

SensoriMotor Retraining Technique

A Comprehensive Approach to Assessment, Treatment & Therapeutic Exercise

Laurie Di Giulio, Developer/Facilitator
Massage Therapist
NKT Practitioner, Level 3
Personal Trainer, Yoga Instructor
Educator, Conference Presenter

digiuliormt@gmail.com
www.lauriedigiulio.com

Course Description

SensoriMotor Retraining Technique is a combination of assessment, treatment, and corrective exercise using an approach informed by Vleeming's 5 kinetic chains, role of ligaments as sensory organs, and pairing sensory change with improved motor outputs.

This two day course will include discussion of important anatomical structures that make up the kinetic chains and how to assess these structures in a simple, sequential way to identify a framework for approaching corrections/treatment. Attendees will explore the role of ligaments in these kinetic chains, and how they contribute to optimal or dysfunctional movement patterns and what this means to our practice as manual therapists or fitness professionals. We will access ligaments using tools or touch to alter sensory input and cause reflexive affects in other tissues, followed by integration of movement patterns to improve function and manage pain. This course is appropriate for manual therapists and fitness professionals.

Course Goals

Students who complete this course will be able to:

- Identify the value of movement assessment, and how to integrate it into practice.
- Assess movement related to the five kinetic chains.
- Identify and assess ligaments, joint capsules and muscles involved in movement dysfunctions.
- Treat/stimulate a target ligament, joint capsule, or muscle to improve motor control.
- Make recommendations for individualized home care that combines ligament/joint capsule/muscle stimulation and therapeutic exercise drills to improve treatment outcomes.
- Establish and understand the role of a treatment hierarchy, and its importance in improving quality of care.

Required Texts, Materials, or Equipment

Course notes will be provided.

Attendees may want to have anatomy references available.

Attendees may wish to bring tools they use in practice (ex. IASTM tools, foam rollers).

Massage tables may be required, dependant on location of course.

Class Participation

Attendees are expected to actively participate in discussion and all practical components of the course, including providing and receiving assessment, treatment and movement instruction. Asking questions, engaging in discussion with other attendees and assisting peers will likely be required. It is expected that these interactions be civil, respectful and supportive of an inclusive learning environment for all. Attendees are encouraged to direct any concerns they may have about their learning environment to the course facilitator.

Course Grading

There will be no formal examination related to this course. However, the facilitator reserves the right to deny issuing a certificate of completion/awarding of continuing education hours for those attendees who do not participate, who are late or absent for a time that is equal to or more than 25% of the course contact hours or who exhibit behaviour that is unprofessional, dangerous or disrespectful. In this situation, the attendee will not be awarded a certificate of completion and may be asked to leave the course early without any refund of course fees.

Course-Specific Support or Supplementary Instruction

Each attendee, upon completion of the course, will have access to a private facebook group where they can ask questions, search educational posts, and have access to files to support continued learning.

When available, previous attendees (who were awarded certificates of completion) may be able to attend future courses (of the same type) at a reduced rate or at no cost, depending on the situation. These opportunities will be posted in the private facebook group and are first come, first serve.

Course Policies and Information for Attendees

INCLUSIVE LEARNING ENVIRONMENT STATEMENT: The best learning environment is one in which all members feel respected while being productively challenged. As professionals we should be dedicated to fostering an inclusive atmosphere, in which all can contribute, explore, and challenge their own ideas as well as those of others. Every participant has an active responsibility to foster a climate of intellectual stimulation, openness, and respect for diverse perspectives, questions, personal backgrounds, abilities, and experiences, although instructors bear primary responsibility for its maintenance.

ATTENDANCE POLICY: In order to be awarded a certificate of attendance, you must be present for no less than 75% of the total contact hours of the course. Those who are late or absent for an amount of time that is equal to or more than 25% of the total contact hours will not be awarded a certificate of completion. No refund will be granted in these situations, unless special circumstances exist (evaluated on a case by case basis).

TECHNOLOGY POLICIES: In class use of laptops, tablets, phones etc are encouraged and expected. These tools can greatly enhance the learning experience, when used to supplement and support course content. It is expected that these devices be used for course-related purposes. Any use of a personal nature should be done on breaks or after an attendee excuses themselves from the learning environment. If one has to take a personal call/technology break, it is expected that this be completed as quickly as possible. Devices should all be set to silent, during class time, so as not to disturb lectures or discussions.

ETHICS/VIOLATIONS OF INTEGRITY: Ethical behaviour is an essential component of learning and professional conduct. Attendees are expected to behave consistent with ethical guidelines established by their respective professions, and participate in a manner that remains within scope of their abilities.

Disclaimer: The facilitator reserves the right to make modifications to these policies when extenuating circumstances exist, and to ensure the best experience for all attendees.

Topic Outline / Course Layout

<i>Topic</i>	<i>Method</i>	<i>Approximate Time</i>
Posture vs Movement as an Assessment Tool	lecture discussion demonstration	0.5
Ligaments as Sensory Organs	lecture discussion demonstration	0.5
Hackett Referral Patterns	lecture	0.25
Model for Treatment Hierarchy & Holistic Approach to Care	lecture discussion	0.25
Mechanoreceptors & Ligament Function	lecture	0.5
Sensory Roles of Common Ligaments	lecture discussion	1
SensoriMotor Treatment Techniques for Ligament Mechanoreceptors	lecture discussion demonstration group/partner work	1
SensoriMotor Treatment Techniques for Joint Capsules	lecture discussion demonstration group/partner work	1
SensoriMotor Treatment Techniques for Muscle	lecture discussion demonstration group/partner work	1
Breathing & Intra-Abdominal Pressure	lecture discussion demonstration group/partner work	0.5
Intrinsic vs Extrinsic Core	lecture	0.5
The Vleeming Subsystems / Kinetic Chains - Assessment - Treatment - Corrective Exercise	lecture discussion demonstration group/partner work	6

Case Studies	lecture discussion demonstration group/partner work	0.5
Wrap Up & Questions	lecture discussion	0.5
<i>breaks</i>		2
Total Hours		16, 14 contact

Course Content Development & Acknowledgments

This course was developed and influenced by many different professionals and modalities including, but not limited to, the concepts presented by:

David Weinstock, NeuroKinetic Therapy®

Jose Palomar, Proprioceptive Deep Tendon Reflex®

Dr. Perry Nickelston, Primal Movement Patterns

Dr. Andry Vleeming, Biomechanical Subsystems

Prague School of Rehabilitation, DNS® (Dynamic Neuromuscular Stabilization)

Dr. George Goodheart, DC (Applied Kinesiology)

Dr. George Hackett, MD (Ligament referral patterns, prolotherapy)

Dr. Emily Splichal, Evidence Based Fitness Academy

Many other colleagues and peers who walked with me as a student, and educator, and who have contributed their expertise, knowledge and skill to helping me become a better practitioner and teacher.