Course Details

<table>
<thead>
<tr>
<th>Course</th>
<th>Trigger Point Therapy 1</th>
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<tbody>
<tr>
<td>Dates</td>
<td>12th, 13th, 19th, and 20th October 2015 (Monday/Tuesday - 4 days)</td>
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<tr>
<td>Times</td>
<td>9:00am – 5.00pm (Please arrive at 8:45 am)</td>
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<tr>
<td>Fees</td>
<td>$795.00</td>
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<tr>
<td>Due Date</td>
<td>Close of Business 28th October 2015</td>
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<tr>
<td>Pre-Requisite</td>
<td>Certificate IV in Massage</td>
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</tbody>
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Course Description

A trigger point is a hypersensitive area in a muscle that, when compressed, is locally tender and often related to referred pain. Systematically working on these points can effectively reduce pain and correct muscle spasm. This remedial course teaches you about trigger points, locations and pain patterns. The course will focus on common musculoskeletal disorders including neck and back problems. Trigger Point therapy is extensively used to treat sport injuries and chronic pain and dysfunction.

- Trigger Point Philosophy
- Treating Common Complaints
- Trigger Point Anatomy
- PNF Stretching
- Trigger Point Pathology

Equipment You Are Required To Bring

- Single flat sheet
- 3 large bath sheets
- 1 hand towel
- Talcum powder
- Pair of bike shorts, bathers or leotards for postural assessments *IMPORTANT*
- Bottle of drinking water
- Notepad and pen

Please Note:

If the front door (South Rd entrance) is locked please wait for your facilitator and he/she will be along shortly.

Please wear comfortable clothing and closed shoes (e.g. Gym shorts, track pants, t-shirt, sneakers etc)

Payment must be made 2 weeks prior to course commencement. Please keep an eye on our websites for any course updates.
Training Austral Asia’s ‘Natural Health Academy’ is easily accessible via bus: Stop 8, South Road (Stop codes 13115 and 13120)

**The following routes service these stops:**

- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF – Civil Train Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from the NHA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on the weekends so we suggest that you bring your own lunch.

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to purchase lunch.

If you have any queries please contact us via email at admin@nhaa.edu.au or you can call us directly on (08) 8351 8507.