



Soft Tissue Release (Level 1) by Jim Bilotta

2 workshop options:

Option 1: Live Virtual - February 8-9, 2025 - 12:00pm -6:00pm (EDT)

Option 2: In-person – Winnipeg, MB. March 29-30, 2025 – 9-5 pm

Cost: \$545 (total cost – includes color illustrated manual)

Registration/Information: www.SoftTissueRelease.ca

Benefits of the technique:

Soft tissue release is a very effective technique that has proven to be successful on treating soft tissue injuries both in sub-acute and chronic injuries/pain. These techniques can be very effectively administered causing little to no stress on both the therapist and the client. In this workshop, I want to ensure that therapists are taught how to adapt the techniques to meet the specific needs of the client and/or situation. I also want the therapists to learn how to effectively administer client self-treatment exercises that will further help in the recovery.

Course Description:

Soft Tissue Release (STR) is the "Foundation" of all the recent "release techniques" and has developed into the fastest acting therapy for all acute and chronic soft tissue pain - providing permanent results. Clients injured in sports, at work, or with injuries incurred over time, can all benefit from STR. The entire body is covered in this one workshop. STR is a combination of Myofascial Release, Therapeutic Massage, and Active Assisted Stretching. The technique involves applying precise pressure during a specific stretch performed in multiple planes of movement. The result: fast and permanent reorganization of scar tissue, the targeted muscle(s) return to the proper resting length, muscle imbalances are corrected, associated pain is decreased or eliminated altogether, and muscle performance is improved.

This hands-on workshop covers the entire body, without the need to recertify every year. After completing the workshop participants will have the confidence and skills to properly apply the techniques to their clients immediately and to educate clients on self-release techniques for home care,

Instructors – Jim Bilotta CAT(C), M.Ed, Dip SIM, B.PhEd/ Ben Trunzo CAT (C); MSc.

Jim is a Certified member of the Canadian Athletic Therapists Association since 1992 and has worked at Brock University for the past 34 years.

Ben is a Certified member of the Canadian Athletic Therapists Association since 1987 and has worked at the University of Winnipeg since 1987 first as the head athletic therapist and now a full-time teaching position.

Hundreds of Physiotherapists across Canada have participated in this workshop and have recommended it to their colleagues!

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