

We invite you to change lives!! Learn the most amazing treatment techniques. This modality gives us an easy to follow road map to ensure positive clinical outcomes for EVERYONE you treat!! Change the way you work

Call and we can register you now! 773-628-7654

Or go to our website www.TriggerPointCenter.com/professionalSeminars

List of offered courses for 2019 by Muscle Health, LLC (Advanced Trigger Point Seminars)			
<i>Mary Biancalana, Seminar Instructor</i>			
Date	Time	Description	
March 2019			
Friday March 15th	7pm-9pm	Fascinating Fascia: (Part 1) Understanding Our Three-Dimensional Soft-Tissue Matrix 2 CE's	Free
Saturday & Sunday, March 16-17th	9am-5pm	**Advanced Trigger Point Techniques for Low Back, Buttocks and Hip Pain 14 CE's	\$375
April 2019			
Friday, April 26th	9am-5pm	**Foundations of Trigger Point Techniques 7 CE's	\$185
April 27-28th Saturday & Sunday	9am-5pm	**Advanced Trigger Point Techniques for Thigh, Knee, Lower Leg and Foot 14 CE's	\$375
May 2019			
Friday, May 17th	10am-5pm	Fascinating Fascia: Our Three-Dimensional Soft-Tissue Matrix 6 CE's	\$160
Saturday, May 18th	9am-5pm	**Advanced Trigger Point Techniques for Sports Injuries Upper Body 7 CE's	\$185
Sunday, May 19th	9am-5pm	**Advanced Trigger Point Techniques for Sports Injuries Lower Body 7 CE's	\$185
June 2019			
Friday, June 21st	7pm-9pm	Fascinating Fascia: (Part 1) Understanding Our Three-Dimensional Soft-Tissue Matrix 2 CE's	Free
Saturday & Sunday June 22nd & 23rd	9am-5pm	**Advanced Trigger Point Techniques for Lower Back, Mid Back and Abdominal Pain 14 CE's	\$375

July 2019			
Saturday & Sunday July 20 & 21st	9am-5pm	**Advanced Trigger Point Techniques for Arm, Shoulder, Chest and Upper Back Pain 14 CE's	\$375
Monday July 22nd	9am to 5pm	Foundations of Trigger Point Techniques 7 CE's	\$185
August 2019			
Saturday & Sunday, August 17 & 18th	9am-5pm	**Advanced Trigger Point Techniques for Headache, Neck and Jaw Pain 14 CE's	\$375
Monday August 19th	9am-5pm	Techniques for People with Fibromyalgia 7 CE's	\$185
September 2019			
Thursday through Sunday September 12-15th	NAMTPT.org	NAMTPT 35 th Annual Conference Hilton Washington Dulles Airport Hotel	
October 2019			
Monday, October 19th	9am-5pm	**Advanced Range of Motion Assessment Upper Body 7 CE's	\$185
Monday, October 20th	9am-5pm	**Advanced Range of Motion Assessment Lower Body 7 CE's	\$185
November 2019			
Saturday & Sunday, November 9 & 10th	9am-5pm	**Advanced Perpetuating Factors of Muscle Pain and Dysfunction 14 CE's	\$375
December 2019			
Saturday December 7th	9am-5pm	Frozen Shoulder Treatment Protocol 7 CE's	\$185
Sunday December 8th	9am-5pm	Treatment Techniques for People with Hypermobility 7 CE's	\$185

- ❖ All classes are stand-alone classes and CAN BE TAKEN IN ANY ORDER.
- ❖ (**) These classes are part of the Core Curriculum for our Trigger Point Therapist Training Program.
- ❖ All Classes are taught at our beautiful and custom-designed and built 2,000 sq. ft. Clinic in Chicago. Lots of windows, FREE PARKING for 400, and lots of healthy restaurants nearby.
- ❖ Registrants are asked to bring a set of sheets, a bolster, and wear comfortable clothes. Be prepared to bring a treatment table if you are driving to the class. We will let you know via email more specific details about what to expect and pre-class homework.

Expected reading materials

Books: For (**) marked “Core Classes” registrants should have the two-volume set by Janet G Travell and David G Simons; *The Trigger Point Manual: Upper Body* (second Edition) and the Lower Body. We do not recommend the 3rd Edition of these books for beginners. We also recommend the book *Fascia: The Tensional Network of the Human Body* by Schliep, Chaitow et al., Published by Churchill Livingstone 2012 . . . And the book *Architecture of Human Living Fascia* by Jean Claude Giumberteau and Colin Armstrong published by Handspring Publishing.

**For the Frozen Shoulder Class; we recommend *Trigger Point Therapy Workbook for Frozen Shoulder* by Clair Davies, New Harbinger Publisher

** For the Low back, Buttocks and Hip Pain classes we recommend the book; *Trigger Point Therapy for Low Back Pain* by Mary Biancalana and her co-author. New Harbinger Publisher. ** For the Fascia classes; we recommend the book *Fascia: What it is and Why It Matters* by David Lesondak, Handspring Publishers.

Research articles; We have a list of PDF files of research papers published by such researchers as Jay P Shah, Jan Dommerholt, Robert Gerwin, Joanne Borg-Stein, Brian Rothbart, Jaleet Jafri, Carla Stecco, Fernandez de Las-Penas.,

Published articles; We also have a list of PDF files of Magazine articles published by Mary Biancalana. Locations of these papers will be provided to registrants.

- **Host a class at your school or workplace!** Mary Biancalana teaches all over the country and beyond! Call today to talk to us about our Host Provider Location special offers and discounts.
- **Invite your co-workers and colleagues!** Save money! Call us for group discounts if multiple practitioners register from the same business or studio. Forward this class schedule to your friends.
- Mary Biancalana is one of the most qualified instructors of this work. Learn from an expert. We keep up-to-date with the most current research and clinical findings in massage therapy and pain management.
- Mary Biancalana, Immediate Past-President of the NAMTPT, 12-Time NAMTPT National Conference Chairperson, International MyoPain Society member and Board Member, Academy of Integrated Pain Management member, published author and media promoter of Trigger Point Therapy, was the only Massage Therapist (and Non-Physician or PT) to be selected and presented at the **World Congress on Myofascial Pain and Fibromyalgia** held in October 2017 In Bangalore, India.

Follow us on Facebook and Check out our YouTube Channel “Chicago Center for Myofascial Pain Relief”