



CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

Course Name: Advanced Cranial Techniques & Applications

Course Date: February 23rd, 2020

Course Time: 8:30am – 5:30pm

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

This course teaches advanced 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	review of cranial history and origin
9:05-9:10	5 min	review motions of the cranial vault
9:10-9:15	5 min	introducing the sphenobasilar articulation
9:15-9:20	5 min	discussion of cranial flexion & extension of the sphenoid bone
9:20-9:25	5 min	learning the dynamic motion potentials available at the sphenobasilar articulation
9:25-9:45	20 min	demo sphenobasilar dysfunctions: sidebending and rotation, torsions, lateral strains, superior and inferior vertical strains/shears, compression
9:45-9:50	5 min	understanding fluid dynamics with respect to cranial supply & drainage
9:50-10:00	10 min	role and importance of thoracic apertures and its boundaries: structures passing through the superior thoracic aperture, also known as the thoracic inlet/outlet
10:00-10:15	15 min	BREAK
10:15-10:25	10 min	demo and practice of the superior thoracic aperture release
10:25-10:35	10 min	discussion, demo and practice of the fronto-occipital hold
10:35-10:45	10 min	discussion, demo and practice of occipital condyle decompression
10:45-10:55	10 min	discussion, demo and practice of occipitoatlantal decompression
10:55-11:05	10 min	discussion, demo and practice of unilateral temporal rocking

11:05-12:15	70 min	achieving balanced membranous tension through: exaggeration, direct action, disengagement. - demo of dynamic cranial assessment and treatment followed by therapists' hands-on training and practice
12:15-1:15	60 min	LUNCH BREAK
1:15-1:45	30 min	cranial lymphatic techniques demo and practice: direction of fluid technique, alternating nasal pressure technique, trigeminal stimulation technique, submandibular release
1:45-3:45	120 min	sample treatment algorithm demo and practice; using a cranial flow chart to determine rational treatment
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* (2nd 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* (3rd ed.). New Jersey, NY.