

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. 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.



Since 1996,
200 Manual Therapy seminars
presented to thousands of
practitioners!

A Manual Therapy Series

Comprehensive Treatment
of the

LUMBAR SPINE

with
Muscle Energy, Counterstrain, Fascial Release
and Therapeutic Exercise

September 26 - 28, 2014

Wellspring School
2440 NE Martin Luther King Blvd.
Portland, Oregon 97212

Seminars in Osteopathic Manual Therapy



www.Manual-Therapy.com

Course Theme

The Lumbar Spine is the well known site of that "low back pain" complaint. And although a great deal of medical advice is geared toward skeletal and disc pathologies, the majority of such complaints develop through joint dysfunction and soft tissue strain, and may be resolved with manual therapy.

This course will demonstrate the biomechanical and neurological relationships and priorities of the lumbar spine with the areas above and below, diagnostic guidelines to make sense out of systematic palpation, and treatment sequences interweaving various therapies according to those palpation findings.

Various motion / tissue qualities will be taught. A palpation continuum for each of spinal motion, tissue tension, tissue density and resiliency will be presented.

The components of a sedentary, "flexed body" lifestyle will be explained, with emphasis on the shortened, hypertonic iliopsoas flexors and the conversely rigid stabilizing extensors of the spine. This postural dynamic can compound the severity of any subsequent traumatic injury or overuse strain.

Simple to perform exercises to support and progress the manual therapy will be demonstrated.

Common conditions will be addressed:

- ▶ Low Back Pain
- ▶ Acute lumbar strain
- ▶ Loss of motion / stiffness
- ▶ Disc protrusion / stenosis
- ▶ Scoliosis

Techniques

Muscle Energy Technique 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 and spontaneous strengthening of inhibited muscles.

Positional Release / Counterstrain is an approach which exaggerates a joint or tissue restriction in order to calm the pain impulses preventing it from returning to normal resting position. It is by far the most efficient and least invasive way to treat painful tissue spasm.

Myofascial Release is used in order to balance the continuum of tissue connecting the various parts of the lumbar area together as well as to areas both above and below. A specialized **Psoas Protocol** will treat latent painful spasm, hypertonicity, Trigger Points and adhesions in that significant and central lumbar muscle. Balance in this core musculature is often overlooked or ineffectively treated. This provides a quick yet relatively painless route to normal psoas length and function.

Viscerofascial Release will gently resolve reflexive shortening of adjacent muscle and unnatural forces pulling on the spine.

Location

Wellspring School
2440 NE Marting Luther King Blvd.
Portland, Oregon 97212

Manual Therapy: Lumbar Spine

Sept. 26 9 pm – 5:30 pm
Sept. 27 9 am – 5:30 pm
Sept. 28 9 am – 3:00 pm

Tuition: \$450 – Postmarked by **Sept. 1**
\$495 – Normal price.

20 Contact Hours

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 and precise manual positioning in three-dimensional space of this segment at its motion restriction;
- Application of Counterstrain positioning to resolve painful areas in the lumbar spine and attached soft tissues;
- Ability to evaluate different tissue textures and qualities in order to choose the proper method of treatment;
- Use of fascial techniques to resolve restrictions distorting the relationship of the lower back with adjacent structures;
- Demonstration of appropriate an exercise program for your patients;
- Sequencing the corrective approaches so that the body can best accept and maintain them.

Registration

Lumbar Spine Sept. 26–28, 2014

Name

Address

City

State

Zipcode

Phone

Email

Profession

Please mail with your course payment to:

New Directions in Manual Therapy
3126 NE 7th Avenue
Portland, OR 97212