

TMJ (4CE)	This class will take an in-depth look at the temporomandibular joint. The osteology, myology and other soft tissue structures of the TMJ will be covered. The student will learn the causes, sign & symptoms and how to properly treat temporomandibular dysfunction (TMD). A lot of time will be spent with the students working on each other.
Microtrauma Maintenance Therapy (14CE)	<p>Movement is a method of healing. Stretching, exercise, and massage are all based in movement. In the hands-on portion of this workshop you will learn massage strokes and therapist-assisted stretching to help your clients. You will also learn to recommend exercises and how to offer educational advice that will help your clients maintain the benefits of your table work.</p> <p>In this class you will learn:</p> <ul style="list-style-type: none"> - Upper Body Protocols including the “Magic 7” neck stretches - Effective stretching methods to increase range of motion of the shoulders and the neck - How to “Whisper to the Body” - Lower Body Protocols – all major muscle groups will be addressed - “Closing In” on the right muscle groups to restore balance and function <p>The main purpose and goal of this class is an injury free career, both in everyday life, and especially sports. Basic injury causes and preventive methods will be discussed during class accompanied by practical demonstrations.</p>
Trigger Point Therapy (6CE)	This is a Basic Trigger Point massage class, designed for massage therapists who want to acquire a basic knowledge and experience with trigger point massage so they can help their clients become pain free. Students will learn how to interview the client to discover the location, symptoms and causes of the trigger points, how to treat the trigger points, and self-care techniques for the trigger point. The course will cover the most commonly encountered trigger points in the neck and shoulders, low back, and legs. Most of the class consists of supervised hands-on practice.
Intro SportsStretch Routine (8CE)	SportStretch is a floor-mat based routine that consists of both actively and passively stretching a client. It can be done as an individual treatment or integrated into the end of a massage or workout. I have uniquely incorporated a combination of techniques such as Thai Massage, Compression, Active Isolated Stretching (AIS), Proprioceptive Neuromuscular Facilitation (PNF), Post Isometric Relaxation (PIR), Traction and various Myofascial and Myoskeletal techniques.
Advanced Cupping - Lower Extremities (8CE)	<p>The Advanced Cupping Class looks at providing relief from injury using Cupping utilizing TCM points, Thai Stretches and a Trigger Points. This unique class shows a practitioner varicose ways to achieve measurable results for your clients.</p> <p>The class is 85% hands-on lab exchange where each practitioner provides and receives each of the treatments under close supervision of the instructor. At the end of class student will have a comfortable knowledge of Advanced Cupping methods that can be adapted into your current practice.</p> <p>This intensive 8 hour class you will spend during the Advanced Cupping Techniques Program your instructor will guide you through multiple protocols to effectively deal with dozens of issues most common among your patients and clients. Each protocol will be demonstrated by the instructor followed up by hands on.</p>
<p>Active Isolated Stretching (AIS) (24CE)</p> <p>Take one, two or all three days. Cost: \$200 per day, \$500 for all three.</p> <p>First Day – May 17th, 2019 AIS - Upper Body: Neck, Shoulder, Elbow/Radial/Ulnar/Wrist/Hand/Finger /Thumb AIS Protocols (8CE)</p> <p>Second Day – May 18th, 2019 AIS - Low Back/Knee/Hip/Leg AIS Protocols (8CE)</p> <p>Third Day – May 19th, 2019 AIS - Entire Thoracic and Ankle/Foot AIS Protocols (8CE)</p>	<p>Active Isolated Stretching (AIS) is the cutting edge of specific isolated and stretching exercises. This workshop includes techniques for effective training, injury prevention, and rehabilitation of most muscular and many neurological conditions leading, in most cases, to a pain-free, functional, and harmonious outcome. Chronic back and neck pain; postural correction including: kyphosis, lordosis, scoliosis, forward head, forward shoulder; rotator cuff; carpal tunnel; tennis/golfer’s elbow; piriformis syndrome; runner’s syndrome; Osgood-Schlatter disease; bulging/ruptured discs; arthritis; bunion; hammer toe; TMJ dysfunction; peripheral neuropathy; and others will be discussed. No other modality addresses the soft tissue manifestations of these conditions more thoroughly or effectively.</p> <p>Learn protocols for eliminating or reducing chronic pain and restoring range of motion faster than any technique you have ever seen!</p> <p>If you are an athlete, massage therapist, physical therapist, occupational therapist, personal trainer, physician, coach, or just interested in your own well-being, this workshop is for you. Take one, two or all three days. Cost: \$200 per day, \$500 for all three.</p> <p>Fee does NOT include AIS manual, rope or yoga strap. The manual “Aaron Mattes’ Active Isolated Stretching, Nov 1, 2012” is required and available through Amazon. or the instructor with advanced notice. Also you are required to bring a yoga strap. If you wish these items may be purchased from the instructor. Please notify instructor in advance if you would like them to be available to you by calling 301-466-9728 or emailing jamesgraffenberg@stretchingtheworld.com.</p>

<p>Thai Massage: Level-2 (16CE)</p>	<p>Thai Massage Level 2 takes up where Level one left off. The sen-lines, Thai's energy lines, are the true heart of a complete Thai Massage. Without the sen-lines you would only be stretching your client, not opening up areas of stagnation and blocked energy. Thai's lines are completely different from those of Traditional Chinese Medicine, but much easier to work with and understand. We will work with those lines opening and unblocking them, learn what they are and what they do, and how the Thai's view working with the bodies imbalances. The second part of Thai level 2 are adding more intricate postures, building on your current repertoire of Thai stretches aka energy movers. With this added knowledge you will be better able to bring your client back into homeostasis.</p>
<p>Advanced Cupping - Lower Extremities (8CE)</p>	<p>The Advanced Cupping Class looks at providing relief from injury using Cupping utilizing TCM points, Thai Stretches and a Trigger Points. This unique class shows a practitioner varicose ways to achieve measurable results for your clients.</p> <p>The class is 85% hands-on lab exchange where each practitioner provides and receives each of the treatments under close supervision of the instructor. At the end of class student will have a comfortable knowledge of Advanced Cupping methods that can be adapted into your current practice.</p> <p>This intensive 8 hour class you will spend during the Advanced Cupping Techniques Program your instructor will guide you through multiple protocols to effectively deal with dozens of issues most common among your patients and clients. Each protocol will be demonstrated by the instructor followed up by hands on.</p>