

## What is Practical Movement?

Practical Movement™ is structurally-based movement re-education. In the Practical Movement Seminars you learn techniques you can immediately use in sessions to work more effectively and to help your clients get more involved in their healing process.

- ✓ Learn gentle, activating movements you can use in-session to quickly loosen muscles.
- ✓ Integrate anatomy-specific movements into your work to address postural imbalances caused by musculoskeletal issues.
- ✓ Learn to detect faulty movement patterns, assess imbalances in the body, and help clients change dysfunctional habits through the development of individualized movement programs.
- ✓ Learn when and how to incorporate movement into your treatment plans to reinforce your soft tissue work.
- ✓ Involve your clients in their healing process: Teach them how to keep an area moving between sessions and give them specific effortless movements for self-care.

## How is PMT different?

- ✓ Teaches function-specific movements with a foundation in postural assessment.
- ✓ Incorporates information on the purpose and use of each movement.
- ✓ Takes into consideration the influence of gravity and which end of a muscle is fixed.
- ✓ Provides a “library” of movements to help you find the right movements for the right individuals for the right time in their process.

## How do I benefit?

- ✓ Takes your practice to the next level.
- ✓ Adds value to your sessions.
- ✓ Helps with client retention.
- ✓ Differentiates your practice.

## What do the students say?

"PMT provides two parts that are often missing from massage therapy programs: A comprehensive systematic postural assessment approach and a systematic approach to therapeutic movement. The first element helps you to understand what's happening habitually in your client's body; the second gives you additional tools to address those postural issues. Practical Movement encourages healthy movement patterns to replace faulty ones. It's a tremendously well thought out program!"

"This class provides the missing piece to result-oriented body work. PMT takes the work from continuously working on the same problem to helping the client change habitual patterning. It helps the client take responsibility for their body and healing."

## When do I use PMT in my work?

- ✓ Use it in-session. One of our students shared this experience after a seminar:  
"I had a client today (the day after the Core Seminar) with some back stuff going on. She saw her chiropractor and didn't get much relief. Her erectors, QL, gluteus medius were really tight but I also noticed her SI joint didn't feel right. It felt high so I did one of the movements that you taught us to help open the muscles over the SI joints and it was amazing!!! Her erectors and glutes felt like butter after doing that and QL responded quickly to my work."
- ✓ Have your clients perform specific, effortless movements between sessions to make your work even more effective and to help clients know when to come back for more hands-on work.

## PMT seminar highlights

Detailed manuals help you spend more time learning and less time taking notes. The manuals are excellent references that you'll use over and over. From a student: "The manual alone is worth the tuition. The seminars are designed so you can take a few movements that are most common or you can utilize the extremely thorough manual for unlimited options."

- ✓ Hands-on exercises in the Posture seminar help you learn how to add the basic skills of postural assessment to your practice, what to do with the assessment, how to chart and interpret postural assessments.
- ✓ The seminars cover how to teach your clients movements, how to incorporate movements into your existing practice, and how to find the source of postural problems, not just treat the symptoms, and how to know which movements to use for different situations.

## About PMT Seminars

PMT Seminars is owned and operated by Deborah Kimmet, a nationally recognized educator. She is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

The PMT concepts were developed as a culmination of Deborah's 20 years of clinical practice, research and learning – from other teachers, her students, and her clients.

It was while searching for muscle-specific movement work to augment her hands-on soft tissue work that led Deborah to develop PMT Seminars. "There just didn't seem to be anything out there that brought the material together in a specific, organized way."

Bringing nearly 30 years of group facilitation and teaching skills to the classroom, Ms. Kimmet teaches with a dose of humor and a focus on finding innovative methods to help students understand and retain the coursework.

One of our students wrote: "Deborah presents material more clearly and comprehensively than any other instructor I've experienced. Complex postural problems become clear."

## How do I learn more about PMT?

Visit our website: <http://www.practicalmovement.com>