

# A Runners World of Hurt—Advanced Sports Massage Techniques for the Runner

Sunday, November 5, 9:30-4:30

**Instructors:** Nelson Jin, B.Sc., RMT and Keith Bridger, BA, RMT

**Max Participant #:** 24



Sutherland-Chan Continuing Education

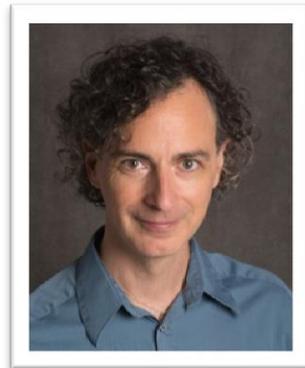
In *A Runners World of Hurt - Advanced Sports Massage Techniques for the Runner*, we will discuss how running mechanics affect the body, pre competition massage, and treatment options for common injuries and disorders associated with running. Some of the treatment options will include: dynamic release, myofascial release, and advanced stretching. This course will help in the treatment of weekend warriors and the serious competitor alike.

## Instructors:

*Nelson Jin graduated from Sutherland-Chan in 1998 and has been an instructor at the school since 2004. His education and experience have made it possible for him to provide the best possible treatments to clientele from elite athletes to the occasional weekend warrior, helping them to meet their health and fitness goals. Nelson understands the benefits of decreasing muscle soreness and improving muscle recovery, part of which has to be a good understanding of anatomy! He uses a variety of techniques in his clinical practice including: myofascial release, dynamic release, deep tissue massage and Functional Kinesiology Taping.*



*Keith Bridger was born and raised in the Canadian prairies. He graduated from Sutherland-Chan in 2010, and has been working as a massage therapist ever since. He has also earned a certificate in Contemporary Medical Acupuncture from McMaster University. Keith has taught MSK, Pathology, and Systems at Sutherland-Chan, and helped to develop the Cirque de Science tutoring program. He currently practices in downtown Toronto.*



## Cost:

**Regular:** \$199.00 + HST  
**Early Bird:** \$175.00 + HST by October 16, 2017

**S-C Alumni:** \$170.00 + HST  
**Early Bird:** \$150.00 + HST by October 16, 2017

## Location:

[Sutherland-Chan School](#)  
330 Dupont St, Suite 400  
Toronto ON

## Contact Person:

Robert Rodbourne  
**ph:** 416-924-1107 ext. 19  
**email:** [robert@sutherland-chan.com](mailto:robert@sutherland-chan.com)

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