



Ilial, Lumbar, & Thoracic Mobilization Workshop Integrated Restoration Techniques with Ira Wikel March 4th & 5th, 2017

Massage Therapy CEU's: 14 per level

"looking for techniques that would produce excellent results without taxing his body"



Okefenokee Heritage Center, 1460 N Augusta Ave, Waycross, GA 31503
Registration: \$275 Phone (912) 284-0934 further information & Payment options

In this workshop, you'll learn how to improve your client's structure, balance and movement using specific Muscle Energy, Joint Mobilization and Myofascial release techniques. I look at the hips [the ilium] as the beginning point in the process of structural balance. I look at the functional and structural health of the hip joint in all clients-not just those in pain. From this starting point, we will also assess and correct ILIAL mal-alignment, anterior/posterior rotations and in/out flares. LUMBAR and THORACIC side bends, rotations and other dysfunctions. The outcome will help with postural distortions, muscular tonicity, low, mid and upper back pain. We will utilize a combination of soft tissue manual therapy techniques designed to be effective, designed to be efficient and designed to be pain free.

Integrated Restoration Techniques {IRT} is the brain child of Ira Wikel, LMT. A massage therapist since 1982, Ira had been looking for techniques that would produce excellent results without taxing his body. After several hundred hours of continuation education, he put together this "greatest hits" package based on the therapeutic options that work for him. He continues to use them in his practice today and looks forward to teaching more massage therapists these methods.

This is a hands-on class please wear comfortable, loose clothing and shorts as we will be both assessing and correcting both the hips and thoracic spine. Massage oil is not required.

Please bring sheets, both top and bottom; We have 4 massage tables on-site, please inquire about bringing one with you. This is not a Chiropractic Course.

All of Ira's classes come with a 50-page workbook. As a bonus, Ira will share with the class an intro into **Cervical, Cranial, & Sacral Mobilization Workshop (IRT 2) Upcoming IRT workshop dates to be announced.** You can read more about IRT and Ira's work at: <http://www.irawikel.com>

Therapeutic Body Works 401 Brunel Street, Waycross, GA 912-284-0934

www.waycrossmassage.com

