



ART® course in Dublin - Ireland

We welcome you to join us at the upcoming
ART® Upper extremity course in Dublin.

The course will be held:

5th - 8th of May 2011

Active Release Techniques® is highly representative in Elite Performance Care in USA and Canada. Our own instructor in Ireland Shane Lawlor, works with elite golf players all around the world.

Finally ART® in Europe!

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

Active Release Techniques®

Every ART® session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.

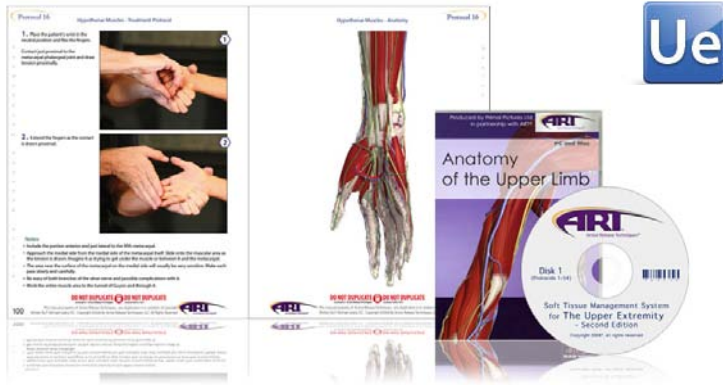
These treatment protocols - over 500 specific moves - are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach.

"I would recommend this technique to any manual, hands on therapist"

David O'Sullivan
Leeds Rhinos Rugby League Club

Join the team in Dublin this May!





The ART® Upper Extremity Course consists of 106 protocols including peripheral nerve entrapments. Learn to treat carpal tunnel syndrome, tennis elbow, and shoulder injuries. For some neck and shoulder problems, the ART® Spine Course protocols are necessary to help resolve the injury.

Registration for this course includes a personalized 440 page bound study manual, 1 instructional DVD, and a Primal anatomy dvd for the upper extremity. Please allow 7-10 business days for shipment.

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.

You will be able to follow more modules in Dublin in the future. ART® Europe will arrange 2 ART® courses a year in Ireland.

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. Please review basic anatomy for the respective courses. This will enable you to focus more on touch, precision, movements and body positioning at the course. These elements will be your key-factors when performing Active Release Techniques at your clinic.

We are looking forward to train with you in Dublin in May. Registration is available on: www.activerelease.com

Shane Lawlor
Active Release Techniques® Ireland

Nicolai van der Lagen
Active Release Techniques® Europe



Schedule of Events:

Thursday 5th of May

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

Friday 6th of May

08.00 ART® Upper
12.00 Break
13.00 ART® Upper
17.00 End day

Saturday 7th of May

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

Sunday 8th of May

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:

Special rate code: ART (4weeks prior to course)

Citywest Conference & Golf Resort

Telephone +353 1 401 0500
sales@citywesthotel.com
www.citywesthotel.com

Saggart - Co. Dublin - Ireland

The course will be held at the Citywest Conference & Golf Resort

Course price: \$ 2 190,-

Contact information:

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www.activerelease.no