

# Therapeutic Massage Clinic

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ACCREDITED SHORT COURSE

## Trigger Point Therapy FHT Accredited



Trigger points are local points of tenderness found in fascia and muscle tissue. Knowledge of trigger point work is valuable to the massage therapist.

Trigger Point Therapy helps the therapist:

- Recognise pain patterns
- Recognise referred pain
- Help client rehabilitation
  - Relieve pain
- Ease muscular adhesions
- Return client to pain free range of movement
- Improve rate of recovery

**Sunday 8<sup>th</sup> December 2013**

One-day workshop investment £95.00

**The Therapy Centre, The Old Workhouse,  
Hexham, Northumberland. NE46 1QJ**

Lecturer: Helen Richardson

ABT, MDYTA, MSMA, THAT, AC, ITEC Registered, Dip HE – Cert Ed