

Stewart Walker

Continuing Education for License Renewal

Please go to <https://www.tautbandtherapy.com/workshops.aspx> to register and for payment



May 23, 2020

Joints: Pain Reduction for Osteoarthritis

Saturday 8:30AM-5:45PM

Taut Band Therapy can help you to provide greater reduction of pain, increases in range of motion and improved functional abilities for your patients with osteoarthritis. Injury, inflammation and pain within the joint capsule often provoke hypertonic conditions in the muscles that provide stability and movement for that joint. Although secondary in cause, these muscular problems often become “primary” in the generation of pain and associated disability. Studies of joints and strategies for pain reduction will include shoulder, hip and knee; treatment and hands on sessions will focus on hip joints.

October 3 & 4, 2020

Taut Band Therapy: Upper Back, Neck and Shoulder

Saturday & Sunday 8:30AM-5:45PM

This workshop offers active demonstrations and lots of hands-on experience in assessing and treating painful muscular-skeletal problems. Students will learn to identify the taut bands that perpetuate trigger point and attachment site pain. Tools include functional analysis, palpation, range of motion, and strength resistance testing. Lengthening the tight muscle fibers within taut bands is the key to effective pain reduction. Techniques learned in this workshop will emphasize this strategic approach.