

**Gain Continuing Education and Add Hours to the 201 Hour Phoenix Advanced Program**

**The Phoenix Advanced Studies Program & TIM JANAK, LMT  
Present**

**SPORTS MASSAGE**

**Course work approved for Continuing Education Credit (12hrs) for Massage Therapy Renewal**

***The Courses:***

***Sports Massage One (12 hours).*** Learn massage techniques to help athletes remain injury free or to recover from injuries to the lower extremities and hips. Some of the topics covered in this course will be: foot pain, Hamstring Injuries, Quadriceps Injuries, IT Band Syndrome, Knee injuries (Patella Pain), ankle dysfunction (sprained ankles), Foot pain, anterior lower and anterior leg compartment dysfunction. The muscles of the hip will be addressed including the deep six rotators, the gluteal group, and all the muscles that influence the hips.

***Sports Massage Two (12 hours).*** Learn Massage Techniques to help athletes remain injury free or to recover from injuries to the upper torso, neck, and arms. Some of the topics covered in this course will be: Wrist / Hands injuries (Carpal Tunnel Syndrome), Tennis/Golfers Elbow (Elbow Tendonitis or Tendonitis), Shoulder Injuries, neck dysfunction, Upper, middle and lower back pain or injuries. The muscles of the hip will be addressed including the deep six rotators, the gluteal group and all the muscles that influence the hips.

Both workshops will cover bodywork techniques to balance and assist athletes in remaining injury free or to assist athletes in injury recovery. It will include the use of different types of massage and Range of Motion exercises for all the joints and extremities.

***The Instructor: Tim Janak*** – is a Licensed Massage Therapist trained in Neuromuscular Therapy, Myofascial Release, and Sport Massage. He has worked with foot athletes, elite marathon runners, ultra distant runners and weekend warriors. Between 1982 and 1995, Tim ran numerous marathons himself and that is when the benefits of massage became obvious. He brings a wide range of personal experience.

***The Schedule: Part A & B may be taken separately.***

**(MT5) Sports Massage – Part A    Saturday, August 29<sup>th</sup> & September 5<sup>th</sup>, 2009    10am-5pm 12 hours**

**(MT5) Sports Massage – Part B    Saturday, September 19<sup>th</sup> & 26<sup>th</sup>, 2009    10am-5pm 12 hours**

<b><u>TRAINING</u></b>	<b>Enrolled By July 31<sup>st</sup></b>	<b>\$199</b>	<b><u>TRAINING</u></b>	<b>Enrolled By August 26<sup>th</sup></b>	<b>\$199</b>
<b><u>ONE</u></b>	<b>Thereafter</b>	<b>\$235</b>	<b><u>TWO</u></b>	<b>Thereafter</b>	
	<b>\$235</b>				

***The Texts:*** Handouts will be provided.

***Location:*** 6600 Harwin, Houston, Texas 77036 (713) 974-5976

- *No Refund will be given after August 1<sup>st</sup>, 2009 (Training 1) and August 14<sup>th</sup> (Training 2)***

**NOTE:** Please bring linens, shorts or bathing suit, notebook and pen to training.

**FOR MORE INFORMATION, CALL: (713) 974-5976**

Phoenix School of Holistic Health, 6600 Harwin, Suite 101-B, Houston, TX 77036

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**ENROLLMENT FORM**

**Sports Massage, Part One, August 29<sup>th</sup> & September 5<sup>th</sup>, 2009**

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**PAYMENT PROCEDURE**

You may pay by phone if you have a MasterCard, or VISA by calling **(713) 974-5976**.

Check/Money Order enclosed for \$\_\_\_\_\_. Discount for check.

Credit card enclosed for \$\_\_\_\_\_, with 2% included for credit card.

Circle One:

**VISA**

**MASTERCARD**

Account Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail this form to: **The Phoenix Advanced Studies Program, 6600 Harwin, Houston, TX 77036**