



Intro: Protocols for Hips and Low Back

NMR provides fast, easy corrections for complex coordination dysfunctions of the hips and low back. Correcting poor sequencing among the muscles controlling movement and stabilization in these areas quickly restores proper biomechanics and range of motion, alleviating chronic and acute pain of the Gluteals, SIJ, Hip Flexors and Lumbar Spine.

NMR Provides the Missing Link in Rehabilitation.

First it deals with ameliorating the shock and trauma effect that can linger in the Autonomic Nervous System for decades after a precipitating event. The body cannot learn new strategies when the Sympathetic Nervous System dominates. Next NMR facilitates the neuromuscular communication through unused pathways that have led to deterioration, impingement, ROM restriction. It does this through the use of muscle testing to assess inhibitions resulting in weakness and muscles that are locked and stiff but not functional. It facilitates communication with the body's organizational intelligence to reprogram the stored strategies governing coordinated movement.

Safely address the neuromuscular and musculo-skeletal problems of the hips and low back at their source: in the Cerebellum of the brain. NMR reprograms the stored information governing coordinated movement.



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.

- **Reprogram active support of the spine**
- **Reduce effects of shock and whiplash to the spine.**
- **Relieve compression effects from past falls on the sacrum and coccyx**
- **Learn corrective activities to retrain efficient use of the low back and hips**

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

Learn wholly new and logically sequenced protocols to address many back, hip and groin problems.

Proceed safely to make changes that last and that will not compromise the support of important structures.

**Next Level Institute & ICBW
sponsoring a Mod 1 NMR Class**

**NEW OPTION! Available by ZOOM!!!
Sept. 25-27, 2026**

**Instructor:
Jocelyn Olivier**

**Registration:
\$650 or \$585 prepayment by Aug 28
Zoom option \$450 or \$405 prepay**

**Location:
Eastgate Business Center
33866 SE Eastgate Circle
Corvallis, OR 97333
Phone: (541) 961-8170**

Alive & Well Institute of Conscious BodyWork is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal.
Provider #451689-11, expires on July 23rd, 2029.