



**Jones Certified (JSCC)
Practitioners Only!**

Jones Certified Practitioners will have pre-registration advantage until Sunday, November 20th. You may use the form to pre-register for up to two courses advertised in this Newsletter.

HOW TO PRE-REGISTER:

- 1) Print the [JSCC Form](#).
- 2) Complete the form, including payment information. (One form per person.)
- 3) Fax it to the number on the form or send it in an email to info@jiscs.com.

Read the form carefully for details regarding this offer.

**Thank you for being a Jones
Strain Counterstrain Certified
Practitioner!!!**

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**Tuition Increases in 2017
ALL courses are:**

\$695 early bird
(30-Days prior to course)

\$745 regular tuition

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**Courses will be posted
and
REGISTRATION
BEGINS**

**Monday, November 21
at 9:00am (PST)**

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Important Things to Know...

(click to view)

- [Jones Discounts Offered](#)
- [Tuition & Registration Basics](#)
- [Waiting Lists - FAQ](#)
- [Fees & Cancellation Policy](#)
- [Print A Receipt Anytime](#)

Announcing:

**Fascial Counterstrain
for the
Musculoskeletal System, Part 1**

The Jones Institute would like to announce the latest class to be released in the Fascial Counterstrain Curriculum, *FCS for the Musculoskeletal System, Part 1 (FCS MS1)*. This powerful, long awaited class, will be presented in multiple locations starting in 2017.

Class Description

As most of you have already surmised by the title, the musculoskeletal system turned out to be so extensive that it will require two twenty hour classes to adequately teach and absorb the information. MS1 will consist of “myo-chains” and spinal ligaments whereas MS2 will instruct students in the treatment of upper / lower extremity tendons and intermuscular septums.

“Myo-chains”

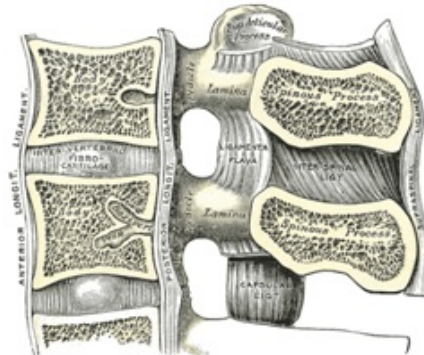
Many of you are familiar with the work of Thomas Myers the author of Anatomy Trains. For those who are not, Mr. Myers performed ground breaking anatomical dissections in the late 1990’s that demonstrated that skeletal muscles do not exist in isolation but anatomically are attached in chains or “trains.” For example, he demonstrated that the plantar / calf fascia is continuous with the hamstring fascia which then connects to the sacro-tuberous ligament, extends through the erector spinae and eventually anchors into the epicranial fascia of the scalp. Yes, the plantar fascia is directly attached to the cranium so strongly that you can play “tug of war” with it.

The reason this pertains to us as Fascial Counterstrainers, is that over the past three years I have mapped out releases for every existing Anatomy Train as well as many other “myochains” (as I call them) that are not documented in Mr. Myers’s texts. These myochains, which contain several tender points each, release entirely in under 45 seconds. As you can imagine, they are responsible for a myriad of musculoskeletal pain complaints, postural asymmetries and are probably the most important system for anyone who treats athletes / sports medicine patients.

Spinal Ligaments

The treatment of spinal ligaments is an exciting and extremely useful addition to the Fascial Counterstrain armamentarium. With these techniques, we can actually “decompress” the spinal segment including facet joints, spinal nerve roots and discs. Needless to say, this is invaluable when treating patients with spinal pathologies but can also have other surprising, “crazy powerful,” effects (see Ligamentum Flavum.

This information may also be found on the homepage of the website in the box titled "Quick Links & Information"



Course Schedule

2017

CLASSIC (SCS) Courses:

SCS I for the Spine:

Mar 31-Apr 2	Portland, OR
Apr 6-9 (Ski)	Jackson Hole, WY
Apr 28-30	San Diego, CA
May 5-7	Little Rock, AR
May 5-7	Chicago, IL
Jul 14-16	Richland, WA
Jul 21-23	Burien, WA
Sep 15-17	Somerville, NJ
Sep 22-24	Green Bay, WI
Sep 29-Oct 1	Maine (TBA)

Pre-Requisite: None

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SCS II for the Extremities:

Apr 7-9	Dayton, OH
May 19-21	Univ. Park, PA
Jul 28-30	Missoula, MT
Aug 25-27	San Mateo, CA
Sep 15-17	Crossville, TN
Sep 22-24	Everett, WA
Oct 13-15	Spokane, WA

Pre-Requisite: None

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SCS III-Cranial & Adv'd Techniques: (TBA)

Pre-Requisite: SCS I, II, PP or UQ
(any one of)

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SCS IV-Facilitated SCS with Review:

Aug 4-6 Reno, NV

Pre-Requisite: SCS I, II, and III

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FASCIAL (FCS) Courses:

FCS FI-Fascial Introduction:

Mar 24-26	Madison, WI
Apr 7-9	Anchorage, AK
May 5-7	Puyallup, WA
Jun 2-4	Somerville, NJ
Jun 9-11	Miami, FL
Jun 23-25	Phoenix, AZ
Oct 13-15	Wash DC/Ashburn

Pre-Requisite: None

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FCS VC for the Viscera:

Feb 24-26	Portland, OR
Jul 14-16	Chicago, IL

Anterior Longitudinal Ligaments

The anterior longitudinal ligament, like all ligaments, can be released. The beauty of releasing this particular ligament is two-fold:

1. Instant reduction in spinal flexion or Kyphosis and all the associated pain complaints.
2. Instant correction of spinal flexion deformities that can CAUSE disc herniation. Release of this dysfunction will instantly reduce disc herniation and improve straight leg raises that are the pathological, discogenic, variety.

Posterior Longitudinal Ligaments

The posterior longitudinal ligaments are responsible for extended spinal segments which cause limitations in flexion mobility throughout the spine. Local, chronic, spinal pain is experienced and the involved motion segments are compressed causing facet inflammation and foraminal stenosis (nerve root irritation)

Ligamentum Flavum

The Ligamentum Flavum (LF) is a posterior elastic ligament that extends from C2 to the sacrum. Diagnostic imaging proves that this ligament can thicken and cause LSS (lumbar spinal stenosis.) This "thickening" which is identifiable on MRI appears to be contraction of the LF which can be instantly reduced with Counterstrain. Obviously this technique is a must have for anyone who treats the elderly who are frequently disabled by LSS.

The "crazy powerful" discovery I mentioned earlier was that LF related LSS is actually the CAUSE of capsulitis – all over the body. Yes, all capsulitis / osteoarthritic joints are due, at least in part, to segmental specific, Ligamentum Flavum dysfunction. For example, the most common arthritis of the upper extremity, osteoarthritis of the first carpometacarpal joint, is due to LF dysfunction of the T4 segment (see below.) In MS1 you will learn how to unlock capsulitis at every level from C2 (TMJ capsulitis) to S2 (capsulitis of the first ray of the foot.)

The treatment of spinal ligaments is an exciting and extremely useful addition to the Fascial Counterstrain armamentarium. With these techniques, we can actually "decompress" the spinal segment including facet joints, spinal nerve roots and discs. Needless to say, this is invaluable when treating patients with spinal pathologies but can also have other surprising, "crazy powerful," effects (see Ligamentum Flavum.

Oct 13-15 Columbia, MO

Pre-Requisite: I, II or FI

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FCS LV for the Lymphatic-Venous:

- Jul 21-23 Denver, CO
- Oct 20-22 Puyallup, WA
- Oct 27-29 Baltimore, MD

Pre-Requisite: I, II or FI

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FCS AR-Arterial System:

- Apr 21-23 Stockton, CA
- May 19-21 Wash

DC/Annandale

- Oct 27-29 St. Paul, MN

Pre-Requisite: I, II or FI

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FCS N1-Nervous System, Part 1:

- Mar 17-19 Richland, WA
- Jul 14-16 Green Bay, WI
- Oct 6-8 St. Helena, CA

Pre-Requisite: I, II or FI

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FCS N2-Nervous System, Part 2:


- Apr 28-30 Charlottesville, VA
- Sep 15-17 Portland, OR
- Nov 3-5 Milwaukee, WI

Pre-Requisite: N1


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Ligamentum Flavum at T4 (1st CMC joint) LFT4-MS

- Tender Point #1:** Located over the medial aspect of the lamina of T4. Approach TP at a 45 degree angle, medial to (under) the paravertebral mass
- Tender Point #2:** Located over the dorsal, medial base of the 1st metacarpal bone. Palpate from medial to lateral onto the inferior, medial "corner" of the metacarpal base
- Treatment:** Patient supine, therapist contacts the posterior scapula / shoulder
- Thoracic:** Extension, side bend toward and rotation away from the tender point side via scapular protraction and slight medial compression



Ligamentum Flavum at T4, Tender Points



FCS MS1-Muskuloskeletal, Part 1:

- Jul 28-30 San Diego, CA
- Sep 29-Oct 1 St. Paul, MN
- Oct 6-8 Baltimore, MD
- Nov 10-12 Seattle, WA

Pre-Requisite: I, II or any FCS

This class is ideal for the seasoned FCS practitioner looking to master all fascial systems or the new FCS practitioner who wants to learn techniques that can be easily mastered and used regularly in the typical outpatient ortho and or sports medicine setting. The pre-requisite for MS1 is any prior SCS I or II or FCS course.

I can't wait to hear the success stories from around the country after these techniques are mastered and implemented.

Change lives, not just symptoms, Fascial Counterstrain.

-Brian Tuckey PT, OCS,

JSCCI



Free Poster Series Offer

Register and pay for two courses at the same time and upon completion of the the second course receive a FREE "Poster Series" as our

Thank You for attending.

A \$79.99 value.

You must register through the office to receive this offer.

This offer is not available after a registration has been made (no reversals).

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