



New York  
COLLEGE  
OF HEALTH PROFESSIONS

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**Continuing Education Department**

## **Myofascial and Deep Tissue Release Techniques of The Scapula and Glenohumeral Joint(Shoulder).**

*with Gerald Basile, LMT & Board Certified Structural Integrator*

This course is a new look at the muscles which insert/originate on the Scapula, and cross the Glenohumeral joint. Most of the class will be hands on learning. You will learn various types of techniques; Myofascial, Deep Tissue, Pin and Stretch, and medical techniques. You will learn over a dozen techniques that you will be able to use the next day. These techniques will help you better understand the anatomy and address your client's areas of discomfort and pain. A large portion of these techniques will be best used in a medical type of treatment. This is 8 CE's.

This workshop will include:

- Assessment and Communication with your client.
- Neurological Laws relating to Deep Tissue work.
- Muscles origin/insertion on the scapula and cross the glenohumeral joint.
- Techniques for Rotator Cuff muscles
- Supine, Prone, and Sideline Techniques
- Hands on Myofascial, Deep Tissue and Stretching Techniques.

Please bring a flat sheet, bolster, face rest & proper attire is required (sport bra for women).

**Pre-Requisites: LMT's or 3rd trimester on students**

**Sunday, May 22 2022**

**9:00 am – 6:00 pm Syosset Campus**

**Registration: \$185.00 10 student must enroll by May  
16th or class will be canceled**

To register please contact:

Continuing Education  
continuinged@nycollege.edu  
(516) 364-0808 x130

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