

SPORTS INJURY & CHRONIC PAIN

Classic approaches in sports injury help athletes prevent injuries, including pre and post competition treatment. Catch them earlier and correct micro-trauma that leads to more severe problems if left unattended.

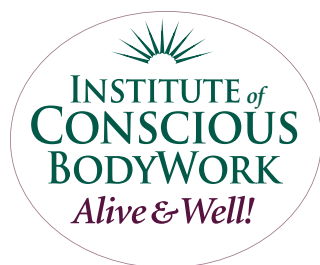
What you'll learn:

Gain familiarity with surgical orthopedic procedures and learn how to best work with clients through their rehabilitation process.

Focus on thorough palpatory anatomy, contra-indications and appropriate timing of treatment.

Learn biomechanical assessment of the most common sports injuries and how to treat:

- tendonitis
- hamstring and groin pulls
- iliotibial band syndrome
- rotator cuff problems, and more.



Bob Gaszo

Nationally certified in 1993, Bob has over 1200 hours of massage therapy course work and continuing education. While doing his graduate work in exercise physiology he studied orthopedic assessment and rehabilitation.

His practitioner experience includes working in chiropractic settings and spas and even as massage therapist/fitness director for the largest cruise ship in the world. Bob even spent a summer traveling around the country doing sports massage for cyclists! Bob moved to the Bay Area to learn NeuroMuscular Reprogramming® which he integrates into his massage and personal training sessions.

Fri, June 14
and Sat/Sun
Jun 15, 16

7 - 10 pm

9:30am – 6pm

Tuition: \$424

For more information or to register, please call
Admissions at **415-388-9949**

Class will be held at our lovely, easy to access, NEW LOCATION!

655 Redwood Hwy., Suite 225
Mill Valley, CA 94941

At Shelter Bay, upstairs from the Shelter Bay Cafe, on the water side.

Email: contact@alivewell.com

NCBTMB Provider #451689-11