



Scottish Massage Therapists Organisation presents



SMTTO Annual Conference Edinburgh 24<sup>th</sup> & 25<sup>th</sup> March 2018

## A Fascial Approach to the Management of Persistent Pain

Presented by Ruth Duncan and Linda Currie

The aim of this special 2-day event is to provide a deeper insight into what fascia really is, what it does in the body and to deliver 'take home' techniques and applications for the treatment of persistent pain which can be immediately incorporated into existing practices.

Learning outcomes; therapists will be able to-

- Discuss the theory and current research of the fascial system and its role in health
- Describe the development of fascia, its structural function and dysfunction and the physiological effects of a variety of fascial release techniques
- Demonstrate sustained light-touch pressure fascial techniques including cross hand-release techniques, longitudinal and transverse planes
- Demonstrate myofascial techniques for the shoulders, neck and hips
- Understand and discuss the value of compression of the fascial system as a fascial technique
- Apply and receive multi-therapist techniques to enhance their understanding and kinaesthetic approach to fascia
- Demonstrate fascial palpatory diagnostic skills
- Discuss the importance of the various responses to myofascial treatment
- Explore myofascial unwinding, myofascial rehabilitation approaches and fascial self-care approaches.



Trade Exhibition will be open to all both days with Songbird Naturals (wax), Scottish Massage Schools (courses, polo shirts, oils, consultation & treatment packs), Hedgetables (herbal chocolate, confectionary & skincare) Handspring Publishing with a fantastic selection of must read books, CNHC, Neal's Yard Remedies and many more...

Please contact us on [info@scotmass.co.uk](mailto:info@scotmass.co.uk) if you would like to hire a stall.

**Title:** A Fascial Approach to the Management of Persistent Pain  
**Venue:** Edinburgh Academy Junior School, 10 Arboretum Road, EDINBURGH EH3 5PL  
**Investment:** £200 (SMTTO members)/£250 (non) *£100 non-refundable deposit.*  
Early bird £150 (SMTTO)/£200 (non) paid in full by 31/12/17, £175 (SMTTO) £225 (non) by 31/1/18  
**Dates:** 24<sup>th</sup> & 25<sup>th</sup> March 2018; Saturday & Sunday, 9am – 5pm  
**Contact:** SMTTO, 27 Craigs Ave, Edinburgh EH12 8HS. [info@scotmass.co.uk](mailto:info@scotmass.co.uk) 08454-638852 or 07715-663852



# Scottish Massage Therapists Organisation Ltd

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[www.facebook.com/smtopage](http://www.facebook.com/smtopage)

## SMTO CONFERENCE 2018 BOOKING FORM

<b>Name:</b>		<b>Signature:</b>	
<b>Address:</b>			
<b>City:</b>		<b>Postcode:</b>	
<b>Tel no:</b>		<b>Email:</b>	
<b>Amount £</b>		<b>SMTO Member YES/NO Member no:</b>	

Date	Workshops to be attended	Cost
24 <sup>th</sup> /25 <sup>th</sup> March 2018	SMTO Conference 2018 with Myofascial Release UK [Non-refundable deposit of £100]	£100 SMS & Affiliated Students
		£150 SMTO Early Bird pre 31/12/17
		£175 SMTO Early Bird pre 31/01/18
		£200 SMTO post 31/01/17
		£200 Non-SMTO Early Bird pre 31/12/17
		£ _____ Other

<b>Please note:</b>  (please tick all that apply)	<input type="checkbox"/> I am bringing a massage couch
	<input type="checkbox"/> I am bringing couch cover, pillows and towels.
	<input type="checkbox"/> I wish to attend the meal on Saturday evening 6pm
	<input type="checkbox"/> I am a vegetarian (for organizing lunches)
	<input type="checkbox"/> I require B&B information

Please make cheques payable to Scottish Massage Therapists Organisation (SMTO) or payment can be sent direct to the SMTO's bank account no: 17001395, sort code: 83-51-00.

Please add a reference 'CONF-your surname' so we can identify your money.

To make payment over the telephone, please call SMTO on 08454-638852 or 07715-663852

### To make payment by credit / debit card:

	Please debit my credit / debit card with the sum of £ _____
	Card No: _____ - _____ - _____ - _____
	Expiry date: __/__/3-digit CVV (reverse): ___ Signature: _____

*Please note that all deposits are non-refundable. Student discounted places (only applicable to SMTO affiliated schools) must be paid in full at time of booking and are also non-refundable.*