

Course Curriculum:

OMT to Relieve Myofascial Strains

This course will focus on utilizing the Still Technique and Strain-Counterstrain as an indirect myofascial release technique to relieve common myofascial strains throughout the different regions of the body.

8 hour course:

- I. SubOccipital Area / Upper Cervical Complex
 - A. Review of Upper Cervical Complex functional motion 10-15 mins
 - B. OMT hands on for Still Technique and Counterstrain 35-40mins
 - C. Break 5-10 mins.
- II. Lower Cervical Complex
 - A. Review of functional motion 10-15 mins
 - B. OMT hands on for Still Technique and Counterstrain 35-40 mins
 - C. Break 5-10 min
- III. Thoracic Inlet:
 - A. Review of functional anatomy/somatic dysfunctions thoracic inlet 10-15 mins
 - B. OMT hands on for Still Technique and Counterstrain 35-40 mins
 - C. Break 5-10 mins
- IV. Still Technique for the Ribs
 - A. lecture on use of Still Technique for rib dysfunction 10-15 min
 - B. OMT hands on Still Technique for rib dysfunctions 35-40 mins
 - C. Break 5-10 mins
- V. Still Technique for the Thoracic Spine
 - A. Review of Thoracic Spine functional motion 10-15 mins
 - B. OMT Hands on using Still Technique in Thoracic Spine 35-40 mins

C. Break	5-10 mins
VI. Relieving Myofascial Strains in Upper Thoracic Region	
A. lecture/discussion on common upper thoracic strains	10-15 mins
B. OMT Hands on treatment of upper thoracic strains	35-40 mins
C. Break 5 mins	5 mins
VII. Still Technique for the Lumbar Spine	
A. Review of Lumbar Spine functional motion	10-15 mins
B. OMT Hands on using Still Technique in Lumbar Spine	30-40 mins
C. Break	5 mins
VIII. Relieving Myofascial Strains in Lumber Region	
A. Lecture/Discussion of common lumbar strains	10-15 mins
B. OMT Hands on treatment of lumbar strains	30-40 mins
C. Break	5-10 mins