

THE LOUISVILLE SCHOOL OF MASSAGE
PRESENTS

SPORTS AND EXERCISE MASSAGE



The Louisville School of Massage presents an in-depth workshop in sports and exercise massage for licensed massage therapists who want to expand their knowledge into the area of sports and exercise.

The 7 hour workshop will give you the tools

- to work with runners, cyclists, swimmers, tennis players and other athletes,
- learn the physiological principles that govern sports massage and the differences between each sport,
- information on stretches, sport psychology, and diet.

Part A: General Orientation to Sport & Exercise Massage

Part B: Anatomy & Injuries of the Upper Extremity

Part C: Anatomy & Injuries of the Lower Extremity

You can attend each of three individual 7 hour workshops for 7 KY-CEUS.

Michael Montgomery, MA, ATC, LAT, LMT is the instructor for the course. He has Olympic and International expertise both as a Nationally Certified and State Licensed Athletic Trainer and Massage Therapist. He was chosen as an Athletic Trainer for the 1996 Centennial Olympic Games in Atlanta.

Each individual course will rotate every second Friday every 4th month in 2015: (Part A: June, September), (Part B: July, October), (Part C: August, November), 9am-5pm.

Cost: Individual session \$149.00

Three sessions \$399.00

Contact the instructor at 502-460-4557 or register online:

www.olympic.massagetherapy.com, choose "Louisville" location, then "Workshops", then register.

The approved CEUs & costs can be applied toward the 100 Hour Sports Certification Program.