

## Basic Myotherapy Techniques for Adult Pain Management

### Speaker Outline

Dore' H. Schenkendorf C.B.P.M. is a certified Bonnie Prudent Myotherapist with additional training in massage therapy and foot reflexology. Ms. Shenkendorf practices and teaches at Centro de Aprendizaje, in Cuernavaca, Mexico.

She treats adults with acute and chronic pain and has adapted and applied myotherapy techniques to the treatment of children with neuromotor disorders.

### Topic Outline

Introduction..... 3 min.

Basic Techniques for the back, shoulders, and neck..... 60 min.

Basic techniques for sciatica..... 27 min.