Orthopedic Massage

Upper Body: Addresses pelvic stabilization and upper extremity injuries. The conditions covered include low back pain, sciatica, SI joint dysfunction, scar tissue, frozen shoulder, thoracic outlet, rotator cuff injuries, bursitis, bicipital tendinosis, cervical pain, whiplash injuries, compressed discs, rhomboid pain, mid and upper back pain, medial and lateral epicondylitis, carpal tunnel syndrome and arthritis.

What to Bring to Class: Seminar participants must bring, linens, towels and oil/lotion/cream. This is a hands-on class. Please come prepared each day to work on and be worked on by another student. Participants should wear loose comfortable clothing with easy accessibility; jog bras and shorts are the best. Since the temperature of the room is sometimes cool, you might layer your clothing.

James Waslaski

Program Developer and Director

James Waslaski, worked 20 years as a paramedic, and in a trauma center, while teaching emergency medical courses. He studied pre-med in college prior to his massage training in Florida. James served as Professional Relations Chair for Florida and received the 1998 FSMTA outstanding state service award. He also served as AMTA Sports Massage Education Council Chair from 1993-1997 receiving the AMTA National Officer Award. James was the 1999 recipient of the FSMTA International Achievement Award.

As a self published author and international lecturer he has pioneered deep pain free orthopedic massage, pain management, sports injury, and sports enhancement treatments. His unique structural and multidisciplinary bodywork approach has been taught throughout the United States, Ireland, London, Scotland, Canada, Costa Rica, Puerto Rico, Greece, Australia, and the Caribbean. His seminars are now being requested in New Zealand, South Africa, Amsterdam, Holland, Italy, Egypt, Russia, and Dubai.

James has presented at state, national and international massage conventions, as well as chiropractic conventions, osteopathic conventions, the College of Sports Medicine, the University of South Wales, the Olympic training center in Australia, and the osteopathic and manipulative massage therapy convention in London. His audience consists of Massage Therapists, Physical Therapists, Occupational Therapists, Athletic Trainers, Osteopaths, Chiropractors, Nurses, and Physicians.

He has worked with collegiate, professional and Olympic athletes, including the 1996 Olympic Games and the New York Yankees. He has published articles, books, manuals, and a series of DVDs on sports injuries, chronic pain, and complicated orthopedic conditions. James has also produced a motivational audio series, highlighting success strategies of leaders in the wellness industry to help guide massage therapists to their true spiritual blueprint for success. James has been working with a major publishing company to publish Advanced Clinical Massage Therapy-A Structural Approach to Pain Management with hopes to bridge the gap between all health care providers throughout the world.

James was inducted in 2008 into The Massage Hall of Fame.