

SPORTS MASSAGE: Post-Event

6 HOURS CONTINUING EDUCATION – APRIL 6th & 10th

TEXAS SCHOOL OF MASSAGE, Clear Lake

Instructor: Hugh Bofenkamp, CE0582

This class is designed specifically for learning the appropriate techniques for working on athletes after competition.

In addition to proper massage technique, the practitioner will learn cramp resolution applications.

Athletes frequently experience cramping after extreme effort. It is vitally important that the working therapist understand how to relieve the condition.

Also included, information about necessary equipment and how to properly set-up an effective working space at an event to provide massage to the greatest number of athletes.



The 6 hour course will be broken into *two separate classes*:

Part 1 will take place at the Texas School of Massage Wednesday afternoon, 5:00-8:00 pm, April 6, 2016. In this 3 hour class the therapist will learn the previously stated objectives.

Part 2 will be onsite at the Ironman 70.3 Texas in Galveston at Moody Gardens, Sunday April 10th where participants will work hands-on with the athletes competing in the Ironman event under the supervision of Licensed Massage Therapist and Instructor Hugh Bofenkamp and Licensed Chiropractor Dr. Jack Fulkman.

Students: This class is open to students of the Texas School of Massage. In order to participate, you must have completed 25 hours of internship and have current proof of liability insurance.

LMTs: This is a one of a kind class. It is unlikely you will have this experience again anytime soon. **Participants will be paid \$25.00** to attend the Sunday event. You must have proof of liability insurance to participate in Part 2.

Fees:

LMT: \$35.00,

Students: \$25.00

To register go to: www.massagecehouston.com - Please reserve your spot in the class as early as you can. Space is limited.

Direct questions to Hugh at: 281-932-9094. Please indicate your intended level of participation when registering. You can attend part 1 without attending part 2 and receive 3 hrs CE.

Part 1: Participants are expected to provide sheets or a plastic fitted sheet and a water based lubricant.

Part 2: Participants are expected to provide massage table, hand towels, plastic fitted sheet, disinfectant and water based lubricant at the event in Galveston at Moody Gardens.