



International SEMINARS & RETREATS

INTEGRATED MUSCLE THERAPY & ORTHOPEDIC MASSAGE THERAPY



TESTIMONIALS

"During a difficult economic time, with New York Chiropractors seeing major health care cutbacks, I have had to hire an additional Chiropractor to keep up with our patient load. This is simply due to the inclusion of James Waslaski's Orthopedic Massage techniques with our patients. It's the most logical, user-friendly soft tissue/rehab seminar series I have ever taken."

Dr. Don Wilcox
Diplomat in Chiropractic Orthopedics
National Board of Chiropractic Examiners

"After attending one of his seminars, and observing his specific work with our injured players, I realize that James' techniques are a vital part of every professional sports team."

Steve Donahue A.T.C.
World Champion New York Yankees

"As I said to James after 25 years in this business and over nineteen qualifications, I can honestly say this was the most worthwhile and informative training I have ever received."

Aubrey Gowing
Cork Ireland
Instructor and Certified Bodyworker
Over 25 years of Clinical Experience

"I use James Waslaski's techniques instead of, as well as alongside of, traditional osteopathic techniques and achieve much greater results with my patients."

Maggie Brooks Carter, DO, RGN, SMTO
Registered Osteopath
Aberdeen Scotland



Join James Waslaski in breathtaking locations throughout the world as he aligns with world-renowned pain management experts to discover the missing link for Pain Free living and performance enhancement.

All seminars are Category A approved for CEU's by:
Florida License Number #MA11586
NCBTMB Educational Provider – 049978-00
CE Broker/Florida Preferred Provider – 50-1075



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Cutting Edge Manual Therapy
Protocols to Eliminate Pain and
Sports Injuries and Enhance
Athletic Performance



**James
Waslaski**

Author and International Lecturer
2008 Massage Hall of Fame Inductee

Imagine if every manual therapist discovered a user friendly, pain free system to restore normal muscle resting lengths to every opposing muscle group in the human body.

This total system of assessments, special orthopedic testing, multi-disciplinary and multi-modality treatments along with precise client self care protocols will facilitate myoskeletal alignment and eliminate pain and injuries. It will also optimize athletic performance, taking your practice to a level you never imagined.

Our Integrated Muscle Therapy Program was developed to bridge the gap between allied health care professionals that specialize in eliminating chronic pain and sports injuries, and strives to optimize performance potential.

Medical Massage is an umbrella term that includes most forms of specific restorative and enhancement manual therapy techniques. They are directed at resolving a patient's particular complaints. Integrated Muscle Therapy & Orthopedic Massage are an integral part of medical massage.

Isn't it time you learn about up to date clinical studies and current scientific research to better match the exact modality or technique to each clinical condition throughout the body?

Courses ideal for
LICENSED MASSAGE PROFESSIONALS

as well as

PHYSICAL THERAPISTS, OSTEOPATHS,
CHIROPRACTORS, PHYSICIANS, NURSES,
ATHLETIC & SPORTS TRAINERS

THE CENTER FOR
PAIN MANAGEMENT

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Look inside to learn about our
HANDS ON EDUCATION
and strengthen your knowledge of
INTEGRATED MUSCLE THERAPY
AND ORTHOPEDIC
MASSAGE THERAPY

Author & International Lecturer
JAMES WASLASKI

Mr. Waslaski teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 7 Orthopedic Massage and Sports Injuries DVDs and authored manuals on Advanced Orthopedic Massage and Client Self Care.

James is currently publishing a book on Clinical Massage Therapy; *A Structural Approach to Pain Management* with Pearson Publishing. James presents at state, national and international massage, chiropractic and osteopathic conventions including keynote addresses at the Florida State Massage Association, World of Wellness, New England Regional Conference and the Australian National Massage Convention. His audience includes massage and physical therapists as well as athletic trainers, chiropractors, osteopaths, nurses, physicians, occupational therapists, physiotherapists and high-end sports and athletic trainers.



James received the Florida State Massage Association International Achievement Award in 1999 and was inducted into the Massage Therapy Hall of Fame in 2008. Visit www.orthomassage.net for additional information.

Our Course
DESCRIPTIONS

WEEKEND SEMINARS • 3 Days – 20 CEU's
 Extensive hands on training taught in 2 parts:

- Upper Body and Pelvic Stabilization*
- Lower Body and Pelvic Stabilization*



These seminars can be taken in any order. The course conditions listed are covered in each seminar respective to their topic.

FIVE DAY INTENSIVE • 5 Days – 40 CEU's
 In addition to all conditions listed in the upper and lower body seminars, there is 30% more advanced training.

- More detail in Posturology, Anatomy Trains® (as originated by Tom Myers), Myoskeletal alignment and Structural Balance.
- Sports massage training in areas such as pre-event, post-event, maintenance, performance enhancement and rehabilitation.



T E S T I M O N I A L S

"James Waslaski is the "cutting edge" author and teacher of chronic pain and sports injury techniques. This personable, high-profile and international presenter has made clinical sports massage available to everyone in a simplistic, but highly organized manner."

Aaron Mattes
 Certified Kinesiologist
 Author and International Lecturer



T E S T I M O N I A L S

"James Waslaski's presentation skills and application of specific therapeutic techniques make him one of the most inspirational, energetic, compassionate and results oriented educators in the healthcare industry. His powerful seminars and DVDs will be an invaluable contribution to your bodywork practice in uniqueness, quality and results."

Dr. Erik Dalton, Ph.D.
 Director, The Freedom from Pain Institute
 Developer, Myoskeletal Alignment Techniques

INCREDIBLE MULTI MEDIA PRESENTATION FORMAT!

- Caters to individual learning styles by brilliantly combining visual, auditory and kinesthetic training.
- Includes: Functional assessment & special orthopedic testing, posturology, myofascial release, Anatomy Trains® (as originated by Tom Myers), neuromuscular therapy, myoskeletal alignment, active isolated stretching, strength training and our revolutionary techniques to mobilize scar tissue & release frozen shoulders and frozen hips.
- Learn to combine science with intuition, compassion, intention and presence in manual therapy.
- Look inside the human body during hands on training, as human dissections and 3D functional anatomy are projected onto 2 large screens.

Upper Body CONDITIONS

- Low Back Pain
- Sciatica
- Bulging Disc Pain
- SI Joint Pain
- Hip Capsule Problems
- Scoliosis
- Kyphosis
- Whiplash
- Multiple Crush Phenomenon
- Atlas-Axis Mobilization
- Facet Joint Dysfunction
- Cervical Shearing Forces
- Rotator Cuff Injuries
- Shoulder Impingement
- Thoracic Outlet
- Bursitis
- Frozen Shoulder
- Bicipital Tendinitis
- Medial & Lateral Epicondyle Pain
- Carpal Tunnel Syndrome
- Trigger Fingers
- Joint Arthritis
- and much more...

Lower Body CONDITIONS

- Low Back Pain
- Sciatica
- Bulging Disc Pain
- Hip Capsule Problems
- Lumbar Lordosis
- Patellar Tendinitis
- Chondromalacia
- IT Band Friction Syndrome
- Fixated Posterior Fibular Head Pain
- LCL/MCL Sprains
- ACL/PCL Instability
- Meniscus Injuries
- Anterior Compartment Syndrome
- Achilles Tendinitis
- Ankle Sprains & Strains
- Abnormal Foot Strike
- Ascending Syndromes
- Plantar Fascial Pain
- Bunions
- Hammer Toes
- Neuromas
- and much more...

Orthopedic Massage, Sports Injury Treatment and Assessment DVDs & Products

Our DVD's show the powerful techniques taught in James Waslaski's seminars. They have been professionally edited using 2-3 camera angles and insertions of "cadaver dissections" and 3D functional anatomy into windows throughout each DVD. This allows you to match the proper technique with the specific pathology of each clinical condition for immediate and permanent results.



The Client Self Care manual is designed to address follow up care for each clinical condition treated by the manual therapists. This manual includes stretches and strengthening exercises. The therapist section gives specific instructions, including precautionary notes. The client section included CD provides photos of each stretch and exercise and easily understood instructions.



The Advanced Orthopedic Massage training manual is currently used for the Five Day Intensive Seminars. It includes assessment and treatment protocols for the entire body. This is a "must have" manual for everyone interested in orthopedic massage for the treatment of chronic pain and sports injuries.



The Quest for Excellence Success Strategies audio series includes 8 world renowned entrepreneurs to help you:

- Define "True" Success
- Turn Challenges into Opportunities
- Learn Strategies beyond Marketing
- Financial Security Manifests from Passionate Work
- Develop Spiritual, Physical, Emotional & Social Balance
- Set POWERFUL Goals for Great Achievements

