



# **THRUST OSTEOPATHIC TECHNIQUES**

International Training Course  
Certification in Osteopathic Manual Therapy Techniques

## **COURSE PROGRAM**

**TOT – Thrust Osteopathic Techniques** is a theoretical and practical course of Manual Therapy through manipulation techniques HVLAT (High Velocity Low Amplitude Thrust), better known as Thrust. The Manipulation with HVLAT techniques consists in a fast and constrained mobilization applied to a joint segment that goes beyond the physiological joint range (Barrier), without exceeding the anatomical limit. The Thrust techniques are absolutely painless and secure, but they must be severely administered specifically in a measured and aimed way on the segment in which you want to act.

The manipulation with HVLAT Techniques, when not in contraindication, allows:

- An articular release, often responsible of sterness/stiffness and soreness/phlogosis;
- Release of endorphins, neurotransmitters produced by the pituitary gland, that have a powerful painkiller and anti-inflammatory effects;
- Pain improvement by reflex neural pathway.

The Thrusts, that are subjects of the course, are HVLAT Techniques revised &/or adapted to the daily clinical practice of the Instructors of the seminar to make them easier, outright, effective and easy learning.

### **Aims**

At the end of the course the participants will be able to:

- Locate correctly and precisely the segment/s to be treated;
- Evaluate the indications and contraindications;
- Place the patient correctly for the specific technique;
- Treat by using fast and precise osteopathic techniques;
- Perform correctly and precisely the specific the Manipulative Thrust (HVLAT – High Velocity Low Amplitude Thrust).

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**EUROPEAN ACADEMY OF OSTEOPATHY**

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<http://eaosteopathy.com> – [info@eaosteopathy.com](mailto:info@eaosteopathy.com)



## Seminar Structure

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 30% theory, by frontal learning, and 70% practice. Overall it will be taught over 30 HVLAT Techniques, from Osteopathy and Chiropractic: direct, indirect, short and long levers.

### DAY 1

#### Methods, Lumbar Spine, Hip Bone, Lower Limb

Generality about HVLAT manipulations  
Clinical and Neurophysiological aspects  
Gear of action of HVLAT manipulation  
Concept of Anatomic Barrier  
Listening and Engagement of the Anatomic Barrier  
Placing  
Tensioning  
Performing the Thrust

Trainers Demonstration  
Practical Sessions of Listening and Engagement of the Anatomic Barrier  
Practical Sessions of Tensioning

Description of the Techniques – Indications -Warnings

**Lumbar Spine:** Lumbar Roll – Lumbar Roll Long Lever

**Hip Bone:** Iliac Relative – Gonstead – Sacrum in posteriority and inferiority – Pubes/Pubis

**Pelvis:** Decoaptation laying face up and face down

**Knee:** Tibia – Fibula

**Foot:** Talus anteriority and posteriority – Cuboid – Navicular – 1<sup>st</sup>, 2<sup>nd</sup>, lateral Cuneiform

Trainers Demonstration – LUMBAR SPINE Techniques: placing , tensioning, thrust  
Practical Sessions – LUMBAR SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – HIP BONE Techniques: placing , tensioning, thrust  
Practical Sessions –HIP BONE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration –LOWER LIMB Techniques: placing , tensioning, thrust  
Practical Sessions – LOWER LIMB: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

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**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session

## DAY 2

### THORACIC SPINE, RIBS, SHOULDER and CERVICO-THORACIC JOINT

Description of the Techniques – Indications -Warnings

**Dorsal Rachis:** “Screw” direct technique - Direct technique “in cup” – lift

**Ribs:** K1 laying face up – High ribs laying face down - DOG

**Shoulder:** Humerus superiority – Humerus inferiority and anteriority – Sternum-clavicular

**Cervico-dorsal Joint:** C7-T1 chin pin laying face down and seat down

Trainers Demonstration – THORACIC SPINE Techniques: placing , tensioning, thrust

Practical Sessions – THORACIC SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – RIBS Techniques: placing , tensioning, thrust

Practical Sessions – RIBS : manipulation choice, placing, tensioning, thrust

Trainers Demonstration – SHOULDERS Techniques: placing , tensioning, thrust

Practical Sessions – SHOULDERS: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – CERVICO-THORACIC JOINT Techniques: placing , tensioning, thrust

Practical Sessions – CERVICO-THORACIC JOINT: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session

## DAY 3

### CERVICAL SPINE, UPPER LIMBS and ATM

Description of the Techniques – Indications -Warnings

**Cervical Rachis:** C0-C1 distraction laying face up – C0-C1 rotation laying face up – Medial and Low cervical

**Elbow:** Classic lever seat down and laying face down

**Wrist:** Crossbow traction Ulna and Radius

**ATM:** laying face up

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Trainers Demonstration –CERVICAL SPINE Techniques: placing, tensioning, thrust  
Practical Sessions – CERVICAL SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – UPPER LIMB Techniques: placing, tensioning, thrust  
Practical Sessions – UPPER LIMB: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – ATM Techniques: placing, tensioning, thrust  
Practical Sessions – ATM: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session

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