

Accredited Workshops for Medical Professionals
Palpation Techniques for Soft Tissue Assessment and Treatment
Presented by Jocelyn W. Cowie RMT

This two day workshop will focus on increasing massage therapist soft tissue palpation as an assessment tool for tracking their treatment progress and patients treatment outcomes.

In scientific studies on therapist reliability it show unreliable unless student train under a palpation expert, then similar findings could be found reliably.

Your instructor:

This workshop is based upon my 25 years of hand on experience and 30 years of teaching massage. Student will learn a rationale and scientific application of massage. These newly found skills will enhance massage therapist palpation skills and their treatment outcomes. RMT's can get amazing results in their daily practices and rationalize their treatment protocols to their patients.

Saturday 9am--5pm Massage Physiology

Students will be taught an in-depth understanding the physiology and anatomy of soft tissue inflammation and how this creates the pain tension cycle.

- overview of the anatomy of the location of sensory nerves system
- the role of inflammation
- the responsibilities of the immune responses
- the role of sympathetic nervous system
- physiological responses to injury and tissue repair
- bio-mechanics of joint physiology, cartilage regeneration.
- what maintains the pain tension cycle
- the Closed Gate Theory

Sunday 9am-5pm

Skills will be demonstrated and practiced.

- therapist learn to accurately locate and reliability assess and treat soft-tissue damage
- hand on practice of enhanced palpation skills using greater tactile sensitivity
- student will learn to explain their assessment of soft tissue inflammation before, during and after treatment.
- communicate soft tissue findings and results during treatment
- learn to give a rational reason for how many sessions and why massage actually works.
- record keeping and objectifying palpation findings

Handouts include soft tissue checklist (a record keeping and scaling method for calibration of palpation findings).

Accredited Continuing Education Workshops on Soft Tissue Assessment and Treatment
CE-PD 16.5-hour and/or 7-hour

\$445 Canadian - includes two full days of workshops, food, and accommodation

The workshop includes the following topics:

- how emotional factors create muscle holding patterns that stagnate the lymphatic pump
- how inflammation stimulates nociceptive pain****
- how massage can restore proper functioning of the internal organs
- how stress affects the pain-tension cycle
- how to develop your palpation skills to better locate, assess, and treat soft tissue lesions
- how to relieve CTS, TMJ, TOS, fibromyalgia, trigger points*, pressure points, and arthritis
- how to use pressure** and trigger points* for treating pain
- how to use the gate control theory*** of pain to decrease pain during treatment
- soft tissue pain anatomy and physiology
- what the bio-mechanics of the joint are
- what the role of the sympathetic nervous system in maintaining pain is

***Trigger points** are painful when pressed on, cause a shortening of the muscle fibers, and have a special property called referred pain. Referred pain means that a trigger point in one muscle can create pain in another area. [Myofascial Trigger Point Therapy - What Is It?](#)

*A unique feature that distinguishes **Trigger Points** from other muscle pain is that Trigger Points almost always refer pain to other areas of the body. This is why many treatments are ineffective. Most treatments assume that the area of pain should also be the source of pain, yet the actual cause could be in a completely different location. Trigger Points and their referred pain can be associated with many conditions, and may even cause some of them! [PressurePointerManual.pdf](#)

****Pressure points** are found throughout the body. These pressure points are points that, when manipulated in the right manner, can offer pain relief for individuals of all ages. [chronicbodypain.net](#)

***The **Gate Control Theory** of pain asserts that non-painful input closes the "gates" to painful input, which prevents pain sensation from traveling to the central nervous system. Therefore, stimulation by non-noxious input is able to suppress pain. [From Wikipedia, the free encyclopedia](#)

***The **Gate Control Theory** - ["Theories of pain: from specificity to gate control"](#). *Journal of Neurophysiology Moayedi, M.; Davis, K. D. (October 2012).*

******Nociceptive pain** is caused by damage to body tissue and usually described as a sharp, aching, or throbbing pain. This kind of pain can be due to benign pathology; or by tumors or cancer cells that are growing larger and crowding other body parts near the cancer site. Nociceptive pain may also be caused by cancer spreading to the bones,

muscles, or joints, or that causes the blockage of an organ or blood vessels. [Types of Chronic Pain](#)

Myofascial [mī·ōfa'shē·əl] "pertaining to a muscle and its sheath of connective tissue, or fascia." Mosby's Medical Dictionary, 8th edition. © 2009, Elsevier.

"You cannot strengthen a muscle that has a trigger point, because the muscle is already physiologically contracted. Too many physical therapists see a weakened muscle and immediately attempt to strengthen it without testing for the presence of trigger points. Attempts at strengthening a muscle with trigger points will only cause the trigger points to worsen..." — Devin Starlanyl, MD author of *Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survivor's Manual*