

PNMT FOR THE HIP and THIGH

NCBMTB Approved Continuing Education Hours: 8

Time: 9am – 6pm (one hour lunch)

The vital role of the hip as a source of pain and its role in healthy movement is often overlooked. Issues of the hip may present local pain but can also greatly effect areas both above and below. For instance, restrictions in the hip demand that the low back compensate, leading to low back pain. Treatment of the low back (where the symptoms present) will be frustratingly unsuccessful. It is common to have hip pain where no visible pathology is discovered, precise soft tissue approaches can be amazingly effective. The focus of this seminar is on accurate assessment strategies and effective treatment techniques to help you treat the right structure for the right reason. We don't just teach you how, we teach you why!

PNMT FOR THE LEG AND FOOT

[View a video introduction to this seminar](#)

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The lower extremity is clearly the unsung hero of the body, doing amazing amounts of work that largely goes unnoticed. When pain does occur, many soft-tissue problems present with the same symptoms as more serious intra-joint ligamentous issues. Whether in the knee or the foot, it is largely assumed that these problems are more serious than can be helped with soft tissue therapy. For example, there are many soft-tissue conditions that create medial and lateral knee pain, all of them related to different muscles and ligaments. Participants will learn how to make good judgments as to the source of the pain and how to address it effectively. In the lower leg, conditions affecting the anterior and posterior shin splints, calf pain, and pain syndromes of the feet (such as plantar fasciitis and fasciosis) will be explored. The participant will leave with clear clinical reasoning skills to determine the source of a client's pain and the technical skills to positively affect that pain.