horizon Drive, Suite 275, Building 200
Suwanee, GA 30024

Sunday, October 9 from 9am-5:00pm • 7 CE's*
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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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