



CANADIAN SPORT MASSAGE
THERAPISTS ASSOCIATION
ASSOCIATION CANADIENNE DES
MASSOTHÉRAPEUTES DU SPORT

Demystifying the Hip Summary

Presented by Jonathan Maister

This past May 20, 2018, seven of us reconvened for another successful informal educational get together. We reviewed the hip, in particular its mechanics and the role these play in hip strains. We discussed muscle strains in detail, and in particular the enigma of muscle injuries in this region of the body - there is far more to this than one would imagine. Following the comprehensive interactive discussion, we implemented a great osteopathic intervention technique. By the time we headed off, everyone had perfected it and was ready to implement in their respective clinics.

We had a great turnout, spirit was tops and, in addition to the comprehensive learning experience, we had a chance to catch up with friends, network and have a great CSMTA experience!



Members Present from left to right:

Jonathan Maister - Member

Alexandra Abbott (ONT Chapter Event Chair)

Mike Grafstein (ONT Chapter Treasurer)

Lisa Chang - Member

Gillian Samuel (ONT Chapter President)

Deme Barlas - Member

Not present in the picture - Osvaldo Bolanos - Member