

Active Release Techniques Spine Level 2

Dates of program-

Montvale, NJ	February 18-21, 2021
Colorado Springs, CO	March 4-7, 2021
Orlando, FL	June 10-13, 2021
Chicago, IL	September 30 – October 3, 2021

Total Hours: 24

Summary: Active Release Techniques® Spine Level 2 offers intense training in 75 manual treatment protocols of the cervical, thoracic, and lumbar spine. ART® treatment utilizes manual techniques to move tissues and joints while under tension. The system allows for relative motion between the tissues and articulations. This seminar emphasizes the manipulation of the neuromusculoskeletal system to diagnose and correct alterations in tissue texture, tension, movement, and function between tissues. Evaluation and treatment occur simultaneously.

Learning Outcomes:

1. By the end of the seminar, learners will be able to correctly identify (palpate) 75 facial seams of soft-tissue structures within the spine.
2. By the end of the seminars, learners will be able to correctly state the muscle actions of two adjacent spinal muscles.
3. By the end of the seminar, learners will be able to effectively recognize common symptom patterns of spinal neuromuscular injuries and disorders.
4. By the end of the seminar, learners will correctly identify the structure treated and associated concentric and eccentric muscle actions via video presentations.
5. By the end of the seminar, the learner will correctly move the muscle from its shortened position to elongated position using two-hand placement techniques.
6. By the end of the seminar, the learner can successfully differentiate between healthy and unhealthy tissue utilizing hands-on palpation techniques.
7. By the end of the seminar, the learner will proficiently palpate 75 anatomical soft-tissue structures within the spine, using an appropriate tension, depth, and motion to properly perform the treatment protocol.

Teaching Methods: lecture, videos, case studies, hands-on, Q&A

DAY 1	
HOURS	TOPIC
1	Lecture on advanced review of gross anatomy within the spine that includes muscle, tendons, bursas, and capsules

2	Lecture and demonstration on manual palpation techniques for two-hand placement treatment techniques; lecture and demonstration on differential palpation (explaining the difference in texture, tension, and movement of healthy verses unhealthy tissue, adhesions between muscles, and nerve innovations);
3	Lecture review of ART's diagnostic algorithm; presentation of symptom patterns for injuries within the spine, and case studies.
4-21	<i>The instructor will use this time to demonstrate two hand placement techniques while performing an assessment and treatment; Tension application while performing treatment; How to establish a mechanical advantage during treatment for ART spine protocols. The learners will practice (hands-on) all ART spine level 2 protocols on one another and the instructor(s) to ensure accuracy and proficiency.</i>
4-8	<ol style="list-style-type: none"> 1. Multifidi/Erector Spinae 2. Posterior Intertransversarii/Multifidi 3. Rotatores/Multifidi 4. Quadratus Lumborum/Erector Spinae 5. Quadratus Lumborum/Serratus Posterior Inferior 6. Serratus Posterior Inferior/Erector Spinae 7. Serratus Posterior Inferior/Latissimus Dorsi 8. Erector Spinae/Latissimus Dorsi 9. Lower Trapezius/Latissimus Dorsi 10. Erector Spinae/Lower Trapezius 11. External Oblique/Latissimus Dorsi 12. Transversus Abdominis/Internal Oblique 13. Transversus Abdominis/Quadratus Lumborum 14. External Oblique/Internal Oblique 15. Iliacus/Psoas
DAY 2	
HOURS	TOPIC
9-12	<ol style="list-style-type: none"> 16. Iliolumbar Ligament/Psoas 17. Iliolumbar Ligament/Quadratus Lumborum 18. Quadratus Lumborum/Psoas 19. Anterior Intertransversarii/Psoas 20. Anterior Sacroiliac Ligament/Psoas 21. Diaphragm (Medial Arcuate Ligament)/Psoas 22. Diaphragm (Lateral Arcuate Ligament)/Quadratus Lumborum 23. Rotatores/Multifidi (Thoracic) 24. Multifidi/Semispinalis

	<ul style="list-style-type: none"> 25. Spinalis Thoracis/Semispinalis Thoracis 26. Longissimus Thoracis/Semispinalis Thoracis 27. Semispinalis Thoracis/Longissimus Cervicis 28. Levator Costarum/Longissimus Thoracis 29. Longissimus Thoracis/Splenius Cervicis 30. Spinalis Thoracis/Splenius Cervicis and Capitis
13-16	<ul style="list-style-type: none"> 31. Semispinalis Thoracis/Splenius Cervicis and Capitis 32. Serratus Anterior/Iliocostalis Thoracis and Lumborum 33. External Intercostals/Iliocostalis Cervicis, Thoracis, and Lumborum 34. External Intercostals/Serratus Anterior 35. Trapezius/Rhomboids 36. Rhomboids/Erector Spinae 37. Splenius Cervicis/Rhomboid Major 38. Serratus Posterior Superior/Trapezius 39. Serratus Posterior Superior/Longissimus Thoracis 40. Serratus Posterior Superior/Iliocostalis Cervicis and Thoracis 41. Serratus Posterior Superior/Splenius Cervicis and Capitis 42. Serratus Posterior Superior/Serratus Anterior 43. Serratus Posterior Superior/Levator Scapulae 44. Splenius Cervicis/Levator Scapulae 45. Iliocostalis Thoracis/Levator Scapulae
DAY 3	
HOURS	TOPIC
17-20	<ul style="list-style-type: none"> 46. Longissimus Cervicis and Capitis/Levator Scapulae 47. Iliocostalis Thoracis/Trapezius 48. Serratus Anterior/Trapezius 49. Omohyoid/Trapezius 50. Trapezius/Supraspinatus 51. Trapezius/Levator Scapulae 52. Posterior Scalene/Levator Scapulae 53. Posterior Scalene/Trapezius 54. Posterior Scalene/Iliocostalis Thoracis 55. Posterior Scalene/Middle Scalene 56. Scalenes/Omohyoid 57. Scalenes/Sternocleidomastoid 58. Sternocleidomastoid/Omohyoid 59. Platysma/Sternocleidomastoid 60. Splenius Capitis/Sternocleidomastoid
21-24	<ul style="list-style-type: none"> 1. Splenius Cervicis and Capitis/Trapezius 2. Splenius Cervicis/Splenius Capitis

	<ol style="list-style-type: none"> 3. Semispinalis Capitis/Splenius Capitis 4. Semispinalis Capitis/Longissimus Capitis 5. Longissimus Capitis/Splenius Cervicis 6. Spinalis Cervicis/Semispinalis Capitis 7. Semispinalis Cervicis/Semispinalis Capitis 8. Cervical Multifidi/Semispinalis Cervicis 9. Cervical Rotatores/Multifidi 10. Rectus Capitis Posterior Minor/Rectus Capitis Posterior Major 11. Rectus Capitis Posterior Major and Minor/Semispinalis Capitis 12. Inferior Oblique/Semispinalis Capitis 13. Superior Oblique/Rectus Capitis Posterior Major 14. Superior Oblique/Splenius Capitis
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Web Address-www.activerelease.com

On-site monitor- Nathan Brickbealer

Attendance monitor is present throughout the duration of the seminar. Learners are required to sign-in and sign-out at the beginning and end of each day, as well as before and after the lunch break through the electronic system (cvent). Attendance hours are calculated at the conclusion of the seminar for each learner.

Pricing Structure-

New Certification-	\$2,250	“I have never taken this seminar before”
Recertification-	\$850	“ I have previously taken this seminar”
Student-	\$1,350	“I am enrolled in a full-time program or I have graduated within the last 12-months”
Early Bird discount-	10% off when registering 90+ days prior to the start of the seminar	