

Active Release Techniques Spine Level 1

www.activerelease.com

Program Outline-

Exact title: Active Release Techniques® Spine Level 1

Total Hours: 16

Summary: Active Release Techniques® Spine Level 1 offers intense training in 52 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 52 anatomical structures of the spine.
2. By the end of the seminars, learners will be able to correctly state the muscle action of 52 anatomical structures of the spine.
3. By the end of the seminar, learners will be able to adequately summarize the physiological methodology of ART's Diagnostic Algorithm.
4. By the end of the seminar, learners will be able to effectively recognize common symptom patterns of spinal neuromuscular injuries and disorders.
5. By the end of the seminar, learners will correctly identify the structure treated and associated concentric and eccentric muscle actions via video presentations.
6. By the end of the seminar, the learner will correctly move the muscle from its shortened position to elongated position.
7. By the end of the seminar, the learner can successfully differentiate between healthy and unhealthy tissue utilizing hands-on palpation techniques.
8. By the end of the seminar, the learner will proficiently palpate 52 anatomical soft-tissue structures within the upper extremity, using an appropriate tension, depth, and motion to properly perform the treatment protocol.

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

Outline:

Hours 1-16 The instructor will use this time to demonstrate appropriate hand positions 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 1 protocols on one another and the instructor(s) to ensure accuracy and proficiency.

- Testing occurs in 20-minute increments the following morning, but is not counted towards attendance hours or CE credit.

DAY 1	
Hours	Topic
0.5	Introduction of the concepts of Active Release Techniques. History, Principals, Diagnosis
3.5	Course instruction includes instructor demonstration of each ART protocol and hands-on

	<p>practice with instructor assistance. The demo contains information on appropriate palpation techniques and muscle actions to correctly perform each protocol.</p> <p>Thoracolumbar Spine</p> <ol style="list-style-type: none"> 1 Thoracolumbar fascia 2 Lumbar Erector Spinae (Iliocostalis Lumborum and Longissimus Thoracis) 3 Lumbar Multifidi and Rotatores (Transversospinalis muscles) 4 Quadratus Lumborum 5 Intertransversarii 6 Interspinous 7 Iliolumbar Ligament 8 Long Dorsal Sacral Ligament and Sacrotuberous Ligament 9 Psoas & Iliacus 10 Latissimus Dorsi 11 Serratus Posterior Inferior 12 Iliocostalis Thoracis & Spinalis Thoracis 13 Levator Costarum 14 Thoracic Transversospinalis
4.0	<p>Cervical Spine</p> <ol style="list-style-type: none"> 15 Cervical Erector Spinae 16 Transversopinalis 17 Intertransversarii 18 Interspinous 19 Splenius Cervicis 20 Splenius Capitis 21 Semispinalis Capitis 22 Longissimus Capitis 23 Facet Joint Capsules 24 Supraspinous Ligament 25 Occipitals
DAY 2	
Hours	Topic
4.0	<p>Course instruction includes instructor demonstration of each ART protocol and hands-on practice with instructor assistance. The demo contains information on appropriate palpation techniques and muscle actions to correctly perform each protocol.</p> <p>Cervical Spine cont.</p> <ol style="list-style-type: none"> 26 Dura 27 Rectus Capitis Posterior Minor / Major 28 Rectus Capitis Lateralis 29 Rectus Capitis Anterior 30 Vertebral Artery Tension Test (VATT) 31 Superior Oblique 32 Inferior Oblique 33 Trapezius at Occiput 34 Trapezius

	<p>35 Rhomboids 36 Serratus Posterior Superior 37 Levator Scapulae 38 Scalenes 39 Sternocleidomastoid (SCM)</p>
4.0	<p>40 Longus Capitis & Longus Colli 41 Omohyoid 42 Digastric 43 Temporalis 44 Masseter 45 Medial Pterygoid 46 Platysma</p> <p>Abdomen 47 Intercostals 48 Rectus Abdominus 49 External Obliques 50 Internal Obliques 51 Transversus Abdominus 52 Pyramidalis</p>