



## *Integrating Hips and Shoulders*

### **NMR: The Missing Link in Rehabilitation**

NMR facilitates proprioceptive communication with the body's Organizational Intelligence which enables it to reprogram the stored strategies governing coordinated movement.

**Shoulder problems cannot be corrected without organizing the structures supporting them.**

The **first essential component** is the hips & low back to shoulders relationships expressed in Gait Patterns (back, forward and lateral), and the forward and back simultaneous diagonals.

**Mod 2 presents quick and effective protocols to work with the organizational integrity between hip, low back, and shoulder functions.**

The strategies you will learn will vastly reduce the amount of work you need to do to correct shoulder and neck problems.

**Doing things in the right order makes your job easier.**



**Jocelyn Olivier, MBW** is the founder and developer of NeuroMuscular Reprogramming NMR®. She has been a visionary and innovator in the field of rehabilitation for 50 years.

She is the Founder, Director and CEO of the Healus Neuro Rehab Center in Mill Valley CA, and the Institute of Conscious BodyWork. She teaches the value of integrating neurological reprogramming with functional re-education to accomplish the highest level of recovery from acute and chronic injuries.

### **Mod 2 includes a deeper look at Contralateral Coordination problems:**

Diagonal, forward back and side Gaits, forward and back diagonals. Functional Integration of the big movers of the shoulders, ie. Trapezius, Latissimus, Supraspinatus, Posterior Delt and Anterior Serratus with the hips and low back is next.

We'll dive deeper into the smaller muscles of the shoulder which are frequently in lock step, making up for the lack in big muscle support. Local reprogramming of shoulder functions is much easier following big muscle integration.

***Class appropriate for all those trained in physical rehabilitation: DO's, PT's, OT's, DC's, LMT's, etc.***

**Taught by Jocelyn Olivier at IST  
6162 E Mockingbird Ln. Suite 190,  
Dallas, TX 75214**

**October 24, 2025: 7pm-10pm EST  
October 25-26: 9am-5:30pm EST  
18 hour class. \$600 Tuition  
\$540 (10% off) if you register by 9/26  
Space is limited! Enroll Early.**

**For any further questions or more information,  
feel free to reach us at:  
415-388-9949  
[info@healus.com](mailto:info@healus.com)**

**Register: [neuromuscular-reprogramming.com](http://neuromuscular-reprogramming.com)**