

Advanced Palpation and Trigger Point Courses

Bones & Muscles of the Lumbar Spine & Abdominal muscles

Key Features

- bone & muscle identification, location and palpation.
- trigger points and referred pain
- comprehensive manual provided
- practical & Theoretical demonstration
- small class sizes

Course Content

- location & palpation of bony prominences; lumbar spinous & transverse processes, lumbar ligaments
- location & palpation of muscles; lumbar erector spinae, quadratus lumborum, rectus abdominis, obliques, transverse abdominis
- differentiation of above muscles from surrounding muscles and structures
- all trigger points and referred pain patterns from the above muscles
- class participation

Course Details

Duration: 4 hours (plus 30 minute break)
Price: \$175.00

Bookings

Online Bookings: www.myofirst.com.au

Contact Details: Andrea Williams
0411 253 285
andrea.williams@myofirst.com.au
