

***Small Group Learning at The IRT Studio***

A unique learning opportunity, this program is almost a custom-made educational program. It takes place in The Studio where I see clients in Cumberland Center, Maine and is geared for one, two or three participants.

There are several benefits from this type of setup:

* This more intimate environment allows for an interactive educational opportunity.
* Scheduling is based on what works best for the participant(s).
  + One-day programs are typically offered on Fridays or Saturdays.
  + Two-day programs are either Saturday/Sunday or Friday/Saturday.
* The program outline is setup partially based on information that is most pertinent for participants to understand, coupled with their background, what they hope to improve upon, specific topics of choice, and the like.
* It is the space and equipment that I see clients in each day. There is space and fields outside where more dynamic movements can be performed as well.
* Physical therapist?
  + There are a few different things from novel manual/hands-on techniques, therapeutic exercise positioning and progression and other supplemental integrative activities which can have a dramatic effect on how patients feel following a rehab session, as well as their overall outcomes.
    - I see a lot of clients who are in PT and I help supplement their care.
* Athletic trainer?
  + There are a number of different assessments and hands-on interventions which can be done to help your athletes quite dramatically—not only during the rehabilitation process, but also acutely on the sidelines and in the AT room.
* Performance coach?
  + Having a deeper understanding of underlying biodynamics, visual assessments, movement efficiency, cueing, limitations some clients will present to you, etc. which can markedly influence how well clients respond to sessions.
* Massage therapist?
  + While I do not perform “massage”, several concepts and principles are important for those who manipulate the human body to appreciate, as well as manual techniques I employ which can have a profound influence on one’s existing work.