



# ART® courses at Everton FC - Goodison Park



We welcome you to join us at the upcoming ART® Lower extremity course at Everton FC.



**24<sup>th</sup> - 27<sup>th</sup> of March 2011**

Active Release Techniques® is highly representative in Elite Performance Care in USA and Canada.

**Finally ART® in Europe!**

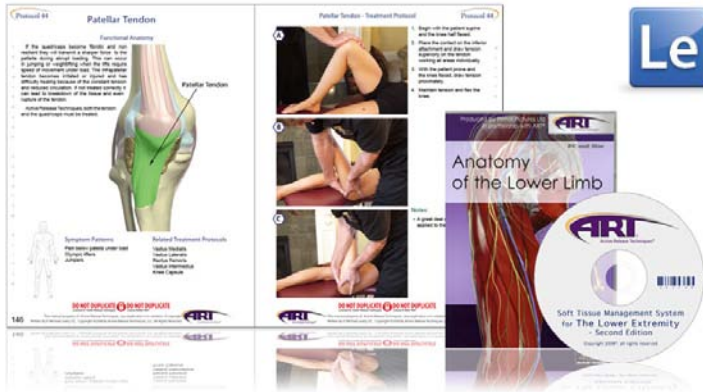
ART® Europe was established in 2009. Many therapists working with National and Olympic athletes have already started their educational program in Europe.



*Join the team at Goodison Park in March*



[www.activerelease.no](http://www.activerelease.no)



The ART® Lower Extremity Course consists of 96 protocols including peripheral nerve entrapments. You will learn to treat everything from the toes to the hips

Registration for this course includes a personalized 284 page bound study manual, 1 instructional DVD and a Primal anatomy CD for the lower extremity.

A strong understanding of human anatomy and physiology is vital when learning and practicing ART®. It is strongly recommended that providers take time prior to the courses to study their materials and watch the DVD(s) in order to be prepared for the course.

Courses are for practitioners who treat or manage soft-tissue injuries and conditions.

There is immediate clinical application for chiropractors, physicians, osteopaths, massage therapists, physical and occupational therapists, and certified athletic trainers.

*“The ART® lower limb course will be of great benefit to anyone who treats **musculoskeletal** conditions.”*

**Matt Connery**  
Senior Physiotherapist Everton FC

You will be able to follow more modules at Everton FC in the future. ART® Europe will arrange 2 ART® courses a year at Goodison Park.

ART® will definitely improve your hands-on skills. You will learn how to use the technique for evaluation and treatment purposes. ART® is an advanced post-education system that requires a strong understanding of human anatomy. It is very important that participants are well-prepared before the course starts on Thursday.

We are looking forward to train with you at Goodison Park in March. Registration is available on: [www.activerelease.com](http://www.activerelease.com)

**Nicolai van der Lagen**  
Active Release Techniques® Europe



## Schedule of Events:

### Thursday 24th of March

07.30 Registration  
08.00 ART® Lower  
12.00 Break  
13.00 ART® Lower  
17.00 End day

### Friday 25th of March

08.00 ART® Lower  
12.00 Break  
17.00 End day

### Saturday 26th of March

08.00 ART® Lower  
12.00 Break  
13.00 ART® Lower  
16.45 Sign up practical exam  
17.00 End day

### Sunday 27th of March

08.00 Practical exams, 20 min  
12.00 End Course

Thursday, Friday, and Saturday will be educational days comprised of 80 percent hands-on work and 20 percent lecture

### Accommodation:

**Liverpool Marriott Hotel City Centre**  
One Queen Square · Liverpool, L1 1RH United Kingdom  
Phone: +44-151-476-8000 / [www.marriott.co.uk](http://www.marriott.co.uk)

Enter group code [efcefcfa](#) when reserving rooms online. Rooms are reserved at a special rate until 30 days prior to the course.

If you have any questions related to payments or study material, please call the Europe office.

Course price: \$ 2 190,-

### Contact information:

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