

**NATIONAL Convention &  
Exposition 2010**

**THE GAYLORD PALMS RESORT AND  
CONVENTION CENTER**

**KISSIMMEE, FLORIDA  
AUGUST 28-29, 2010**

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**MASSAGE  
PROGRAM OUTLINE**

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## **LMT Sessions**

Saturday, August 28, 2010

**9:00am-9:45am & 10:15am-Noon & 2:00pm-2:45 & 3:15-5pm**  
**(6 CEU's total)**

### **Miami Room**

[Anita J. Shannon, LMT](#)

MediCupping Therapy – VacuMobilization in the Medical Field

This introductory MediCupping™ presentation reviews the history of vacuum therapies, applications and contra-indications, and all of the foundation movements and techniques. Client intake, assessment and charting are addressed and the practitioner begins to view the patient through the cup, learning to discern information that the body reveals as it is being treated.

Demonstration illustrates the effects of VacuTherapies™ on the body and how this can result in dramatic change in patient conditions. As an adjunct therapy to Chiropractic work, easy resolution of soft tissue issues enhances adjustments and accelerates patient progress.

*(Speaker provided by Performance Health, Inc. and Florida  
Chiropractic Association)*

BOMT Provider # 50-9305

BOMT Course # 20-280912

NCBTMB Provider # 312464-00

**Class Participants bring: Massage Tables, Lotion, Linens**

## LMT Sessions

Sunday, August 29, 2010

9:00am-9:45am & 10:15am-Noon & 1:00pm-2:45 & 3:15-4pm  
(6 CEU's total)

### Sun Ballroom D

[Teresa Matthews, LMT, CPT](#)

#### Deep Tissue Massage

Assumed by its name, Deep Tissue Massage targets the deeper layers of the muscle tissue intending to release tension and pain. This depth is achieved through a more specific application/technique by the therapist, not simply adding more pressure. This lecture will provide valuable knowledge in the following areas: How to move through superficial layers to reach deeper tissue, contraindications, indications & benefits; proper body mechanics to achieve patient comfort and pain relief; proper strokes, speed and breathing; proper usage of oils, lotions, and topical, self care.

*(Speaker provided by Performance Health, Inc. and Florida Chiropractic Association)*

BOMT Provider # # 50-137

BOMT Course # 20-238737

NCBTMB Provider #450722-08

**\*This class is 70% hands on, so class participants are asked to bring: Massage Tables, Lotion, Linens**