

Instructors



Iris Wolf, PT, LMT

Practicing therapist for over 30 years in Germany and the USA. Degree in Physical Therapy from the University of Freiburg, Germany in 1980. Background in European manual therapy. Extensive

continuing education in osteopathic manual therapies under various Doctors of Osteopathy including Drs. E. Stiles, D. McDonald, L. Jones, J.P. Barral and J. Upledger. CST certified and assisting with the Upledger Institute. Presently in private practice as well as developing and teaching osteopathic therapy courses in Germany, Austria, Switzerland and the USA.



Michael Wolf, BS, LMT

Practicing Bodyworker and massage therapist for over 35 years in the USA and Europe. Degree in Psychology in 1969, Oregon licensure since 1990. Background in Fascial Integration and Sports Massage before becoming educated in the osteopathic approach

with MET, Counterstrain, Functional, Craniosacral and Visceral Therapies. Studies with Drs. E. Stiles, E. Goering, the Upledger, Jones and Barral Institutes. Co-developing and teaching the seminars in Europe and the USA.

Payment and Cancellation Policy

Payment is due with seminar registration.

Cancellations up to 14 days prior to seminar will be due registration fee minus a \$50 processing fee. Later cancellations may transfer the complete fee to a later course.

New Directions reserves the right to cancel any seminar due to unforeseen / unexpected circumstances, in which case tuition in full will be refunded, and will not be liable for any costs beyond tuition refund.



**in Manual Therapy
3126 NE 7th Ave.
Portland, OR 97212**

Since 1996,
180 Manual Therapy seminars
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A Manual Therapy Series

MUSCLE

ENERGY

TECHNIQUE

With Adjunct Manual Therapy Modalities

THE THORAX

March 9 – 11, 2012

Providence Hospital
Portland
Physical Therapy Dept.



www.Manual-Therapy.com

Course Theme

The thorax, considering that it contains the circulatory system of the lungs and heart upon which life depends, remains largely undertreated in manual therapy. The fact that the body's greatest loss of mobility is more often than not located in the thorax, demanding compensatory hypermobility in joints elsewhere to keep the body moving, is simply overlooked. And immobility within the ribcage is especially problematic, activating sympathetic nervous distress and referring pain to widespread and unexpected areas. Thoracic mobilization is most often the **key** to resolving the compensatory symptoms in the neck, shoulder, low back, etc.

And musculoskeletal articulations here are by far the most numerous of any region of the body, presenting complex restrictions that challenge the therapist to sort it all out:

*Why would I waste my time in the thorax; the patient has a low back, cervical, shoulder, sacroiliac problem?
Isn't that normal, everybody is a little tighter there?
I'm trying to treat a headache!
Where to begin and end in the thoracic?*

This course will demonstrate the biomechanical and neurological relationships and priorities of the thoracic spine and ribcage with adjacent areas, diagnostics to make sense out of a systematic palpatory evaluation, and suggested treatment sequences interweaving various therapies with emphasis on the muscle energy technique.

Techniques

Muscle Energy Technique was developed by Fred Mitchell, Sr., D.O., in the 1950's as an osteopathic alternative to high velocity manipulation, and is basically a neuromuscular mobilization system for all motion segments of the body. That is, it engages and regulates the sensorimotor impulses and any musculature that moves a particular body joint.

MET uses precise, three-dimensional positioning of joints, followed by specific isometric muscle contractions of a patient against the manual resistance of a therapist. By employing the principles of *Post-Isometric Relaxation* and *Reciprocal Inhibition* on the relevant hypertonic musculature, dysfunctional joint mechanics and their associated mechanoreceptor hyperactivity can be normalized.

Immediate results include return to healthy ROM, spontaneous strengthening of inhibited muscles, lessening of localized irritation and associated micro-edema, decreased sympathetic overload with reduction of pain and increase of structural and functional integrity along the movement chain.

Additional osteopathic techniques will be taught which complement MET for effective clinical outcomes and will include:

Positional Release / Counterstrain, an approach which exaggerates a restriction in order to calm the pain impulses preventing it from returning to normal resting position;

Direct Articular Mobilization for chronic rib fixation; **Myofascial / Viscerofascial Release** in order to balance the continuum of tissue connecting the various parts of the thorax together as well as to areas both above and below. Pectoral, sternal, diaphragmatic and pleural fascias will be included.

Location

Portland Providence Medical Center
Professional Plaza Building
Outpatient PT Department, Suite 156
5050 NE Hoyt, Portland, Oregon

MET: The THORAX

March 9 5 pm – 8 pm
March 10 9 am – 6:30 pm
March 11 9 am – 5:30 pm

Tuition: \$395 – including course manual

Contact: Iris or Michael Wolf
(503) 288-9107
info@Manual-Therapy.com

Learning Objectives

- Application of MET through the correct palpatory evaluation of the body's key dysfunction;
- Precise manual positioning in three-dimensional space of this motion segment at its restricted barrier to normal motion;
- Proper control of both a patient's muscle contraction and the therapist's direction of resistance, progressing this barrier step by step until full range of motion is re-established;
- Sequencing the corrections so that the body can best accept and maintain them;
- Application of Counterstrain positioning to facilitate MET by resolving painful areas in the thoracic spine and ribcage;
- Use of fascial techniques to resolve restrictions distorting the relationship of the thorax with adjacent structures.

Registration

MET: The Thorax March 9–11, 2012

Name

Address

City

State

Zipcode

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Profession

Please mail with your course payment to:

New Directions in Manual Therapy
3126 NE 7th Avenue
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