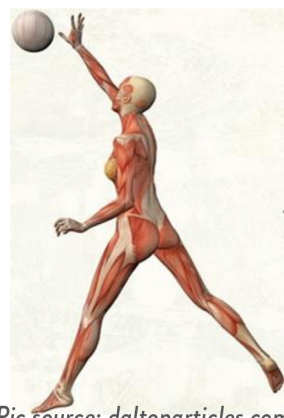


WORKSHOP BY : TASO LAMBRIDIS

TENSEGRITY AND MYOFASCIAL RELEASE

The Integrated Body Series - Lower trunk, pelvis, & lower limbs

“An evidence-based course on clinical anatomy, biomechanics and effective rehabilitation.”



Pic source: daltonarticles.com/

PROGRAM OVERVIEW :

The courses will:

- Provide you with a comprehensive approach to applying myofascial release
- Introduce the key role of fascia in structure and function
- Give an opportunity to learn in a small group setting and benefit from the individual attention
- Enhance your understanding and clinical practice

REVIEW ARTICLES :

Visit: www.physioasia.com –Seminar and workshops—for reading material.

PROGRAM OBJECTIVE :

1. Background and Definitions
2. Myofascial Structure & Function
 - The role of fascia in structure & movement
3. The World Of Myofascial Release
 - The various methods & techniques been used in Myofascial Release
 - A global perspective of Myofascial Release
4. Anatomy for Myofascial Release
 - Myofascial linkages in the pelvis & lower limb
 - Iliotibial band
 - Thoracolumbar fascia
5. Tensegrity & Myofascial Release
 - Tensegrity design for the spine and pelvis
6. Therapeutic Applications
 - Proposed mechanism of MFR
 - Examples from clinical practice
7. Practical application of treatment techniques
 - Overview of Myofascial release
 - MFR lower trunk, spine-pelvis & lower limbs
8. Clinical considerations & Discussion

SPEAKERS PROFILE :

Taso Lambridis

The course is presented by Taso Lambridis, a highly skilled physiotherapist who has been using the myofascial method in his clinical practice for over 15 years and with this in-depth knowledge he will introduce you to this method of an integrated approach to bodywork therapy. Drawing on his own clinical experience gained in treating patients with long - standing postural dysfunctions this course will introduce you to this fascination body structure and treatment method that is having a profound effect on the field of manual therapy.



Taso Lambridis is a highly skilled Physiotherapist from South Africa with over 20 years experience treating musculoskeletal and sporting injuries. He has gained extensive experience for having worked internationally and his clinical area of expertise is treating complex umbar spine and pelvic injuries.

Taso has a post-graduate MSc Sports Medicine degree from the UK and has worked in elite physiotherapy and sports clinics in London where he treated professional rugby players, English Premiership football players, elite triathlete and runners as well as dancers from London's leading West End theatre shows, dance academies and schools for the performing arts

PROGRAM OUTLINE :

Day 1&2: 2018 October 27th (Sat) & 28th (Sun)
8.30 am to 9am – registration
9am to 5.30pm with two tea breaks and a lunch break (Tea and lunch provided)

Course covers:

1. Introducing Course Aims, Objects
2. Myofascial Structure
3. The World of Myofascial Release
4. Tensegrity Model
5. Myofascial Anatomy Descriptions – lower trunk, pelvis and lower limbs
6. Myofascial Techniques
7. Clinical Applications

Venue:

Physio Asia Therapy Centre 360, Orchard Road #05-02 International Building, Singapore 238869

PROGRAM DETAILS :

Course Fees:

- SGD 760 (register by 12th Oct 2018)
- SGD 720 early bird by 5th Oct 2018

Payment:

- DBS Paylah to 91834844
- For bank transfers kindly contact us
- Cheque made in favour of
“Physio Asia Therapy Centre Pte Ltd”
Address: 360, Orchard Road #05-02
International Building, Singapore 238869

Contact details:

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Fax : +65 67361128
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Last date of registration: 18th Oct 2018

<<Limited seats>>