



CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

Course Name: Scapulothoracic Soft Tissue Techniques

Course Date: March 7th, 2020

Course Time: 8:30am – 5:30pm

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

This course introduces new concepts related to the assessment of scapulothoracic dysfunction and integrative treatment approaches based on structural findings.

8:30-9:00	30 min	registration & introductions
9:00-9:10	10 min	assessing thoracic spine through sagittal plane-transverse axis, frontal plane-AP axis, and transverse plane-vertical axis motion potentials
9:10-9:20	10 min	thoracic spine highlights: rule of 3's
9:20-9:30	10 min	summary of 'normal' t-spine coupled motion: comparison of Type I vs. Type II Fryette mechanics
9:30-9:40	10 min	compression vs. tension in the t-spine
9:40-9:50	10 min	Wolff's law and bone remodeling - its impact on the t-spine
9:50-10:00	10 min	assessing the ARTs: asymmetries, restrictions, and tissue texture changes in the t-spine
10:00-10:10	10 min	T1-12 anterior-posterior and lateral curve assessment
10:10-10:25	15 min	BREAK
10:25-10:55	30 min	structural and respiratory models of rib assessment, and rib springing technique applications (seated, supine and prone)
10:55-11:25	30 min	prone short lever thoracic myofascial and myoarticular techniques: treatment methodology using respiratory assistance
11:25-11:55	30 min	strain-counterstrain / positional release techniques applied to the upper-to-mid t-spine (short- and long lever approaches)
11:55-12:15	20 min	morning review
12:15-1:15	60 min	LUNCH BREAK

1:15-3:45	150 min	thoracic spine sample assessment-treatment algorithm: short- and long lever approaches in seated, prone and lateral recumbent combining elements of myofascial release, muscle energy, strain-counterstrain, and positional release
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 related to scapulothoracic dysfunction
2. How to determine the significant relationships of altered movements 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.