



# **Structural Stabilization Booklet and Quiz: The massage practitioners guide to treating postural deviations**

*Carol Speaker*

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Structural Stabilization continuing education course is the massage practitioners guide to understanding and treating postural deviations. You will learn a comprehensive treatment plan that restores function and structural balance to rehabilitate a variety of musculoskeletal conditions using deep tissue myofascial release and quick release techniques with an emphasis on proper body mechanics. The 24 massage techniques covered in the complete course can be applied as routines to completely stabilize the shoulder or pelvic girdles or they can be applied as individual techniques. This is the instructional booklet and quizzes that accompanies the shoulder and pelvic girdle DVD's, worth 1 NCBTMB approved CE hour per video/quiz. This booklet contains both quizzes and instructions on techniques covered in both videos. Watching the video and completing the quiz is required to earn 1 CE hour per video/quiz.

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