

Providing  
Effective Protocols  
for Better Results



Robert Fiorentino, Instructor

**Robert Fiorentino** is a Board Certified and New York State Sponsor approved **Continuing Education Provider** # 194 with National Certification Board of Therapeutic Massage and Bodywork (NCBTMB)

Classes offered to all manual therapists on *integrative manual therapy, orthopedic massage and clinical sports massage.*

As a New York State licensed and nationally certified **massage therapist**, Robert is also a **certified personal trainer** recognized by the National Council for Certified Personal Trainers. He has **led trainings** (and assisted) during state, national and international conventions for *massage, chiropractic, and osteopathic providers*. He's served as **teaching assistant** for James Waslaski, author, international lecturer and industry leader in integrated muscle therapy and orthopedic massage therapy. In addition to teaching, Robert also maintains a **private practice** and a **therapist position** in an osteopathic clinic.

The methods taught by Robert are successfully used in his *practice specialties* that help:

- **Athletes** (all levels and sports and venues) *achieve peak performance*, while staying *injury-free*;
- **Artistic performers** (ie: opera singers, dancers, acrobats) *achieve peak performance*, while staying *injury-free*;
- **People with chronic** pain, postural, and mobility issues to *live and function* in a *pain free* body
- **Every Client** trained in appropriate self-care in order to maintain results gained from therapeutic sessions.

Robert trains massage and physical therapists, as well as assisting in trainings for athletic trainers, chiropractors, osteopaths, nurses and physicians. **Students need to bring** to class shorts/sport's bra, table and massage license number.

## Integrated Manual Therapy and Orthopedic Massage for Lower Body Conditions

### (20 Hour)

This unique presentation will **address** the *clinical approach* to **assessment, treatment and rehabilitation** of the spine and pelvis. This *unique multidisciplinary approach* will eliminate even the most complicated pain conditions in the lower extremity immediately and permanently.

Participants will **use multiple modalities** such as functional assessment, myofascial release, posturology, neuromuscular therapy, scar tissue immobilization, myoskeletal alignment, P.N.F. stretching and strengthening in a very precise order.

**Lower Body Conditions** addressed are:

Low Back Pain, Sciatica, SI Joint Pain, Frozen Hips, Bulging Discs, Patella femoral Pain, Patella Tendinosis, Chondromalacia, IT Band Friction Syndrome, Fixated Posterior Fibular Head Pain, Abnormal Knee Rotation, Medial & Lateral Collateral Ligament Sprains, Medial and Lateral Meniscus Tears, ACL & PCL Sprains, Hamstring Strains, Popliteal Pain, Plantaris Strains, plantar fasciitis, Achilles tendinosis, posterior medial shin pain, anterior lateral shin pain, anterior lateral compartment syndrome, fallen arches, hyper-pronated feet, ankle sprains and strains, bunions, hammer toes, neuromas, and joint arthritis.

For scheduling information please go to [www.istherapies.com](http://www.istherapies.com)

## Integrated Manual Therapy for Pelvic Stabilization "The Key to Structural Integration"

### (4 Hours)

This unique presentation will **address** the *clinical approach* to **assessment, treatment and rehabilitation** of the lumbar spine and pelvis.

**Specific conditions** addressed will be low back pain, SI joint dysfunction, lumbar compression, and bulging disc pain. In addition, we will address hip pain, hip capsule problems, sciatica and compensatory knee pain.

Primary modalities utilized will be functional assessment, myofascial release, neuromuscular therapy, posturology, multidirectional frictioning, eccentric scar tissue alignment, and corrective stretching and strengthening protocols.

This *unique multidisciplinary approach* to deep tissue release for structural alignment will be completely **pain free**, and will allow for immediate and permanent results; even in the most complicated pain conditions. Robert will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self care of each condition.

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Integrative Structural Therapies – Training Seminars

180 Smith Rd. Springfield Center, NY 13468  
(315) 868-2119 [www.istherapies.com](http://www.istherapies.com)

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## Integrated Manual Therapy and Orthopedic Massage for Complicated Knee Conditions

### (4 Hours)

This dynamic, multimedia presentation will review a structural and multidisciplinary approach for treating complicated knee conditions. Robert will be sharing cutting edge research on myofascial pain, scar tissue mobilization, trigger points, and joint pain.

**Modalities used** will be functional assessment, posturology, myofascial release, NMT, joint capsule work, myoskeletal alignment, and specific corrective stretching, and strengthening protocols for each clinical condition.

Participants will also be learning our revolutionary **technique for addressing** Patella femoral Pain, Patella Tendinosis, Chondromalacia, IT Band Friction Syndrome, Fixated Posterior Fibular Head Pain, Abnormal Knee Rotation, Medial & Lateral Collateral Ligament Sprains, Medial and Lateral Meniscus Tears, ACL & PCL Sprains, Popliteal Pain, Hamstring Strains and Plantaris Strains.

The key to this seminar is that all muscle groups that affect the hip and knee will be brought into balance prior to treating the clinical symptoms, and the client will be given custom designed self care for each specific condition, to eliminate pain forever. (70% Hands on training- Mats or tables required.)

For scheduling information please go to [www.istherapies.com](http://www.istherapies.com)

## Integrated Manual Therapy and Orthopedic Massage for Complicated Lower Extremity Conditions

### (4 Hours)

Participants will **use modalities** such as functional assessment, posturology, myofascial release, neuromuscular therapy, scar tissue mobilization, myoskeletal alignment, and corrective stretching, and strengthening protocols, in a very precise order.

This *unique multidisciplinary approach* may eliminate even the most complicated pain conditions in the lower extremity immediately and permanently. Discover our *cutting edge approach* for **immediate relief** from muscle strains, sprains, myofascial pain, trigger points, and tendonitis. Empower the client to take responsibility of each condition by stretching shortened muscle groups and strengthening weak muscle groups.

This incredible multimedia presentation will take you inside the human body to thoroughly **understand and eliminate conditions** such as plantar fascial pain, Achilles tendinosis, posterior medial shin pain, anterior lateral shin pain, anterior lateral compartment syndrome, fallen arches, hyper-pronated feet, ankle sprains and strains, bunions, hammer toes, neuromas, and joint arthritis.

The highlight of this presentation will **map out ascending syndromes**, which can cause pain throughout the entire body due to abnormal foot strike.

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