

FCS VC - for the Viscera

FCS VC participants will learn approximately 65, newly developed techniques that alleviate abnormal soft tissue tension in the peritoneal cavity, pelvic cavity, thorax, visceral vascular system and associated fascia. These techniques will address viscerospasm, and hypertonicity of the visceral ligaments and vasculature which are responsible for many common complaints such as cervical pain, lumbar pain, sciatica, medio-scapular pain, and irritable bowel syndrome, gerd and more. Newly published research regarding the sensory and contractile properties of fascia and fascial proprioceptors will be reviewed as a physiological rationale.

Prerequisite: SCS I, II or FCS FI

Outline:

- *Origin of Visceral SCS*
- *Overview of Visceral Anatomy*
- *Research regarding the sensory and contractile properties of fascia*
- *Clinical Applications of Visceral SCS*
- *SCS techniques for the pleural dome, thoracic viscera, upper abdominal viscera, lower abdominal viscera, pelvic viscera, and associated fascial tissues.*

Goals/Objectives:

- *Improve knowledge of visceral anatomy*
- *Improve knowledge of the visceral vascular system*
- *Learn to recognize visceral dysfunction in the body*
- *Gain proficiency in the treatment of visceral dysfunction utilizing newly developed Strain and Counterstrain techniques*

Course Schedule:

Day One:		Day Two:		Day Three:	
8:00 - 10:00	Registration & Intro / Physiological Basis of Visceral SCS	8:00 - 10:00	Cardiopulmonary Lab part 2	8:00 - 10:00	Quick Review / Demonstration of day 1& 2 labs
10:00 - 10:15	Break	10:00 - 10:15	Break	10:00 - 11:30	Urogenital system
10:15 - 12:00	Clinical Applications of Visceral SCS / Anatomy Overview	10:15 - 12:30	Upper Abdominal Dysfunction	11:30 - 12:30	Abdominal sphincters and valves
12:00 - 1:00	Lunch	12:30 - 1:30	Lunch	12:30 - 12:45	Break
1:00 - 2:45	Surface Anatomy /Cranial scan Lab	1:30 - 3:00	Mid-Abdominal Dysfunction	12:45 - 2:15	Abdominal sphincters and valves
2:45 - 3:00	Break	3:00 - 3:15	Break	2:15 - 3:00	Wind Down Lecture
3:00 - 5:00	Cardiopulmonary Lab part 1	3:15 - 5:00	Lower Abdominal Dysfunction		