

PRE-COURSE DETAILS

MYOFASCIAL SPINE: UNDERSTANDING AND INTEGRATING MYOFASCIAL SPINAL TREATMENT

Tutor: Howard Turner

Duration: 1 day

Content: Clinical with
practical emphasis

Focussing on neuromuscular myofascial disorders, this one-day clinical workshop will provide an integrated approach to the incorporation of myofascial treatment into the correction of spinal segmental dysfunction. It will cover the clinical relevance, assessment and treatment of myofascial restrictions to segmental movement in the cervical, thoracic and lumbar spines and the ribs.

Learning outcomes

The myofascial system envelopes the spine and the body and disruptions to normal muscle tone and myofascial compliance can disrupt movement and control. What's the first thing that happens when you have pain? Muscles go into spasm. As well as mobilising and manipulating articular joint restrictions, specifically correcting spinal segmental joint restrictions of myofascial origin allows for a more complete restoration of spinal movement and improved segmental loading.

This course provides a clinical toolbox of neuromuscular myofascial release approaches to assess and treat these restrictions to segmental movement and altered contractual states and sensitivity. An important part of this assessment is to differentiate between articular and myofascial restrictions to movement so as to better tailor treatment to the presenting dysfunction. Working area by area through the spine we will look at manual assessment of movement to make this particular/myofascial distinction, and then cover the application of a range of models of treatment such as;

- Positional release technique
- Muscle energy technique
- Trigger-point release
- Respiratory and visceral release

Who is this course for?

This course is for manual therapists who wish to extend their capabilities in treating spinal pain and dysfunction.

Practical element

Appropriate clothing is necessary for practical elements that incorporate visual and physical assessment, and treatment to the cervical, thoracic and lumbar spine/pelvis.

HOW DO YOU SEE THAT THIS COURSE WILL ENHANCE CLINICAL / BUSINESS / DIVERSIFICATION SKILLS AND INCREASE POTENTIAL MARKET SHARE / CLINIC TURNOVER?

Improved versatility/outcomes in dealing with spinal pain presentations

Opening the market to liaise with spinal specialists or GPs seeing such cases and in this changing commissioning world potentially creating confidence and enabling Physio to market self and clinic and gain some recognition for treating spinal pain.

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Biography

Course author and tutor Howard Turner is an Australian-trained Chartered Physiotherapist in private practice. He is a part-time teaching fellow at Bath University and specialist external lecturer at Birmingham University, Queen Mary University of London, Kings College London and Keele University, lecturing on the pelvis, the hip and groin, clinical reasoning and the lumbar spine. He has consulted for British Cycling, UK Athletics, the English Institute of Sport, British Olympics and Paralympics, British Swimming and various other professional clubs and sporting bodies.

Reading

There is no required pre-course reading but many of the techniques used are covered in Leon Chaitow's Muscle Energy Technique, Positional Release and Modern Neuromuscular Technique books (Churchill Livingstone). For an insight into the articular differentiation tests used look at:

- Fernandez-de-las-Penas et al 2005. Validity of the lateral gliding test as tool for the diagnosis of inter-vertebral dysfunction in the lower cervical spine. J Manipulative Physiol Ther 28:610-616
- Dewitte et al 2014. Articular dysfunction in patients with mechanical low back pain: A clinical algorithm to guide specific mobilization and manipulation techniques. Man Ther pub Nov 20
- Dewitte et al 2014. Articular dysfunction patterns in patients with mechanical neck pain: A clinical algorithm to guide specific mobilization and manipulation techniques. Man Ther 19:2-9

It would be helpful if participants would practice their spinal PPIVMs in advance of the course

Timetable

Arrival and registration	8.45hrs to 9.00hrs
An introduction to the principles and treatment of trigger points and a rationale for interpreting and assessing myofascial disorders	9.00hrs
Break	10.30hrs
Practical: thoracic spine and ribs	10.45hrs
Lunch	12.30hrs
Practical: cervical spine	13.15hrs
Break	15.00hrs
Practical: lumbopelvic region	15.15hrs
Course close	17.00hrs