

FCS MS1- Musculoskeletal, Part 1

Prerequisite: SCS I, II or any FCS Class

MS1 explores specific aspects of musculoskeletal dysfunction including “Myo-chains” and spinal ligament dysfunctions. Myo-chains are strings of muscular tender points which connect the trunk to the distal extremities. They are responsible for postural deformities, trunk / extremity pain syndromes, and are one of the most common dysfunctions seen in athletes. Fascial Counterstrain for spinal ligaments will teach you how to release tension in the Anterior / Posterior Longitudinal ligaments and the Ligamentum Flavum at all spinal levels. All three treatments will decompress dysfunctional spinal segments, improving symptoms related to pathologies such as Lumbar spinal stenosis, and disc herniation. More recently, it was discovered that treatment of Ligamentum Flavum (LF) dysfunction corrects capsulitis throughout the body. This includes capsulitis of the TMJ, shoulder, hip, knee, elbow, hands and feet. Each LF generated capsulitis, is spinal segment specific and students will learn 24 different capsulitis techniques in the LF section alone. These LF techniques also markedly reduce the symptoms and disability associated with osteoarthritis of the involved joints.

Outline:

- *Physiological basis of MS Counterstrain*
- *Anatomy & Physiology of the myo-fascia*
- *Anatomy and physiology of spinal ligaments*
- *Gain proficiency in the MS cranial scan*
- *Gain proficiency in the treatment of myo-chains, Spinal ligaments and associated capsulitis*

Goals/Objectives:

- *Improve your understanding of MS anatomy as it relates to chronic pain syndromes*
- *Learn to recognize the signs and symptoms of MS dysfunction in the body*
- *Learn to properly diagnose and correct MS dysfunction in the spine and extremities*

Course Schedule:

Day One:		Day Two:		Day Three:	
8:00 - 8:30	Registration	8:00 - 10:00	Ligamentum Flavum / Capsulitis, Lab 3	8:30 - 10:30	Axillary Myo-chains, Lab 2
8:30 - 10:00	Opening Lecture	10:00 - 10:15	Break		
10:00 - 10:15	Break	10:15 - 12:00	Upper Extremity Myo-chains	10:30 - 12:15	Posterior Longitudinal Ligament Lab
10:15 - 12:00	Surface Anatomy & Cranial Scan Lab	12:00 - 1:00	Lunch	12:15 - 12:30	Break
12:00 - 1:00	Lunch	1:00 - 3:00	Thoracic and LE Myo-chains		
1:30 - 3:15	Ligamentum Flavum / Capsulitis, Lab 1	3:00 - 3:15	Break	12:30 - 2:15	Anterior Longitudinal Ligament Lab
3:15 - 3:30	Break				
3:30 - 5:00	Ligamentum Flavum / Capsulitis, Lab 2	3:15 - 5:00	Axillary Line Myo-chains, Lab 1	2:15 - 3:00	Review with 3D model, Wind Down