

TÉCNICA GAVILÁNPTB®

Patent Pending

MANUAL THERAPY • REHABILITATION • FUNCTIONAL EXERCISE

~ Instrumented Soft Tissue Mobilization ~ (ISTM)

Técnica Gavilán utilizes 3 non-porous stainless steel instruments to detect and release soft tissue restrictions in the form of scar tissue. These unique instruments are asymmetric, concave, convex, double edged with varying diameters that easily conform to the human body. Treatments are comfortably applied with double beveled edges and the non-porous stainless steel is easily cleaned to prevent the transfer of bacteria from one patient to another. The asymmetry of each instrument allows for a comfort fit in any practitioner's hand. Our textured surface makes our multi-plane techniques easier to apply when using gels or lubricants.

During the six hour hands on workshop you will understand:

Fascial Structures
Tensegrity
Related Structures
Indications of ISTM
Pre-Cautions of ISTM
Contra-Indications of ISTM

During Lab applications You will learn to:

Safely apply instruments
Release soft tissue restrictions
Increase motion in multiple planes
Decrease pain from restricted tissues
Increase contractile tissue flexibility
Increase the ability to generate force
Decrease recovery time following training
Increase athletic performance



www.TecnicaGavilan.US

Instructor: Gary L Lang MS, ATC tecnicas@TecnicaGavilan.US

Host: Athleticare Sports Health Foundation Ron Wagner Ph.D. ATC wagner_r@calu.edu

[Date & time] Monday, June 22, 2015 12:00 - 6:00pm **Transportation Available by request**

[Location] Lindenwood University Field House • 209 South Kingshighway • St Charles, MO; *St Louis Suburb*

[Cost]	Workshop Only	\$195.00 (6 hours of hands on Laboratory & Lecture)
	Workshop & Instrument set	\$849.00 Instrument sets normally retail \$795.00
	Graduate Students	\$639.00 (Workshop including Instrument Set)

• **Instrument Sets will be available for purchase during the workshop** •

To enroll: <http://www.eventbrite.com/e/tecnica-gavilan-st-louis-athletic-trainers-meeting-tickets-15733384978>