



**Scottish Massage Therapists Organisation
presents
CPD ~ Advanced Bodywork Series
NMT FOR SPORTS INJURIES
John Sharkey, NTC, Ireland**

Edinburgh ~ 24 & 25 March 2012 ~ 20th Anniversary SMTO Annual Conference

Join John Sharkey as he helps the SMTO celebrate their 20th Anniversary in 2012. He brings his unique anatomical dissection knowledge of fascia and human anatomy/physiology, and combines it with current scientific evidence, providing a different and unique approach to the treatment of pain and injury to a wide array of therapists!

At the end of these two-days of underlying theory and hands-on techniques you will leave with:

- an arsenal of ammunition in the war on pain and injury treatment, including knee pain, frozen shoulder, elbow pain and many more!
- ideas and strategies for effective injury prevention
- new found skills and knowledge that can be immediately used on return to your clients
- techniques that you can use on sports-specific complaints in the lead up to London Olympics 2012!
- specific hands-on experience based on European Neuromuscular Therapy (see below)
- understanding and practical application of John's 'MyoTensegrity' model (the one muscle hypothesis)
- skills to stimulate identified fascial mechanoreceptors
- ability to actively engage your clients in the process through 'Full Body Kinetic Chain Integration'
- how to incorporate Active Cold Therapy Stretching (ACTS) into your treatments

Providing real time audio visual technology you will not miss a finger placement or fascial manipulation technique wherever you are in the room. The workshop will have, as its central theme, the concept of fascia as a continuous and intercommunicating connective tissue, essential for movement, health and life.

European Neuromuscular Therapy is a therapeutic system intrinsically focused on the connective tissues and fasciae of the human body in its theoretical underpinning, clinical reasoning, and hands-on application. The "Chain" analogy will be used with individual muscles making up the "links". Respect will be paid to a number of individuals including (but not limited to) Beach, Myers, Souchard, Busquet, Hedley and Stecco for their contributions to the topic.

John Sharkey BSc, MSc, is director of Ireland's National Training Centre (www.ntc.ie), senior tutor with the University of Chester and Medical Team Member of the Olympic Council of Ireland. He is a member of the editorial board of the Journal of Bodywork and Movement Therapies (JBMT) and is the programme leader for the newly established Masters degree in Neuromuscular Therapy.

A Neuromuscular Therapist and an accredited Exercise Physiologist (British Association of Sport and Exercise Scientists) John is a recognised pioneer in the area of bodywork therapy. John Sharkey is a graduate of Liverpool University and University of Chester, and the founder of European Neuromuscular Therapy. A respected Anatomist with more than twenty years dissection experience and author of the 'Concise Book of Neuromuscular Therapy'. John has been a full member of the Olympic Council of Ireland's Medical team since the 2000 Sydney Olympic Games.

Trade Exhibition will be open to all both days with Songbird Naturals (Tui Wax), Bodywork Professional Development (courses, books and DVDs), Scottish Massage Schools (courses, sweatshirts, oils, consultation packs), Helder Massage Oils (Chemodol, Traumadol, Massage equipment) confirmed already.

Interested in joining us for a Ceilidh on Saturday 24th March 2012??? Open to those attending the conference, their partners and anyone else who wants to help us celebrate this landmark! We need to know numbers to see if this is worth doing so please register your interest by phone, email or on our SMTO facebook page.

Title: NMT for Sports Injuries
Venue: Edinburgh Academy Junior School, 10 Arboretum Road, **EDINBURGH** EH3 5PL
Investment: £185 (SMTO)/£200 (non) *£80 non-refundable deposit*. Early bird £170 (SMTO)/£185 (non) paid in full by 31/12/2011
Dates: **24/25 March 2012**; 9am – 5pm
Contact: SMTO, 70 Lochside Road, Aberdeen AB23 8QW info@scotmass.co.uk or +44 (0)1224 822956



Scottish Massage Therapists Organisation Ltd.

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<http://www.scotmass.co.uk>

SMTO CONFERENCE 2012 BOOKING FORM

I wish to book a place for the SMTO Conference 2012 with John Sharkey:









Date	Workshops to be attended	Cost
24/25 Mar 2011	SMTO Conference 2011	<input type="checkbox"/> £75 SMS & Affiliated Early Bird pre 31/12/11
	[Non-refundable deposit £80]	<input type="checkbox"/> £170 SMTO Early Bird pre 31/12/11
		<input type="checkbox"/> £185 SMTO post 31/12/11
		<input type="checkbox"/> £185 Non-SMTO Early Bird pre 31/12/11
		<input type="checkbox"/> £200 Non-SMTO post 31/12/11
		<input type="checkbox"/> £ _____ Other

Please note: I am bringing a couch.
 (please ✓ all that apply) I am bringing pillows and towels.
 I am vegetarian.
 I wish to attend the meal on the Saturday night.
 I would be interested in attending ceilidh for SMTO 20th Anniversary on Saturday night
 I require B&B information

Name: _____ Signature: _____
 Address: _____
 _____ Postcode: _____
 Tel No.: _____ Email: _____
 Amount enclosed £ _____ SMTO Member: Yes No

Please make cheques payable to Scottish Massage Therapists Organisation (SMTO)

To make payment by credit/debit card:

Please debit my card (circle) with the sum of £ _____
 Card number
 Expiry date: _____ Start date: _____ Issue No.: _____
 3-digit CVV (reverse): _____ Signature: _____

To make payment over the telephone, please call Scottish Massage Therapists Organisation on 01224 822956

Please note that all deposits are non-refundable. Also student discounted places (only applicable to SMTO affiliated schools) must be paid in full at time of booking and are also non-refundable.