

2-Day Workshop with Dr. Nikita Vizniak

Build on your manual therapy skills with this hands-on seminar focused on Grades 1–4.5 spinal and extremity mobilizations. Learn to assess joint function, apply safe and effective techniques, and understand key precautions and contraindications—all within your scope of practice. Ideal for practitioners who have completed the Intro Level course.

DAY 1: Foundations of Joint Play Mobilization: Spine and Extremities

Course Description

Enhance your clinical skills with this hands-on seminar focused on spinal and extremity joint mobilizations. Designed for practitioners building on introductory manual therapy techniques, this course covers Grades 1–4.5 mobilizations within your scope of practice.

Through a combination of theory and practical application, you'll refine your ability to assess joint function, apply mobilization techniques, and understand the biomechanical principles behind them.

This seminar is ideal for manual therapists seeking to deepen their understanding and expand their therapeutic options with evidence-informed joint play techniques.

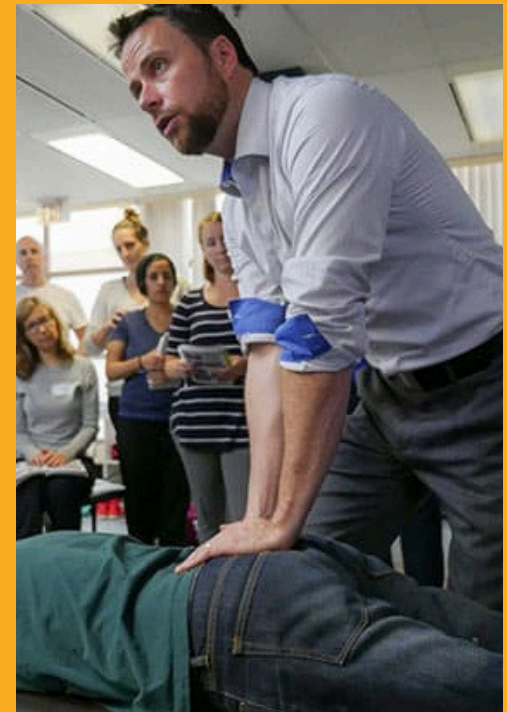
DAY 2: IASTM Level 2 – Advanced IASTM: Condition-Specific Techniques

Course Description

Elevate your Instrument-Assisted Soft Tissue Mobilization (IASTM) practice with this advanced, hands-on seminar focused on condition-specific techniques. Building on foundational skills, this course emphasizes dynamic strokes, scar tissue management, and functional movement integration.

Through expert instruction and practical application, you'll refine your ability to assess and treat complex soft tissue conditions, improve mobility, and support tissue healing with precision and confidence.

Perfect for clinicians ready to expand their IASTM toolset and treat with greater intention and skill.



Foundations of Joint Play Mobilization: Spine and Extremities

Course Outline:

Morning Session

- Review of anatomy and biomechanics (1 hour)
- Spinal mobilizations: Grades 1–3 (1 hour)
- Extremity mobilizations: shoulder, elbow, wrist, hip, knee, ankle (1 hour)

Afternoon Session

- Hands-on practice: spinal and extremity techniques (2 hours)
- Feedback, Q&A, and case discussion (1 hour)
- Learning Objectives:
 - Safely and effectively perform Grades 1–4.5 joint mobilizations
 - Conduct joint assessments using palpation and orthopedic tests
 - Recognize contraindications and apply mobilizations appropriately

IASTM Level 2 – 602 Advanced IASTM: Condition-Specific Techniques

Course Outline:

- Hour 1: Advanced anatomy review & scar tissue biomechanics
- Hour 2: Dynamic treatment techniques & movement-assisted strokes
- Hour 3: Hands-on application for complex cases
- Hour 4: Instructor feedback, patient adaptations & group discussion

Learning Objectives:

- Apply advanced palpation and IASTM techniques effectively
- Integrate IASTM with movement-based rehab strategies
- Adapt treatment for tissue-specific and patient-specific needs

REGISTER TODAY!

Registration Link



SCAN ME

Regular Fees: \$385

CITCM Students/Alumni: \$350

CITCM CEP Members: \$300

Days/Dates: Saturday & Sunday June 28 & 29, 2025

Time: 9 AM to 4 PM

Venue: CITCM 1824 Crowchild Tr. NW. Calgary, AB T2M 3Y7

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