

Post Graduate in Reflexognosy

HANDS-ON WORKSHOP



ATTENTION all Massage and reflexology practitioners!

Feet are the gateway to achieving improved clinical outcomes!

Learn how to improve clinical results and stand out from the rest and be trained by the inventor and developer of this great discipline.

Join THE Post Graduate in Reflexognosy course that will challenge, stimulate, excite and at times confront you; above all, know how to improve clinical results by learning what the feet have to offer and make the link to the entire body!

Reflexognosy (reflex – og – no – see)

A shift in paradigm – a course like no other!

It's time to improve clinical outcomes through the application of Reflexognosy

“Learn what to do to get results that will impress your clients and increase your business”

Supported by valid research learn why the feet are **THE** most important part of the anatomy and your gateway to achieving impressive clinical results. Sandi says *‘feet are the most important organ in the body’*. Join her in this course and find out why she calls the feet an organ and why they are so important.

This is an opportunity not to be missed as students from around the world rave about this course and report astounding clinical results as a direct result drawn from their participation in the course.

Your tutor: Dr Sandi Rogers ED.D., N.D founder of Reflexognosy and co-author of the ground breaking textbook Reflexognosy A shift in paradigm. This intensive program provides a wonderful opportunity to learn this subject under her guidance.

Sandi stimulates and excites her students and encourages them *to work in partnership with her to achieve their goals.*

In fact, this is the motto she works by. Sandi understands the special needs of the adult learner. This is her specialty as a teacher. You, as a student, will be exposed to her passion and love of feet, and you will experience firsthand Sandi's vibrancy and love of teaching.

Sandi is an internationally renowned public speaker, media commentator, and author. She holds a Doctoral degree in Education and Training. Sandi holds further qualifications as a naturopath, medical herbalist, massage practitioner and reflexognosist. She was the winner of the Reflexology Research Award offered through the International Council of Reflexologists and her clinics have won the Australian Achiever Award several times.

Prerequisites: Minimum Certificate IV in Massage Therapy or Reflexology, or currently enrolled in Certificate IV in Massage Therapy or Reflexology.

Never to be repeated investment!

Normal investment \$3,500

Queensland launch ONLY \$1,800

Early bird special: Book and pay no later than October 31st \$1,500

Places are limited to ensure focused and individual support as a student

Venue: Massage Schools Queensland Kortum Drive Burleigh Heads Queensland

Delivery : 10 day intensive

Timetable January 10th – 19th
9am to 4.30pm

What do I get in the course?

- Passionate trainer
- The developer of the program Dr Sandi Rogers will teach the entire course
- 1 Textbook Reflexognosy a shift in paradigm
- Workbook with additional information
- Imprint samples for biomechanical assessment x 1
- Footbath pack
- Hand sanitizer
- Antiseptic wipes
- Pen and highlighter
- Refreshments

What do I need to bring?

- Massage oil
- Towels (preferable bath sheets) and bolsters
- Open mind
- Lunch

Subjects covered in this course:

Paradigm upon which reflexology is built

- What is the difference between Reflexology and Reflexology
- Definitions explained
- Anatomy and reflexology charts discussed
- Deviations from normalcy in the feet and effects to the body. Observation to ground information
- Footwear and effect on deviations
- Shoe sizing

Anatomy of the foot and leg reviewed

- Bones
- Muscles
- Ligaments
- Tendons
- Surface anatomy

General subjects

- Anatomy of the foot and leg
- Articles about the feet and link to body, apply critical thinking skills
- Assessment sheet foundation to documentation
- Biomechanics of the leg and foot
- Case histories (vignettes)
- Charts in reflexology analysed and discussed
- Clinical practicum
- Conditions of the foot and their management to achieve optimum foot health
- Contraindications/cautions and discuss the difference
- Field trip to assess gait
- Role of therapeutic foot baths
- Foot exercises
- Foot strength test offering a sensible approach in analysing the feet
- Footwear do's and don'ts
- Joint activation safe and effective
- Legalities in practice
- Log books as a foundation to effective clinical practice
- Philosophy
- PNF stretching
- Podotract analysis
- Professional report writing
- Professionalism and ethics
- Research clinical outcomes-set up documents that are consistent
- Use of orthotics and correct fitting with appropriate treatments

Hands on part 1 : Active hand support hand

- Positioning for the foot and leg
- Plantarflexion of the foot
- Achilles tendon techniques
- Medial and lateral intrinsic muscles

Hands on part 2 : Active hand support hand

- Medial and lateral heads of the gastrocnemius
- Soleus border
- Plantaris
- Popliteus
- Achilles tendon

Hands on part 3 : Active hand support hand

- PNF stretching
- Full revision of all previous sections

Hands on part 4 : Active hand support hand

- Location of all joints and ligaments
- Build a foot and list all joints
- Locate all joints on several students
Dorsal
Lateral
Medial

Hands on part 5 : Active hand support hand

- Review positioning and draping for legs and foot work. Review all previous sections on at least 4 different partners
- Assess shoe size and footwear

Hands on part 6 : Active hand support hand

- Review all sections and ensure flow tempo and pressure are appropriate.
- Assess all joints and their position
- Manoeuvre all joints to assess placement and flexibility (ROM) starting at 1st MPJ
- Note position in relation to normalcy
- Commence basic activation of all joints

Hands on part 7 : Active hand support hand

- Leg and foot analysis and assess joints
- Include all aspects of hands on and include joint activation on at least 4 people
- Write up each treatment

Hands on part 8 : Active hand support hand

- Write full case study and link to treatment of 3 people

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Hands on part 9 : Active hand support hand

- Final evaluation of entire treatment
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Consider the training offered here for the low investment of \$1800 and less if paid by 31st October 2021 of \$1500.

If you are interested in this course, please contact Sandi!

CONTACT DETAILS

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