



**RELEASE & RESTORE**



## Postural Restoration Workshop for Medical Professionals

Tower Physio Clinic, Calgary, Sunday: Feb. 5<sup>th</sup> or March 18<sup>th</sup> / 12

**Your years of education, skill acquirement and capital investment are worth nothing..... if you can't hold up to the physical demands of a medical practice and retire healthy!**

Many medical professionals and their colleagues suffer from musculoskeletal problems affecting both the thoracic and cervical spines and their associated musculature

Neck, shoulder & back pain are pervasive and occupational burnout disturbingly common

**Take charge now! - with a pain free & more efficient posture.... held unconsciously**

### OVERVIEW

### BENEFITS

**RELEASE PECTORALS** – The chest & anterior shoulder muscles are commonly held short & tight



Learn to profoundly self-release the pectorals and their myofascia with a Therapeutic Ball & discover the most effective stretches to maintain the new length

**RESTORE BALANCE** - Over time key posterior neck & stabilizing shoulder muscles get weak & strained



Learn how to best strengthen the important postural muscles



Using simple equipment, come away with effective release techniques & exercises to improve overall load carrying capacity of the head & upper body

Increase your thoracic mobility & re-educate faulty postural habits - for better biomechanical support

- **Maximize** your ability to tolerate the physical stresses of a medical practice
- **Address underlying causes** - A restorative program rather than a temporary pain reliever
- **Reduce pain & fatigue** - lower injury occurrences in your neck, back & shoulders
- **Decrease** chronic muscle tension & overload
- **Forward head & rounded-shoulder postures** prevented, reduced or possibly corrected!
- **Long term results** - Benefit from a more efficient & pain free posture.... held automatically

**Who should attend:** Physicians, Surgeons, Nurses, OT's, PT's & Allied Health Care Pro's

**At:** Tower Physiotherapy - #102 131 - 9<sup>th</sup> Ave S.W.

**Sunday:** February 5<sup>th</sup> or March 18<sup>th</sup> / 12

Time: 9:00 a.m. - 1:00 p.m.

**Your Investment** - \$140.00 plus tax

**Kathleen Keller - Course Facilitator**

With more than three decades of teaching experience, Kathleen specializes in Therapeutic Ball Techniques, Postural Re-education & Evolved Pilates. Dual-certified in Pilates Apparatus & Mat by STOTT® Toronto & Polestar® Hong Kong with an extensive apprenticeship in rehabilitation, Kat operates her practice at Tower Physio Clinic in Calgary.