



School of  
Structural  
Therapy

---

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

---

**Course Name:** Upper & Lower Extremity Soft Tissue Techniques

**Course Date:** March 8<sup>th</sup>, 2020

**Course Time:** 8:30am – 5:30pm

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

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

8:30-9:00	30 min	registration & introductions
9:00-9:10	10 min	assessing rotator cuff dysfunction: direct and indirect treatment approaches
9:10-9:20	10 min	balanced ligamentous tension techniques for glenohumeral joint dysfunction
9:20-9:30	10 min	Spencer technique for the shoulder girdle
9:30-9:40	10 min	Spencer technique for the hip joint
9:40-9:50	10 min	elevated distal clavicle: assessment and treatment
9:50-10:00	10 min	elevated proximal clavicle: assessment and treatment
10:00-10:10	10 min	anterior / posterior radial head assessment and treatment
10:10-10:25	15 min	BREAK
10:25-10:55	30 min	soft tissue assessment of the forearm: demo myofascial release of pronators/supinators, flexors/extensors, interosseous membrane
10:55-11:25	30 min	articular assessment of the wrist: demo traction-decompression of carpal bones, carpal tunnel release
11:25-11:55	30 min	balanced ligamentous tension techniques for tibiofemoral joint dysfunction
11:55-12:05	10 min	anterior / posterior fibular head assessment and treatment
12:05-12:15	10 min	morning review
12:15-1:15	60 min	LUNCH BREAK

1:15-2:30	75 min	upper extremity sample assessment-treatment algorithm: short lever approaches combining elements of myofascial release, muscle energy, strain-counterstrain, and positional release
2:30-3:45	75 min	lower extremity sample assessment-treatment algorithm: short lever approaches 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 in peripheral joints of the upper and lower extremity
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* (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.