



THRUST OSTEOPATHIC TECHNIQUES

International Training Course
Certification in Osteopathic Manual Therapy Techniques

COURSE PROGRAM

TOT – Thrust Osteopathic Techniques is a theoretical and practical course of Manual Therapy through manipulation techniques HVLAT (High Velocity Low Amplitude Thrust), better known as Thrust. The Manipulation with HVLAT techniques consists in a fast and constrained mobilization applied to a joint segment that goes beyond the physiological joint range (Barrier), without exceeding the anatomical limit. The Thrust techniques are absolutely painless and secure, but they must be severely administered specifically in a measured and aimed way on the segment in which you want to act.

The manipulation with HVLAT Techniques, when not in contraindication, allows:

- An articular release, often responsible of sterness/stiffness and soreness/phlogosis;
- Release of endorphins, neurotransmitters produced by the pituitary gland, that have a powerful painkiller and anti-inflammatory effects;
- Pain improvement by reflex neural pathway.

The Thrusts, that are subjects of the course, are HVLAT Techniques revised &/or adapted to the daily clinical practice of the Instructors of the seminar to make them easier, outright, effective and easy learning.

Aims

At the end of the course the participants will be able to:

- Locate correctly and precisely the segment/s to be treated;
- Evaluate the indications and contraindications;
- Place the patient correctly for the specific technique;
- Treat by using fast and precise osteopathic techniques;
- Perform correctly and precisely the specific the Manipulative Thrust (HVLAT – High Velocity Low Amplitude Thrust).

EUROPEAN ACADEMY OF OSTEOPATHY

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Seminar Structure

The course spreads in n°4 days, for a total of 32 hours course CPD (Continuing Professional Development). The didactics consist in 30% theory, by frontal learning, and 70% practice. Overall it will be taught over 30 HVLAT Techniques, from Osteopathy and Chiropractic: direct, indirect, short and long levers.

DAY 1

Methods, Lumbar Spine, Hip Bone.

Generality about HVLAT manipulations
Clinical and Neurophysiological aspects
Gear of action of HVLAT manipulation
Concept of Anatomic Barrier
Listening and Engagement of the Anatomic Barrier
Placing
Tensioning
Performing the Thrust

Trainers Demonstration
Practical Sessions of Listening and Engagement of the Anatomic Barrier
Practical Sessions of Tensioning

Description of the Techniques – Indications -Warnings

Lumbar Spine: Lumbar Roll – Lumbar Roll Long Lever

Hip Bone: Iliac Relative – Gonstead – Sacrum in posteriority and inferiority – Pubes/Pubis

Trainers Demonstration – LUMBAR SPINE Techniques: placing , tensioning, thrust
Practical Sessions – LUMBAR SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – HIP BONE Techniques: placing , tensioning, thrust
Practical Sessions –HIP BONE: manipulation choice, placing, tensioning, thrust

09:00 Start session

10:45 - 11:00 Coffee Break

13:00 – 14:00 Lunch Break

15:45 – 16:00 Coffee Break

18:00 End session

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DAY 2

THORACIC SPINE, RIBS, and CERVICOTHORACIC JOINT

Description of the Techniques – Indications -Warnings

Dorsal Rachis: “Screw” direct technique - “Twist” direct technique - Direct technique “in cup” – lift

Ribs: K1 laying face up – High ribs laying face down - DOG

Cervicothoracic Joint: C7-T1 chin pin laying face down and seat down

Trainers Demonstration – THORACIC SPINE Techniques: placing , tensioning, thrust

Practical Sessions – THORACIC SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – RIBS Techniques: placing , tensioning, thrust

Practical Sessions – RIBS : manipulation choice, placing, tensioning, thrust

Trainers Demonstration – CERVICO-THORACIC JOINT Techniques: placing , tensioning, thrust

Practical Sessions – CERVICO-THORACIC JOINT: manipulation choice, placing, tensioning, thrust

09:00 Start session

10:45 - 11:00 Coffee Break

13:00 – 14:00 Lunch Break

15:45 – 16:00 Coffee Break

18:00 End session

DAY 3

SHOULDER and LOWER LIMB

Description of the Techniques – Indications -Warnings

Shoulder: Humerus superiority – Humerus inferiority and anteriority – Sternum-clavicular

Pelvis: Decoaptation laying face up and face down

Knee: Tibia – Fibula

Foot: Talus anteriority and posteriority – Cuboid – Navicular – 1st, 2nd, lateral Cuneiform

Trainers Demonstration – SHOULDERS Techniques: placing , tensioning, thrust

Practical Sessions – SHOULDERS: manipulation choice, placing, tensioning, thrust

Trainers Demonstration –LOWER LIMB Techniques: placing , tensioning, thrust

Practical Sessions – LOWER LIMB: manipulation choice, placing, tensioning, thrust

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15:45 – 16:00 Coffee Break
18:00 End session

DAY 4

CERVICAL SPINE, UPPER LIMBS and ATM

Description of the Techniques – Indications -Warnings

Cervical Rachis: C0-C1 distraction laying face up – C0-C1 rotation laying face up – Medial and Low cervical

Elbow: Classic lever seat down and laying face down

Wrist: Crossbow traction Ulna and Radius

ATM: laying face up

Trainers Demonstration –CERVICAL SPINE Techniques: placing, tensioning, thrust

Practical Sessions – CERVICAL SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – UPPER LIMB Techniques: placing, tensioning, thrust

Practical Sessions – UPPER LIMB: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – ATM Techniques: placing, tensioning, thrust

Practical Sessions – ATM: manipulation choice, placing, tensioning, thrust

09:00 Start session
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session

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