

TRIGGER POINT

This is a 16 hour class

Price is \$265.00

Trigger point is a noninvasive therapeutic modality that can be the key for the relief and control of myofascial pain and dysfunction. Trigger point relies heavily on client-therapist inter-action, including verbal and nonverbal elements. Success may be measured by the level of pain reduction experienced by the client and objectively through range of motion, strength, endurance, and other measures of improved function.

Trigger point treatment will teach you

Compression

Myomassage

Passive Stretching

Regime of corrective exercises

Julie's Massage Therapy and School

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