

COASTAL SEMINAR  
Manual Therapy Essentials Coast to Coast  
111 U.S. Route 1  
York, Maine 03909

# COASTAL SEMINAR

Manual Therapy **Essentials** Coast to Coast

***Manual Therapy Essentials*** is a simple, organized and effective approach to manual therapy. Look inside to learn more and register for a course on a coast near you.

Postage



## Connective Tissue Release CS100

For beginners and experienced manual therapists alike, this skill building packed course will teach you a simple process of finding the primary area(s) of connective tissue (CT) dysfunction and provide you with tools to achieve effective, efficient and lasting correction. This class will bring your palpation and manual therapy skills to the next level that will help to overcome the dreaded "plateau of progress." The information in this course is delivered by highly organized lectures with a correlated manual and powerpoint slides, demonstrations and labs. Each lab builds on the previous one so you come out of this course confident and ready to use the material. The student to faculty ratio is 16:1 and we take pride in providing personalized attention during labs.

### Course Objectives

1. Gain an understanding and appreciation for the complexity of the CT system.
2. Gain an appreciation for the subtle elements of palpation and overcome your individual barriers to palpation.
3. Develop CT palpation skills through our innovative Skills Stations including palpation of small, deep, and visceral tissue.
4. Learn simple but effective assessment tools to find a primary site of CT dysfunction.
5. Learn efficient treatment techniques that can be applied to the CT anywhere in the body with lasting results.

## Upcoming Courses

COURSE	DATES	LOCATION
Connective Tissue Release CS100	October 20-21, 2012	Boston, MA
	February 23-24, 2013	San Francisco,
	April 20-21, 2013	Portsmouth, NH
Multi-system Positional Release CS200	June 8-9, 2013	Boston, MA
	September 14-15,	San Francisco,

### Registration

**Cost:** \$425 per course

**CEU's:** 12 Contact hours/course (Check Website for more details)

**How to Register:** Please visit us online at [www.coastalseminar.com](http://www.coastalseminar.com) or call us at: (207) 221-0277.

**Who Should Attend:** Physical Therapists, Acupuncturists, Occupational Therapists, massage therapists, or anyone wanting to help the body return to a healthy state!

**WWW.COASTALSEMINAR.COM**

## Connective Tissue Release Schedule

### Day 1

9:00-9:30 Introduction, Objectives, Overview of Coastal Seminars  
9:30-10:15 Connective Tissue Anatomy/Physiology Overview  
10:15-11:00 Deepen your Skills of Palpation/Interface with Tissue and Clients, and Understand Barriers to Palpation  
11:00-11:15 Break  
11:15-11:45 Explanation of Palpation Skill Stations  
11:45-12:30 Skill Stations  
12:30-2:00 LUNCH  
2:00-2:10 Review  
2:10-3:30 New Assessment Tools: A New Way of Looking at Posture, Dynamic Posture, ROM, Palpation with Demo  
3:30-3:45 BREAK  
3:45-4:45 Lab: Assessing Posture, ROM, and Palpation.  
4:45-5:00 Questions and Answers, Prep for day 2.

### Day 2

9:00-9:20 Review, Questions  
9:20-10:00 Connective Tissue Release Theory/Philosophy/Principles, Direct/Indirect Techniques and Application.  
10:00-10:30 Introducing the Sphere Technique: Demo  
10:30-11:00 Lab: Sphere Technique  
11:00-11:15 BREAK  
11:15-12:00 Introducing the Pivot Technique: Demo  
12:00-12:30 Lab: Pivot Technique  
12:30-2:00 LUNCH  
2:00-2:45 Introducing the Line of Tension Technique  
2:45-3:15 Lab: Line of Tension Technique  
3:15-3:30 Break  
3:30-4:00 Critical Thinking, and Refinement  
4:00-4:30 Lab: Critical Thinking and Refinement  
4:30-5:00 Closing Comments: Neuromuscular Re-education, Adjunctive Tools, Quiz, Questions and Answers

## Instructors



### Ellen Helinski MS, PT, IMT, c.

Ellen has taught continuing education seminars in manual therapies and anatomy for over 10 years in the U.S. and abroad. She owns and operates three Physical Therapy clinics in New England and serves as a mentor to many students seeking advanced skills in manual therapy.



### Jared Van Der Beek PT, L.Ac., IMT, c.

Jared has taught continuing education seminars for manual therapists, physical therapists, and acupuncturists nationally and internationally for over 10 years. He owns a Physical Therapy and Acupuncture clinic in San Francisco, CA.

## What Our Students Are Saying:

*"This was by far the best manual therapy course I have ever taken. I can't wait to get back to work and use these techniques."* Karen R.

*"The Connective Tissue Release techniques are a great addition to any OT/PT toolbox and can be used as an adjunct or as direct therapy in almost any setting."* Anastasia I.

*"Manual Therapy Essentials represents a synthesis of material that has often felt overwhelming to study. The gentle, encouraging, and clear presentation of material rendered it accessible to practitioners of all levels of experience."* Peg I.

*"Ellen and Jared were fun to listen to and great presenters!"* Rachel V.