

# Advanced Techniques: **FOR HIPS**

**Early identification and correction of the neuromuscular factors contributing to hip joint compression could prevent or postpone the need for hip replacements.**

Conditions leading to hip replacements can be easily spotted and corrected before the cartilaginous and osseous changes occur.

Even post surgery the muscular patterns that created the joint problems still persist, sometimes the pain patterns also. Hip compression results from simultaneously tight external hip rotators, flexors and adductors so the hip cannot turn in either direction. Years of limitation and compensation result in fascial rigidity in the legs.

Addressing the coordination imbalances in a specific sequence is essential to achieve optimal results. The body will not allow movement when the muscles supporting the joint are weak in multiple ranges.

**NeuroMuscular Reprogramming®** provides results and relief.

Jocelyn will present easy protocols and strategies for reprogramming neuromuscular dysfunctions affecting the hip, low back and legs.

*CEU's available.*

12/11/11

## **Jocelyn Olivier, CMT, MBW**



*is a Certified Massage Therapist, Master Bodyworker and developer of NeuroMuscular Reprogramming®. She has been a visionary in the fields of somatic rehabilitation and education for over 35 years.*

*As founder and director of the Institute of Conscious BodyWork, Alive & Well! Jocelyn has trained over 10,000 senior bodywork and massage practitioners; and she has advanced contemporary understanding of the value of integrating neurological reprogramming with physical re-education to accomplish conscious healing.*

**Fri, Feb 3 7 - 10 pm  
and Sat, Feb 4 10 am - 5 pm  
9 Hours Tuition: \$234**



**For more information or to register  
please call or email us at  
415-388-9949**

*Email: [advisor@alivewell.com](mailto:advisor@alivewell.com)*  
**Class will be held at our NEW LOCATION  
1165 Magnolia Ave., Mill Valley, CA 94939**