

# the foundation



## PNMT Founder Douglas Nelson

Several years ago, Dr. Simons asked me to make sure that we emphasize taking muscles to full length after treatment. I asked Seth Will (one of my teaching staff) to research and develop a seminar based on that direction.

Seth has done a fabulous job in creating a seminar that will maximize any manual therapy approach.



## Seth Will

The developer of the Precision Mobilization Program and longtime PNMT instructor is Seth Will. Seth has dedicated over a decade of both formal and informal training and education in massage, acupuncture (intra-muscular stimulation), manual therapies, neuroscience, theology, chemistry, anatomy, physiology and human dissection.

*Highly recommended! This is not your typical stretching seminar. The word "Precision" says it all!*

**DD, North Carolina**

*The specificity of PMM allows me to see more clients for shorter sessions. My clients see quicker results which translates as value for them, which has in turn grown my practice.*

**MD, Illinois**

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# PRECISION MUSCULAR MOBILIZATION

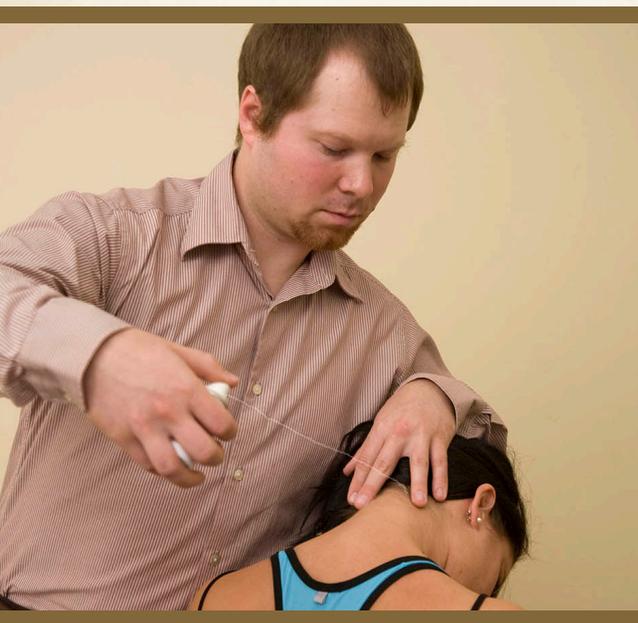


**Precision**  
Neuromuscular Therapy

## A GREAT NEED

Precision Muscular Mobilization applies highly specific mobilization procedures to the soft tissues of the body. PMM is a complete system that is much more intricate and thoughtful than simply stretching.

Vital to this class is the understanding of appropriate muscular length. A focus on functional movement and quick muscle length testing will be a focus of the seminar. Attention is also given to learning and applying classical muscle testing to help clarify the function and significance of each muscle examined. In addition, the quality, sequence and coordination of these movements is emphasized.



## PRECISION MUSCULAR MOBILIZATION

Precision muscular mobilization its not like any other stretching seminar on the market today.

**PMM builds on knowledge the knowledge of Janet Travell, Karl Lewit, and Vladimir Janda** to develop a complete **therapeutic** framework of **its own**.

### Immediately Applicable

Key to this modality is the understanding and appreciation of myofascial trigger points. Emphasized as absolutely necessary by Dr. David Simons and Dr. Janet Travell, post treatment stretching and range of motion to muscles that harbor trigger points will greatly increase the effectiveness of other modalities performed. If the muscle that harbor myofascial trigger points are not brought to full length after treatment, it is likely that trigger points will reform. Precision Muscular Mobilization excels at both identification, treatment, and resolution of the pain and dysfunction cause by trigger points and other myofascial dysfunctions.

During your experience you will be **immersed** in the roots of what are all great manual therapy should require: highly specific anatomy, appropriate physiologic understanding of the mechanisms, **pertinent current** research, and the sense of the rich legacy of a great **clinicians** of the past.

