

Your presenter

Greg Morling Med. DRM, QA (distinction)



Greg has been a remedial massage therapist for over three decades and is a past President of the Australian Association of Massage Therapists. He has presented his popular workshops around the world for many years and is known for his research, articles and presentations on Visceral Massage, Iliopsoas and Back Pain.

His focus is on providing practical, hands-on massage skills with a massage therapist's caring intention.

Greg has asked the reputed Australian anatomist from the Medical Faculty of UNSW, Patrick de Permentier, to be part of these workshops at BCMB with him. Patrick and Greg have worked together for many years as the **'Art & Science'** of massage therapy and can be seen at:



These workshops will be a unique opportunity to gain deep anatomical and palpatory understanding of the work we do as therapists.

Testimonials

Awesome, high quality course, great structure, lots of information. – D.V, Dubbo

A quality, hands-on workshop that we didn't need to travel for! – D.M, Tamworth

Greg, I really learnt so much in this workshop. Best I have been to. – J.R. NSW

Informative course with many new ideas and techniques. – M.F. Victoria

Great mix of theory, anatomy, diagrams, visual, 'how to' practical and all with humor – A.F. Bristol UK

Master Class Workshops

Venues, times & workshops

BRISTOL COLLEGE OF MESSAGE & BODYWORK UK

Saturday 28th October

TCM Cupping for Massage Therapists
9.30am – 5.30pm

Sunday 29th October

**Visceral Massage for the
Remedial Massage Therapist**
9.30am – 5.30pm

Monday 30th October

**Alleviating Headaches with
Remedial Massage**
9.30am – 5.30pm

Tuesday 31st October

**Eliminating Sciatica with massage
therapy, heat and stretching**
9.30 am – 1pm

**Massage Therapy for Frozen Shoulder
(adhesive capsulitis)**
2pm – 5.30pm

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for bookings and prices
including early bird specials**

Master Class Workshops 2023

with Greg Morling

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*TCM Cupping for
Massage Therapists*

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The Workshops

TCM Cupping for Massage Therapists

Cupping therapy is a Traditional Chinese Medicine (TCM) technique that has been used for thousands of years as a highly effective treatment for a variety of conditions, including musculoskeletal complaints. Many bodyworkers are very interested in learning about how to use Cupping Therapy within their own specialties, and this one-day course is an excellent introduction to this ancient therapeutic process.

You will experience the three popular styles of cupping in this practical workshop; from the traditional glass cups with flame, silicon cups and plastic vacuum cups.

We will cover:

- **Cupping techniques including weak, medium and strong styles**
- **Moving cupping**
- **Flash cupping**
- **Ice cupping**
- **Cautions and contraindications**

We will use the various cupping styles and techniques to address musculoskeletal issues including neck & shoulder pain, elbow pain, forearm & wrist pain, upper back and scapular pain, lower back pain and lower leg pain.

This will be a very full and practical workshop.

Cupping sets available at the workshops

Visceral Massage for the Remedial Massage Therapist

The Visceral Massage workshop challenges you to address the relationship between the gut and the brain's insular cortex. You will see new innovative techniques for us as massage therapists and travel with your palpatory skills to a very different tactile level.

We look at a range of issues surrounding the therapeutic process of visceral massage; assisting peristalsis by using unique massage techniques to release intestinal waste and to a metaphysical focus using energetic techniques aimed at detoxification.

You will learn:

- **History and historic perspectives of therapeutic visceral massage**
- **Review of abdominal muscles and elements of TCM connected to visceral massage**
- **Anatomy of the visceral system**
- **Draping and massage preparation including use of heat application**
- **Basic and advanced massage techniques for visceral massage, adhesion separation and increased visceral movement for a range of internal organs and associated dysfunction**
- **Related reflex points for a range of visceral organs**
- **Use of cupping therapy on the Intestine (Shu)**
- **Indications and contra-indications of visceral massage**

Alleviating Headaches with Remedial Massage

We are in a perfect position to help our clients both understand their headache and/or migraine and effectively relieve them of headache pain in as little as 30 minutes.

This workshop gives you essential information you need to best work with your clients who suffer from headaches. We will address the range of common headaches, their possible causes and directed practical massage treatments, associated stretches, trigger point and other techniques that I have been successful with over 30 years.

We will cover:

- **Tension headaches**
- **Vascular headaches**
- **Classical migraine**
- **Aura-less common migraine**
- **Cluster headaches**
- **Sinus headaches**
- **Rare traction-inflammatory headaches**
- **Contra-indications and other possible causes needing referral**

Adhesive capsulitis (frozen shoulder)

There are two forms of frozen shoulder; idiopathic (primary) and the other that occurs due to a known cause (secondary). Both can be debilitating and both are defined by the 'painful restriction of shoulder movement.'

Abnormalities such as joint space narrowing and reduced bone density may be seen as causes for this disorder, however in the early stage of idiopathic adhesive capsulitis they are often normal.

What is painfully true is that the connective tissue surrounding the glenohumeral joint of the shoulder becomes inflamed and stiff, greatly restricting motion and causing chronic pain. There are a number of risk factors (comorbidities), predisposing an individual to developing adhesive capsulitis.

Those suggested include shoulder trauma, surgery, diabetes, inflammatory conditions, inactivity of the shoulder, stress and even hormonal changes in the female. Autoimmune disease, cervical cancer and hyperthyroidism also appear to be linked to the condition.

Adhesive capsulitis moves painfully and progressively through three phases and you will have an opportunity to practice several massage techniques, treatment suggestions and follow-up home therapy that Greg will demonstrate following Patrick's anatomical and physiological description of this disorder.

Sciatica

Sciatica is set of symptoms rather than a diagnosis for what is irritating the root of the nerve with pain that travels into the gluteal area and down the back of the leg, sometimes to the foot. The pain can be accompanied by tingling, 'pins and needles', or numbness, and sometimes by muscular weakness in the leg.

The sciatic nerve is the longest and largest nerve in the body — it is as thick as one of your fingers where it arises in the lower spine. Sciatica pain is often felt when you sneeze, cough, go to the toilet, or when you're sitting, and may be accompanied by lower back pain.

It is one of the most common conditions we see in our clinical practice and this workshop aims to give you a comprehensive understanding of the anatomical and physiological aspects of the sciatic nerve and the relevant assessment and appropriate massage treatment to address the discomfort caused by a dysfunctional sciatic nerve.

I believe that the remedial massage therapist has the time and palpatory skill to eliminate this painful condition.