

## ANATOMY REVIEW SERIES WITH KIM O'BRIEN

**All classes held on Tuesdays**  
**2:00pm - 6:00pm**     **4CE's**

Clients come in all the time with musculoskeletal aches and pains. Do you know your muscles? Attachments and actions? A massage therapist can effectively address M/S problems when s/he is familiar with the OIA of the major muscles of the human body - otherwise, you are just guessing.

The human body is a fascinating structure. With basic anatomical knowledge and confident palpation skills, human anatomy is easy to understand. A solid foundation of anatomical knowledge is The Key to effective treatment of pain and/or dysfunction in your clients. The ability to locate specific muscles with confidence and accuracy will improve your therapy outcomes. This is a refresher course in the OIA of the major muscles and how to locate them.

These anatomy review courses are designed to be a maximum learning experience for the student. Classes are 50% hands-on. We will review the OIA of a few muscles at a time and then palpate each other to locate the muscles.

### **Supplies:**

**Set of sheets**

**Anatomy book**

**Palpation clothing:** Please come dressed for palpation for the body part we are exploring. We will either palpate through clothing or by dressing down, getting on the table and being draped appropriately. NO tights; no tight tops; no tight shorts; no jeans.

**Women:** tank tops and sports bra. BIG, LOOSE shorts.

**Men:** tank tops. BIG, LOOSE shorts

Kim O'Brion, LMT, RMTI, BS, MS

Licensed Massage Therapist, State of New Mexico

Registered Massage Therapy Instructor, State of New Mexico

Natural Therapeutics Specialist, NM School of Natural Therapeutics 2000

MS in Health Education, University of New Mexico, 1993

Certification, Group Exercise Leader, American College of Sports Medicine, 1988

BS, Physical Education, University of Massachusetts/Boston, 1986

Instructor: Therapeutic Massage, Medical Massage, Anatomy

### **DATES:**

March 6 or September 4 - Shoulder 1: Deltoids, Trapezius; Latissimus Dorsi; Teres Major; Rhomboids; Levator Scapulae; Serratus Anterior

March 20 or September 11 - Shoulder 2: Rotator Cuff (Supraspinatus; Infraspinatus; Teres Minor; Subscapularis); Pectoralis Major; Pectoralis Minor; Biceps Brachii; Triceps Brachii

April 17 or September 18 - Head, Neck

April 24 or September 25 - Arm, Forearm, Hand

May 1 or October 2 - Spine, Thorax

May 8 or October 9 - Thigh: Quadriceps, Hamstrings, Knee

May 15 or October 16 - Gluteals, Lateral Rotators, Adductors

May 22 or October 23 - Leg, Ankle, Foot

For more information about Kim, go to: [www.advancedbodywork.net](http://www.advancedbodywork.net)

*Cost:* \$85 + tax

### *Location and Registration:*

Crystal Mountain School  
of Therapeutic Massage  
5041 Indian School Road NE  
Albuquerque, NM 87110  
505-872-2030