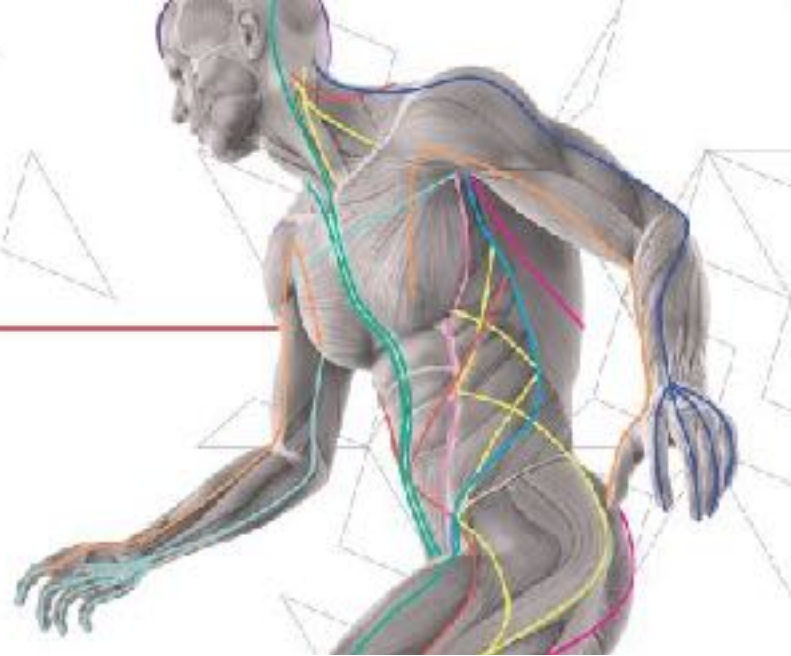




# ANATOMY TRAINS



Fiona Palmer

Myofascial  
Meridans  
for Manual  
& Movement  
Therapists

## Shoulders and Arms

*Clare, Suffolk. 21/22 April 2018 - £330 early bird, £380 full price*

The Fascial Release For Structural Balance (FRSB) workshops are a set of intensive soft-tissue technique courses, divided into functional regions.

Each course thoroughly conveys 15 – 20 technique 'templates', designed for versatile application for the different patterns your clients bring to you.

In this driving day and computer age, the arms get unique usage these days. Requiring a complex equation of stability versus mobility to balance correctly on the rib cage, the shoulders can easily be used to compensate for thoracic and cervical deviations or be the cause for them.

This can lead to issues travelling down into the arms and hands, up into the neck and jaw or even into the spine and rib cage.

You will learn to recognize 'ideal' and compensated patterns and how to tie them into the story of the rest of the body.

This will allow you to see what work needs to be done to create lasting results for this area.

Releases for each joint of the shoulder

Soft-tissue techniques for shoulder muscles

Elbow and upper arm muscle releases

Lower arm extensor, flexor, radial, and ulnar releases

Wrist and hand work

**To book your space or for more information contact:**

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