

Visceral Manipulation for Massage Therapists

Day 1

9-9:30am

- Intro to Visceral Manipulation
- What is VM
- Why Vm
- History of VM
- Osteopathic Principles

9:30-10 am

ANS

- Interactions of the ANS
- Vagus Nerve and how it works
- Anxiety rooted in the gut
- Visceral restrictions
- Visceral energy clock

10-10:30 am

- Types and location of Abdominal pain
- Contraindications for VM
- Parietal peritoneum and its extensions
- Overall view of the abdominal cavity

Coffee Break

10:45-12:30

- Peristalsis in the Esophagus
- Overview of all abdominal organs and glands
- Liver connections, and ligaments that attach to liver
- Pancreatic functions

- Intestines overview and review
- Kidneys and adrenals, review
- Fascia layers in the abdomen
- Breath and the Abdomen
- Local Listening Test
 - Demo and practicum
- Glenohumeral articulation test
 - Demo and practicum
- Abdominal aneurysms
 - Demo and practicum, for palpating

Lunch (12:30-1:30)

1:30-2:30

- Pathology of Plexuses
 - Celiac plexus
 - Hypogastric plexus
 - Cardiac plexus
- Palpation of Plexuses
- Balancing and treatment of plexuses
 - Demo and practicum
- Navel Centre
 - What it is , and why it's important
 - Centering the Navel
 - *Demo and practicum*
- Lymphatic System review
- Nodes in the abdomen
- Locating the abdominal nodes and treating
 - Demo and practicum
- Constipation and unhealthy colon
- Associated skeletal restrictions (colon related)
- Analysis of pain (colon related)

2:30-3PM

- Local differential diagnosis: Colon
 - Demo and practicum
- Purpose of treatment to L. Intestine
- The most reflexogenic zones
- Toldts fascia
 - Treatment, demo and practicum
- Hepatic and Splenic Flexures
 - Treatment, demo and practicum

Coffee break (3:00-3:15)

3:15-4:00

- Mesenteric root and duodenojejunal flexure
 - Demo
- Duodenal flexure treatment
 - Demo
- Finishing treatment for flexure and root
 - Demo
- Treatment for the Large Intestines
 - Figure 5 technique
 - Wave and rocking pattern
 - Releasing sigmoid colon
 - Releasing the cecum
 - Intestinal prolapse
 - IC Valve
 - Treatment strategy for the Intestines
- Intracavity pressures and the effects of abnormal abdominal pressures
- Various intestinal states
- Emotions stored in the small intestine
- Treatment for the small intestine
 - Demo

4:00-5:00

- Practicum for all the above Intestinal treatments

Day 2

9:00-10:45

- Liver Lobules
- Explanation of liver function
- Possible reasons for liver VM
- Contraindications for VM of Liver
- Treatments for: demo
 - Liver
 - Gallbladder
 - Sphincter of Oddi
 - Phrenicocolic ligament
 - Pancreas
 - Spleen

Coffee break (10:45-11:00)

11-12:30

- Esophageal sphincter and acid reflux
- Hiatal hernia and stomach
 - Treatment for and demo
 - Practicum for above treatments
- Kidneys and adrenals
 - Demo and practicum
- Dropped bladder technique
 - Demo and practicum

Lunch (12:30-1:30)

1:30-2:00

- Slide show presentation for medication and Massage Therapy

- When treating the abdominal cavity, the therapist should know about any medication's patient is on and its reaction or side-effects.
- Possible structural imbalances due to abdominal dysfunction
 - Lordosis and curving of the thoracic spine
 - Lumbar lordosis
 - Expansion of the lower back

2:00-5:00

- Question and answer period
- Practicum for rest of day.