



APNT

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Where?

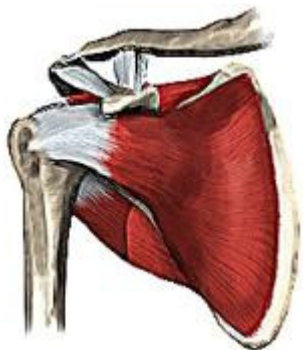
This exciting AGM/Symposium is being held at the Interchange in Hampstead, London.

This is the former Town Hall - it has lovely rooms and is very close to Hampstead Tube Station.

>> [HOW TO GET THERE - directions and map](#)

When?

24th April 2010. Registration and Coffee from 8.45am - Starts 9.30 prompt



SHOULDER SYMPOSIUM - THE PROGRAMME

- | | |
|--------------|--|
| 8.45 | REGISTRATION AND COFFEE |
| 9.30 | AGM |
| 10.00 | Harriet Tubbs - The Shoulder, Form and Forces |
| 10.45 | Jane Johnson - Tips and Tricks for the Shoulder |

- 11.30 REFRESHMENTS & TRADE SHOW
- 12.00 Jan Trewartha - The Energetic Shoulder**
- 12.45 LUNCH
- 1.45 Julia Williams - The Lebed Method and the Shoulder**
- 2.30 James Earls - Structural Balance and the Shoulder**
- 3.30 REFRESHMENTS & TRADE SHOW
- 4.00 Ask the Expert - Question Time**
- 4.45 Drumming Circle - The Energetic Shoulder!**
- 5.30 CLOSE

!!EARLY BIRD DISCOUNT EXTENDED TO 30th JANUARY!!

>> [Click HERE for Booking Form](#)



JAMES EARLS

FASCIAL RELEASE FOR STRUCTURAL BALANCE

We are honoured to have James on our speaker list: co-founder (with Tom Myers) of Kinesis UK, James brought Anatomy Trains and Body3 to the UK and the rest of Europe. James and Tom will soon publish a new book they have co-written "**Fascial Release for Structural Balance**".

During the presentation James will look at a new way of describing the positioning of the shoulder that gives the therapist a new understanding of its relationship with the rib cage. This leads to a clearer strategy for the therapist on how they can create a better balance between main myofascial structures attaching to the scapula.

>> [more about James and his courses etc](#)



JANE JOHNSON

THE SHOULDER: CLINICAL TIPS AND TRICKS

Always brilliant and inspirational, Jane is Co-Director of the London Massage Company.

Need extra assessment and treatment skills? Jane will show us how to assess for common shoulder injury/restriction and offer some treatment tips we can put into practice.

Learn how to assess for tendon impingements, weak subscapularis, tightness in internal rotators and restriction in the glenohumeral joint. Learn how to mobilize, apply traction and use exercise safely and effectively.

A full set of handouts is provided.

>> [more about Jane and the London Massage Company](#)



HARRIET TUBBS

THE SHOULDER - FORM AND FORCES

Harriet is a passionate, intuitive bodyworker as well as an APNT lecturer and assessor. She will lead us in her unique and inspiring style through the structure of the shoulder and get us to think about how we can bring stability and mobility to this complex and crucial area of the body.

Harriet trained in Sports Injury Massage with the APNT in 2001. Since then her busy massage practice in Devon has gone from strength to strength. Realising the importance of educating clients as part of their recovery from injury and pain, Harriet has also trained as a Pilates instructor and teaches classes and one to one sessions.



JAN TREWARTHA

THE ENERGETIC SHOULDER

Jan is Director of Body in Harmony and has been in healthcare since 1979. Many years of training and experience in different disciplines has culminated in her present work specialising in physical and emotional trauma release and body realignment.

Jan will talk us through energy systems, meridians, and the emotional and physical effects of energy blockages. In other words how a simple shoulder problem can affect us profoundly on an emotional level.

>> [more about Body in Harmony and Jan](#)



JULIA WILLIAMS

THE LEBED METHOD - A gentle and effective approach to shoulder rehabilitation and much more...

Julia is the UK Instructor trainer of the Lebed Method and teacher of Healthy Steps classes. She has been working as a clinical therapist since 1993, working within the NHS, charities and hospice care, also teaching complementary therapies at diploma level3 and alongside yoga, specializing in cancer and palliative care. In this workshop Julia will be giving practical demonstration on The Lebed Method, an exercise and movement teaching programme developed in the USA 30 years ago to assist women post breast cancer surgery and treatment. Today it is used for a range of chronic conditions alongside lymphoedema.

Julia's presentation will introduce the upper body movements used to assist with frozen shoulder and to develop full range of motion. This method introduces music with the movement and interesting ways of making therapeutic exercise fun, enjoyable and effective.

>> [more about the Lebed Method and Julia](#)

ASK THE EXPERT

QUESTION TIME STYLE "Ask the Expert" panel - including Sam Boden from the London School for the Treatment of Sports Injuries and Maggie Dunn, Chief Executive of the CNHC.

Hosted by our very own Albie McMahon - Chair of the APNT.

BOOKING FORM

>> [BOOKING FORM](#)

Why?

Learn more about the shoulder than you ever thought possible!

Earn valuable CPD points

Network with other therapists

Meet the speakers - in the breaks and at lunch

