

# THE FASCIA, ITS STRUCTURE AND FUNCTION RESOLVING FASCIAL DYSFUNCTION IN THE SPINE

## **What are the Course objectives:**

Participants will learn to assess the alignment & movement of the spine in standing, sitting & the movements of forward bending & rotation.

Participants will form a clinical hypothesis by correcting the structures found to be in non-optimal alignment & assessing the impact of this correction on the whole body.

Participants will learn to palpation & treat soft tissue structures in the Spine & use these findings to refine the clinical hypothesis

Participants will re- assess the movement screen to determine if there has been a change in alignment, movement or patient experience & use this reassessment to further guide the reasoning process

## **What are the course specific outcomes:**

Participants will learn to assess, **in standing**, alignment of:

### **The Pelvis**

Transverse plane rotation, Intra-pelvic torsion, Sway, Centre of mass over base of support.

### **The Thorax**

Tilt, Rotation, Intra-Thoracic Torsion

### **The Head**

Tilt, Rotation.

Participants will learn to assess, **in sitting**, alignment of

### **The Pelvis**

Intra Pelvic Torsion, Transverse Plane Rotation, Anterior or Posterior tilt.

### **The Thorax**

Tilt, Rotation

### **The Head**

Tilt, Rotation

Participants will perform a movement screening of a Forward bend task with attention of the biomechanics of the Hip joints, Pelvis, Lumbar spine, Thorax, Neck & Head. They will then repeat this screen with seated rotation.

Participants will learn to asses the impact of an alignment correction on the tasks of forward bending and twisting (seated rotation).

Participants will learn to form a clinical hypothesis to determine the best place to focus Myofascial treatment techniques based on the findings of position, movement & correction.

Participants will learn Myofascial treatment techniques to address structures including but not limited to:

The Thoraco-Lumbar fascia, including lateral Raphe,

Mesentery roots,

Iliacus,

Lumbar, Thoracic and Cervical Erector Spinae group (Iliocostalis, Longissimus, Spinalis),

Intercostals, Lateral abdominal wall,

Splenius, Sub Occipitals.

Participants will Re- assess the forward bend and seated rotation task to determine a change in alignment, movement or patient experience.