

The Bow and the Bowstring: from Postural Imbalance to Chronic Pain

September 8-10, 2017, Indianapolis, IN.

24 hours CME anticipated.



Based on A.T. Still's reference to the archery bow and its string, this course will introduce diagnosis and treatment of the mechanical midline and its structures. Although other courses have addressed the embryological, vascular and neurological midline, we will explore the physical structures that make up the midline, how to assess them for dysfunction and how, in what order, and when to treat them.

What do a tight linea alba, tongue tie, anosmia, recurrent knee pain, plantar fasciitis, and a chronically flexed vertebra all have in common? They can all occur from restricted midline structures. If your patients have pain, postural, hormone or growth issues or they are returning for the same complaint over and over - A.T. Still would suggest that we need to look at the Bow or the String for the possible cause. Abnormal tensions in these midline relationships can be the cause of chronic conditions that are difficult to treat otherwise.

The course will begin by exploring 3-D palpation to obtain a better sense of how tissues are supposed to move together. Analysis of 3-D palpation will uncover structural relationships between tissues and how they feel under the hands. This will guide us into diagnosis of the midline structural restrictions. As we explore the body's regions and their structures, we will learn to feel the sequence or hierarchy of the structures and the restrictions they cause. Rational treatment of the restrictions and the impact on the body when freedom returns will then be examined.

Who can attend: DO, MD, Dentist or their students. No other prerequisites.

Who should take this course?

Anyone who desires a deeper understanding of 3-dimensional palpation of anatomical relationships and how physical midline structures can influence or hinder health.

Outline:

Day 1 (Morning Session)

8:00 a.m. - Introductions

8:15 a.m. - History

8:30 a.m. - Palpation Overview

8:45 a.m. - 3-D Palpation Basics

9:00 a.m. - The Forward Arc (Bow) and what it reveals

10:25 a.m. - Break

10:35 a.m. - The Backward Arc (Bowstring) and what it reveals

Noon - 1:00 p.m. – Lunch

Day 1 (Afternoon Session)

Anterior rib cage structures (sternum, sternabrae, manubrium, gladiolis, xyphoid, transversus thoracis, clavicular ligaments, intraosseous strains, embryological strains, surgical scars)

1:00 p.m. - Lecture

2:00 p.m. - Palpation Lab

2:45 p.m. - Break

Posterior rib cage structures (supraspinous ligament, interspinous ligament, intertransverse ligaments, posterior longitudinal ligament, anterior longitudinal ligament, dura mater, ribs (and their ligaments), facet pair restrictions, organ restrictions, surgical scars, tattoos)

3:00 p.m. - Lecture

4:00 p.m. - Palpation Lab

4:45 p.m. - Review

5:00 p.m. - Adjourn

Day 2 (Morning Session)

Anterior abdomen/pelvis structures (organ restriction, linea alba, abdominal musculature, symphysis pubis, pelvic floor musculature, intraosseous strains, surgical scars)

8:00 a.m. - Lecture

9:00 a.m. - Palpation Lab

9:45 a.m. - Break

Posterior lumbar spine/pelvis structures (supraspinous ligament, interspinous ligament, intertransverse ligaments, posterior longitudinal ligament, anterior longitudinal ligament, dura mater, facet pair restrictions, organ restrictions, anterior sacral ligaments, posterior sacral ligaments, sacrum, sacrae, coccyx, intraosseous strains, embryologic strains, surgical scars, tattoos)

10:00 a.m. - Lecture

11:00 am - Palpation Lab

Noon - 1:00 p.m. - Lunch

Day 2 (Afternoon Session)

Anterior cervical structures (trachea, esophagus, Sibson's fascia, platysma, strap muscles, hyoid, scalenes, tongue, organ restrictions, surgical scars, tattoos)

1:00 p.m. - Lecture

2:00 p.m. - Palpation Lab

2:45 p.m. - Break

Posterior cervical structures (supraspinous ligament, interspinous ligament, ligamentous nuchae, intertransverse ligaments, posterior longitudinal ligament, anterior longitudinal ligament, dura mater, facet pair restrictions, organ restrictions, surgical scars, tattoos)

3:00 p.m. - Lecture

4:00 p.m. - Palpation Lab

4:45 p.m. - Review

5:00 p.m. - Adjourn

Day 3 (Morning Session)

Cranial structures (falx, tentorium, symphysis menti, intermaxillary suture, interpalatine suture, vomer, internasal suture, nasal cartilage, ethmoid, metopic suture, sagittal suture, inca bone, diaphragma sella, midline-crossing dental appliances, midline-crossing surgical structures)

8:00 a.m. - Lecture

10:00 a.m. - Break
10:15 a.m. - Palpation Lab

Noon - 1:00 p.m. - Lunch

Day 3 (Afternoon Session)

The Extremities (intraosseous strains, gastrocnemius, soleus, knee, elbow, interosseous membrane restrictions, tibia/fibula shears, radius/ulna shears, wrist bones, ankle bones, the arch of the hand/metacarpals, the transverse arch of the foot/metatarsals, plantar fasciitis)

1:00 p.m. - Lecture
3:00 p.m. - Palpation Lab
4:30 p.m. - Review
5:00 p.m. - Adjourn

Faculty:

Charles Beck, DO, FAAO (Course director)
Scott Nall, DO
Thurman Alvey, DO, FAOASM

Fee:

\$900 Member
\$950 Non-Member

Hosted by the Indiana Academy of Osteopathy and co-sponsored by the American Academy of Osteopathy.

Dates:

Friday, September 8 through Sunday, September 10, 2017

Location:

Indianapolis, IN