



School of  
Structural  
Therapy

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## CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

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**Course Name:** Cranial Techniques & Applications

**Course Date:** February 22<sup>nd</sup>, 2020

**Course Time:** 8:30am – 5:30pm

**Instructor:** Mohit Khosla, M.OMSc., (cert.)OOA

This course teaches cranial manipulative technique applications combining elements of cranial work following the models of Dr.'s Sutherland, Upledger, and Littlejohn.

8:30-9:00	30 min	registration & introductions
9:00-9:05	5 min	history and origin of Sutherland & Upledger cranial models
9:05-9:10	5 min	description of fluid-based and mechanical-based cranial models
9:10-9:15	5 min	defining concepts of motion
9:15-9:20	5 min	importance of cerebrospinal fluid
9:20-9:25	5 min	meningeal layers of the brain
9:25-9:30	5 min	flow of cerebrospinal fluid through the ventricular system
9:30-9:35	5 min	arterial and venous systems of the cranium
9:35-9:40	5 min	cranial bone anatomy
9:40-9:45	5 min	factors contributing to cranial dysfunctions
9:45-9:50	5 min	goals of cranial treatment
9:50-10:00	10 min	indications/contra-indications to cranial
10:00-10:15	15 min	BREAK
10:15-12:15	120 min	demo cranial motion potentials and axes of movement: flexion-extension, external rotation-internal rotation; in partners, therapists to palpate cranial rhythm & motion-test as per demo
12:15-1:15	60 min	LUNCH BREAK

1:15-1:30	15 min	summary of lecture material presented from 9:00 - 10:00
1:30-1:45	15 min	question period
1:45-3:45	120 min	demonstration of general treatment routine: occipito-atlantal decompression, dural sinus drainage, frontal/nasal decompression, frontal lift, parietal lift, temporalwobble, CV-4 technique, facial drainage sweep - therapists practice techniques on one another
3:45-4:00	15 min	BREAK
4:00-5:00	60 min	review of entire day and opportunity for questions
5:00-5:30	30 min	closing remarks

### *Learning Outcomes*

1. How to accurately identify barriers, restrictions, and abnormal motions throughout the cranium
2. How to determine the significant relationships of altered movements of the cranium and their impact on the body

### *Teaching Strategies*

1. A professor centered model focusing on direct transmission of information using audiovisual aids ie. powerpoint, instructional videos, and anatomical models
2. Cognitive strategies as a means to enhance learning and to assist therapists in the interpretation and processing of instructional material
3. Reciprocal teaching and questioning techniques
  - knowledge questions requiring therapists to recall lecture material
  - comprehension questions requiring therapists to organize lecture material and rephrase
  - application questions requiring therapists to use lecture material to solve a clinical problem

## REFERENCES

- Netter, F.H. (1997). *Atlas of Human Anatomy* (2<sup>nd</sup> ed.). New Jersey, NY: Novartis.
- Nicholas, A.S., & Nicholas, E.A. (2008). *Atlas of Osteopathic Techniques*. Baltimore, MD: Lippincott Williams & Wilkins.
- Savarese, R.G. (1998). *A Comprehensive Review in Osteopathic Medicine* (3<sup>rd</sup> ed.). New Jersey, NY.