

### **General Information:**

- ✓ Mike is a twenty-five year veteran of Massage Therapy. He is an educator, a published author, and an international presenter in massage therapy continuing education (Arthrokinetic Therapy). He was the senior practical advisor for the **West Coast College of Massage Therapy. (WCCMT)**
- ✓ Mike is a graduate of the West Coast College of Massage Therapy in 1986.
- ✓ He has been teaching at WCCMT since 1993 and has taught most courses in the practical department. His specialty is in orthopedics assessment and treatments.
- ✓ Mike has trained over 2000 massage therapist and naturopathic doctors.
- ✓ He has developed specialty courses in continuing education for massage therapist and naturopaths in the field of orthopedics and rehabilitation therapy called "Arthrokinetic Therapy".
- ✓ His latest achievement is the release of his new text book "**Joint Play the Right Way for the Axial Skeleton**" 2006, which involve a multidimensional approach to treating the spine and Pelvis.

### History:

1986 – 2011 Massage Therapy Practice in Lower Mainland

1993- 2010 Teaching Orthopedics at the West Coast College of Massage Therapy

2002- 2009 Teaching Orthopedics at the **Boucher Institute of Naturopathic Medicine.**

1999 – 2010 Teaching Continuing education courses to Massage Therapist, Physiotherapist and Naturopathic Doctors in Arthrokinetic Therapy in BC and the United States

He utilizes many different modalities in his clinical practice including but not limited to:

- ❖ Active Stretching techniques
- ❖ Muscle Energy
- ❖ Joint play mobilizations
- ❖ Fascial mobilizations
- ❖ End loading and Spinal Decompression Techniques
- ❖ Positional release and approximation Techniques
- ❖ Dural mobilizations

### ***Credentials and Allied Experience:***

- Mike Dixon has been a Registered Massage Therapist for 25 years.
- Mike has served on the College of Massage Therapist of British Columbia Canada since 1986, and the Massage Therapist Association of BC
- He has served on the following Committees: College of Massage Therapist of British Columbia - Scope of Practice Committee, Curriculum Committee, and the Agreement on Internal Trade of Canada Sub-committee
- He is also on the West Coast College of Massage Therapy: Advisory Board, Curriculum Committee, Management Committee and Ethics Committee.
- Mike has served as the Director of Education and Practical Director at WCCMT

## *Publications*

Mr. Dixon has published a 1999 Multiple Sclerosis Society Journal Article titled Massage and Multiple Sclerosis: a win win.

More recent articles are: The Effectiveness of Massage Therapy treatments on clients with Multiple Sclerosis. BC Massage Practitioner, Fall 2004

Iliopectineal Bursitis. Massage Therapy Canada, Fall 2005

Text book/Training Manual Joint Play the Right Way for the Peripheral Skeleton 1<sup>st</sup>, 2<sup>nd,3rd</sup> editions, 2003, 2009

Text book/Training Manual, Joint Play the Right Way for the Axial Skeleton, 2006

Top Ten Causing of Back Pain, Electra Health Floor 2009

Groin Pain, Electra Health Floor 2010

Treatment of Sciatica, Electra Health Floor 2011

A Case Example of Joint Play, Massage Therapy Canada 2010

Gastroesophageal Reflux Disease, A case report of treatment for acid reflux, Massage Therapy Canada Fall 2011

### ✓ *Courses Taught or Teaching Currently at the West Coast College of Massage Therapy (WCCMT) or Boucher Institute of Naturopathic Medicine. (BINM)*

- Regional Orthopedics: 19 years WCCMT
- Spinal Orthopedics : 19 years WCCMT
- Joint Play 19 years WCCMT
- Consolidated Practice: 11 years WCCMT
- Peripheral Nervous System assessment and treatment: 10 years WCCMT
- Central Nervous System assessment and treatment: 10 years WCCMT
- Exercise and Rehabilitation: 2 years BINM
- Muscle Skeletal Anatomy and Kinesiology: 2 years WCCMT
- Massage Therapy I and II: 2 years WCCMT
- Axial Analysis BINM 6 years BINM
- Orthopaedics BINM 6 years BINM
- Joint Assessment 6 years BINM

## **Research Study:**

Mike Lead the following research study in 2003:

“A research Study of the Effectiveness of Massage Therapy Treatments on Clients with Multiple Sclerosis”: By Mike Dixon and Dr. Lilanna Kordic

## Professional References:

Chris Hagey RMT (604) 552 1123

Len Kreckit: (604) 930 8211

**Education:**

1986 Graduate from West Coast College of Massage Therapy

**Continuing Education:**

- 1994-1996 Mentor in Osteopathic techniques with Claudia Scrivener PT
- 1997 Advance Pelvic Floor Techniques
- 1998 Positional Release Techniques by George Roth DC
- 1999 Low Back Pain Management by Dr. King
- 2000 Spinal and Low Back Pain National Conference
- 2002 Ultra Sound and Lazer Modalities: Claudia Scrivener.
- 2003 Myokinesthetic Release Techniques: National Convention
- 2006 Research and Statistics: West Coast College of Massage Therapy
- 2007 Surgery Technique: West Coast College of Massage Therapy
- 2007 Medications Uses and Effects: West Coast College of Massage
- 2008 Mechanical Diagnosis and Treatment: David Camilis D.C.
- 2009 Teaching Strategies: West Coast College of Massage Therapy
- 2010 End Loading Techniques: David Camilis D.C.
- 2011 Mechanical Drainage of Nerves, Bones and Joints: David Camilis D.C.

**Continuing Education Course designed and taught to RMT's, Physio's and Chiropractors****Arthrokinetics Therapy:© Since 1999**

- Pelvic and Sacral Balancing
- Upper Thoracic, Cervical and Clavicular Balancing
- Lumbar and Thoracic Balancing
- Pelvic and Sacral Balancing
- Temporomandibular and Upper Cervical Balancing
- Contractile Myofascial Release for the Chest and Thoracic Cage
- Scapular and Upper Extremity Balancing
- Hip and Lower Extremity Balancing
- Nerve Mobilizations for the Hands and Feet

**Awards:**

MTA Registered Massage Therapist Legacy Award. For his outstanding contribution to his profession 2010