



# Mobilize Your Core and Rehabilitate Repetitive Stress Injuries

## A Touch To Inform Seminar

# 20-882854 | 15 CEs for LMTs

Most of society looks at the need to stabilize your core for better balance and action and to protect the back. This seminar addresses the need to have a mobile core (spine, rib area and pelvis) that supports action of the arms so that the precision actions of the wrist, hands and fingers do not irritate the delicate joints. Additionally, a mobile core ensures the lower back or neck do not get overused through lack of distribution of muscular effort through your whole spine.

Through Touch to Inform methods, using soft eyes and neck to mobilize your core and greater differentiation of the rib/thoracic area, therapists learn a specialized TOUCH that will guide clients to sense how the power, generated from their core, support their arms, wrists and hands for healthier action.



### Learn to:

- use variations in breathing to ease intercostal muscles, protect back, and mobilize ribs.
- soften eyes and hands to free neck and nerve impingements to arms and hands.
- mobilize and enhance the use of the core to allow for reduction in tension and overworking of distal joints,
- use sensory learning to influence connection of spine and pelvis to the arm/wrist and hand.

**IN PERSON Seminars**  
Orlando February 24-26

**ONLINE Live Webinar**  
**June 14-18 \*\***  
**3 hours Over 5 days**

**Seminar Fee \$400**  
*10% less with 3 week early registration*  
*Packages Available*

[www.TouchtoInform.com](http://www.TouchtoInform.com)

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