



## **CPE WORKSHOPS FOR TACTILE THERAPISTS**

### **Introduction**

Body therapy involves an intricate understanding of the bio-mechanical aspects of humans. This involves the ability to assess the performance of the tissues that make up our mechanical parts. Despite this we find a society that has created fragmented body therapists. Soft tissue therapists such as Massage, Bowen, Myofascial and Shiatsu therapists only examine and treat the soft tissue. They have little understanding of the bone and joint positions. On the other hand there are bone centred therapists such as Chiropractors and Osteopaths who have an incorrect view of soft tissues and its place in bio-mechanics. This current fragmented views of body structure has created deficiencies in the treatment being offered resulting in unsatisfying results. The practitioner of the future will integrate all of the relevant tissues of the body together to achieve more optimal results. These series of Musculoskeletal type workshops is designed to go a long way to achieve this goal. As some of the early workshops are based on Bowen therapy techniques those of you that have obtained qualifications in this modality will receive some discounts, although they will still learn a new approach to their work. All therapists will receive CPE recognition for the workshops and may receive some recognition for prior learning towards a Bowen Diploma if you have completed the series.

### **WORKSHOP UNITS AT THE BASIC LEVEL**

These following 3 introductory units lay the foundation for our integrated system, nevertheless they are designed to arm the student with all of the main techniques required to treat a wide range of spinal and extremity conditions using the diagnostic skills of Musculoskeletal Therapy (MST). The units consist of assessments such as ROM tests, selected orthopaedic tests, skeletal palpation, lymph pooling observations, the palpation of muscle lesions and obvious postural evaluations. The treatment skills centre mainly on the Bowen cross fibre method, although where required other techniques may be employed.

## MODULE 1

### Name: AXIAL IMBALANCES AND CORRECTIONS

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of various spinal areas of the body. These include coccyx, sacrum, lumbar, thoracic and cervical spinal segments as well as ribs.

### SKILLS LEARNED

General knowledge	Practical anatomy	Techniques	Application
History, philosophy and principles of Bowen therapy and MST	The axial sections of the body	Assessment of spinal problems including lymph pooling, soft tissue lesions and ROM tests.	Treatment of various spinal conditions using primarily cross fibre techniques.

**Duration:** 2 days from 9am – 6pm (16 hours)

**COST \$400 \***

#### \*Discounts

- 1 If you intend to attend 3 or more of our yearly workshops (We normally run 4 workshops per year) then you can claim 20% discount to be given on the 3<sup>rd</sup> or 4<sup>th</sup> workshop attended.
- 2 If you have completed this or any other one of the modules previously then you may attend the module again for half the cost.

## MODULE 2

### Name: APPENDICULAR IMBALANCES AND CORRECTIONS

**DESCRIPTOR:** This is designed to train people in the assessment and treatment of all of the conditions that can affect the limbs including sporting injuries.

#### SKILLS LEARNED

General knowledge	Practical assessments	Techniques	Application
The anatomy of the appendages including nerves bone landmarks, joints and soft tissues.	Assessment techniques including lymph pooling, manual resistive and ROM tests, palpation and selective orthopaedic tests.	Treatment methods such as cross fibre or other methods appropriate to the problem.	A wide range of various appendicular disorders are used to demonstrate the various techniques learned

**Skill refining** of module 1 – 4 hours

**Duration:** 2 days (14 hours)

#### Cost

**Skill refining - \$40**

**Workshop - \$360**

**Total \$400\***

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- 2 If you have completed this or any other one of modules previously then you may attend the module again for half the cost.

## MODULE 3

**Name: HEAD, THORAX and SELECTED ORGANS**

**DESCRIPTOR:** This is designed to cover the assessment of the mechanics of the jaw, respiratory system and diaphragm, bladder and kidneys.

### SKILLS LEARNED

General knowledge	Assessment	Techniques	Application
The anatomy and mechanics of the TMJ, diaphragm and bladder and kidneys	General techniques	Treatment methods appropriate to the problem.	A range of various disorders are used to demonstrate the various techniques learned
<b>Skill refining 4 hours</b> Duration: 1 day from 9am – 6pm (8 hours)			
<b>Cost</b> Skill refining - \$40 Workshop \$200 Total \$240*			

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## INTERMEDIATE LEVEL

### Introduction

These 4 workshops train the student in special skills designed to create a broader and deeper level of assessment with added specialisation of many sections of the body.

### MODULE 4

<b>Name: FUNCTIONAL ASSESSMENT</b>		
<b>DESCRIPTOR:</b> This covers a whole range of different assessment techniques designed to test the function of muscles, nerves, joints and other structures that are involved in the body mechanics.		
<b>SKILLS LEARNED</b>		
<b>Practical anatomy</b>	<b>Techniques</b>	<b>Application</b>
Develop the knowledge of finding specific muscles including origin and insertion. Pain patterns of trigger points	Muscle testing both firm and light. Selected orthopaedic tests. Contraction and length muscle tests	Use muscle testing on a wide range of muscles to detect any intrinsic or extrinsic causes of muscle dysfunction.
<b>Duration: 2 days (14 hours)</b>		
<b>Cost \$360*</b>		

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- 2 If you have completed this or any other one of modules previously then you may attend the module again for half the cost.

## MODULE 5

<b>Name: PELVIC CORRECTIONS</b>			
<b>DESCRIPTOR:</b> The assessment and treatment of pelvic girdle abnormalities. This includes the sacrum/diaphragm/psoas, the innominate, Quadratus lumborum & hip flexors.			
<b>SKILLS LEARNED</b>			
<b>Practical anatomy</b>	<b>Assessment</b>	<b>Techniques</b>	<b>Application</b>
The development of bio-mechanical knowledge of various joints and associated structures in the pelvis.	The assessment of pelvic girdle disorders	The treatment procedures required to correct pelvic girdle problems including therapeutic movements and lifestyle changes	Working on various people with all types of pelvic structures.
<b>Skill refining: 4 hours</b> <b>Duration: 14 hours</b>			
<b>Cost</b> <b>Skill refining - \$40</b> <b>Workshop - \$360</b> <b>Total - \$400*</b>			

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## MODULE 6

Name: POSTURAL DISTORTIONS AND CORRECTIONS			
<p><b>DESCRIPTOR:</b> This approaches posture as a key element in unlocking the causes of many mechanical disorders and shows corrections from manual techniques, prescribed exercises and lifestyle changes</p>			
SKILLS LEARNED			
Practical anatomy	Assessment	Techniques	Application
The development of bio-mechanical knowledge of various joints and associated structures	The assessment of various postural types including hyper and hypo lordosis, Kyphosis, dowagers hump, pelvic rotations and limb abnormalities.	The treatment procedures required to correct the above disorders including therapeutic movements and lifestyle changes	Working on various examples of postural abnormalities.
<p><b>Skill refining:</b> 4 hours  <b>Duration:</b> 14 hours</p>			
<p><b>Cost</b>            Skill refining \$40            Workshop \$360            Total \$400*</p>			

### \*Discounts

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- 2 If you have completed this or any other one of modules previously then you may attend the module again for half the cost.

## MODULE 7

Name: FOOT CORRECTIONS			
<b>DESCRIPTOR:</b> The assessment and treatment of foot abnormalities. Based on Harvey Lampbell's work (American podiatrist)			
SKILLS LEARNED			
Practical anatomy	Assessment	Techniques	Application
The development of bio-mechanical knowledge of various joints and associated structures in the feet.	The assessment of over pronation and other foot abnormalities	The treatment procedures required to correct foot problems including therapeutic movements and lifestyle changes	Working on various people with all types of foot structures.
<b>Skill refining:</b> 4 hours <b>Workshop:</b> 14 hours			
<b>Cost</b> <b>Skill refining</b> \$40 <b>Workshop</b> \$360 <b>Total</b> \$400*			

### \*Discounts

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