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Winter is coming and St. Vital Physiotherapy and Sports Injury Centre is pleased to offer several [professional development opportunities for 2024/2025!](https://stvitalphysio.ca/2024-2025-professional-development-opportunities-for-physiotherapists/)

These courses are designed to enhance any neuro-orthopaedic Physiotherapist’s skill set. Our amazing instructors are some of Winnipeg’s most experienced clinicians. The concepts and techniques presented will be immediately applicable, intended to help you boost client outcomes.

**Ignite Insight Course Series**

“Learn, Grow, Succeed”

**Low Back Pain: To Categorize or not to Categorize, that is the Question** with **Terry Woodard**

**Common "Office" Foot and Ankle Orthopaedic Problems**with **Russ Horbal**

**Assessment and Treatment of Thoracic Outlet Syndrome** with **Murray MacHutchon**

**50 is the new 60! Assessing and Managing the “Senior” Shoulder** with **Rickie Walkden**

**Effective Management of Common Hip Pathologies** with **Joanne Carswell**

**Follow the Breadcrumbs** with Mike McMurray

For more information:

[IGNITE INSIGHT Course List and Dates](https://docs.google.com/document/d/1Hbxte2AxiH-kSU6W5tlr_eCIKOe38yTk/edit?usp=sharing&ouid=115833537394397427493&rtpof=true&sd=true)

[Course Descriptions and Instructor Bios](https://docs.google.com/document/d/1-Dmlhwu8g8akKdgjRk8tkeASUUCgggid/edit?usp=sharing&ouid=115833537394397427493&rtpof=true&sd=true)

[Registration and Pricing](https://docs.google.com/document/d/1rs9gE2vRACtvg_wzePWKdnu7yLIjezCE/edit?usp=sharing&ouid=115833537394397427493&rtpof=true&sd=true)

**“Sharp Minds” Advanced Acupuncture Course** with **Anne Dawson**

**Acupuncture and Related Techniques for Managing Headaches, Pains, and Injuries of all Types**

Saturday, March 1st, 2025, 9am-5pm

**This course will review the assessment and use of acupuncture points and other tools for pain relief, healing, and recovery of acute and chronic head conditions. We will approach it from a physiological and anatomical perspective beyond an introductory level of learning.  Clinical and self management tools for concussions, TMD, cranial nerve dysfunctions, myofascial pain patterns, sinus pain and more will be reviewed and practiced.  Lots of non-needling solutions for home management will be discussed.**

[**SHARP MINDS Details and Registration**](https://docs.google.com/document/d/1a75iN1MgB6EZPisdx5dq2IKxGtV6IpIfWg-0xwyeFQU/edit?usp=sharing)

Hope to see you there 😊