

WHAT TO EXPECT MORE DETAILS

3 – DAY Neuromuscular Reflex Therapy INTENSIVE

Here's a short list of what's you'll learn during this 3-day intensive:

Therapy Skills Training:

- **SIT DOWN** for every NRT treatment. **RELAX...no more "dance"**
- **How to work on FULLY CLOTHED** clients, anywhere, in any setting
- **EASY 10-minute FULL BODY MAPPING** assessment that **ELIMINATES ALL** guessing
- **Thoracic mobilization and stabilization**
- **How to eliminate confusing measurements, charting, and testing**
- **How to instantly identify INHIBITED** muscle patterning
- **How the QUADS are EVERYTHING to EVERYTHING**
- **How to increase joint ROM** by more than 50% in only minutes
- **How to let the BRAIN** guide you through every treatment, literally
- **How to get 50 – 80% reduction** on pain levels in **ONE SESSION**
- **How to get full and permanent recovery** in as little as 4-6 sessions
- **How to become a sought-after SPORTS Performance GURU** (this is **NOT** sports massage)

Personal Development, Marketing and Expertise Training:

- **How to BELIEVE in YOURSELF** enough to **GET WHAT YOU WANT**
- **How to brand yourself** as a **NEUROMUCUSLAR PERFORMANCE SPECIALIST**
- **How to go from SERVANT** to respected **EXPERT**
- **How to get paid** what you deserve for your **EXPERTISE**
- **How to market yourself** in very specific **NICHE'** areas
- **How to find clients** who value what you do
- **Massage Practice VS. Specialty/Expert Practice (NO CONTROL vs. COMPLETE CONTROL)**
- **How to take your EXPERTISE** on the road with **ZERO** overhead
- **How to position yourself** as an **EXPERT** across multiple industries

A little more detail for each day.

We don't provide a minute by minute syllabus because each day is organic and free flowing. Although it is very structured, we like to relax and have fun just as much as we like to teach. Each day is chocked FULL of technique with marketing and personal development stuff sprinkled in throughout the weekend.

ENJOY!

Day One: FULL BODY MAPPING (FBM)

This is by far the hardest day of the seminar. It doesn't matter how long you've been doing therapy or what modality you may specialize in, we teach you how to palpate the body like never before. This is where most therapists feel like a fish out of water, and to many it seems like their first day all over again. We LOVE it because it gets you out of your comfort zone right away. This is where the best learning always begins.

Our FULL BODY MAPPING (FBM) assessment is by far the easiest assessment tool you will ever use. We teach you how to listen to the body through touch. Although it takes most of day one to feel comfortable doing it, once you've got it, it only takes 10 minutes to find EVERYTHING!

Pain lives in the brain, the sooner you accept that the sooner you become awesome! ANY technique, no matter how effective, is ONLY as effective as the BRAIN allows it to be. FBM teaches you how to let the brain literally guide you through the entire recovery process.

FBM completely eliminates GUESSING! Forget about posture, throw away your goniometer, quit scratching your head, forget about origin/insertion work and memorizing all the muscles...JUST FEEL! FBM will give you a head to toe MAP of every single area you'll need to treat to ELIMINATE chronic pain.

Day Two: DEEP LEG RELEASE (DLR) – IT'S ALL ABOUT THE QUADS

This is when all the fun begins!

We begin with a "quick" (5 min) lower body mapping. Once we determine the areas that need release we start to immediately remove years and years of dysfunction.

We believe that EVERYTHING begins and ends in the QUADS. Where is the center of balance for the human body? If you don't know Google it, but understanding this little fact is the ABSOLUTE KEY to permanently eliminating chronic pain.

DLR is "THE SECRET" to eliminating everything, really! We spend TWO HOURS in one leg. WHAT? It's true, and if you forget everything else we teach you fine, but we guarantee that DLR will change the way you approach everything from here on out.

DLR gives you the foundation to conquer and eliminate troubling conditions such as plantar fasciitis, low back pain, sciatica, knee pain, and hip issues. DLR will clear out most of these issues in as little as 4 to 6 treatments, regardless of how long they have been present.

DLR will also help to permanently eliminate TMJD, headaches, as well as complicated cervical issues and shoulder problems. You cannot (permanently) FIX anything in the upper body without first having a stable and balanced lower body. DLR is the “SECRET” to everything!

Day Three: CONDITIONS OF THE UPPER BODY

By today, your skills are so sharp that most of you could probably teach the class yourself. To be honest, this day is easy.

Today is all about identifying and eliminating chronic upper body conditions; headaches, cervical disorders, whiplash, complex shoulder issues, elbow tendinitis and carpal tunnel, as well as wrist issues and trigger finger to name a few.

We start with a quick review of why DLR is so important for success with any upper body condition. This is the first day where you will feel really comfortable. Comfortable enough that even the most complex shoulder problem will feel like child’s play.

We continue to hone your palpation skills so that you learn how to quickly and easily identify where upper body conditions are present and how to quickly remove them.

A highlight of day-3 is thoracic mobilization and stabilization. We show you how to release the entire thoracic cage in only about 2 minutes. This has profound and immediate effects on thoracic posture as well as breathing conditions such as asthma. Much like DLR, if you forget everything else that we teach you, don’t forget this technique. It is a MUST when treating ANY condition in the upper body.

After a quick demo of a few NRT shoulder and cervical techniques we let you go crazy. For most this is nerve racking because you’re doing NRT on your own for the first time. We’re right there to help and guide you, but your job is to identify WHERE and WHY there is an issue. This is this first time that you learn to “trust the process” and listen to the brain on your own.

We round out the end of day-3 with some Q & A.