

Active Release Technique (ART): Spine Level 1

Northwestern Health Sciences University

DATE: January 12-14, 2024

CE HOURS: 15

LOCATION: Bloomington, MN

INSTRUCTOR: Brad Hochstein, DC

Friday, January 12, 2024		8:00 am – 5:00 pm
Seminar 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.		
Time	Description	
8:00 - 9:00 am	1. Thoracolumbar Fascia 2. Erector Spinae (Iliocostalis Lumborum & Longissimus Thoracis) 3. Lumbar Multifidi & Rotatores	
9:00 - 10:00 am	4. Lumbar Intertransversarii 5. Quadratus Lumborum 6. Supraspinous Ligament 7. Lumbar Interspinous	
10:15 - 11:00 am	8. Iliolumbar Ligament 9. Psoas & Iliacus 10. Long Dorsal Sacral Ligament & Sacrotuberous Ligaments	
11:00 - 12:00 pm	11. Serratus Posterior Inferior 12. Iliocostalis & Spinalis Thoracis 13. Thoracic Transversospinalis 14. Levator Costorum	
1:00 – 2:00 pm	15. Cervical Erectors 16. Semispinalis Capitis 17. Cervical Transversospinalis 18. Cervical Intertransversarii	
2:00 - 3:00 pm	19. Cervical Interspinous 20. Scalenes 21. Splenius Cervicis 22. Splenius Capitis	
3:15 - 4:00 pm	23. Longissimus Capitis 24. Sternocleidomastoid 25. Facet Capsules	
4:00 - 5:00 pm	26. Longus Capitis & Longus Colli 27. Occipitalis 28. Rectus Capitis	

Saturday, January 13, 2024**8:00 am – 5:00 pm**

Seminar 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.

Time	Description
8:00 - 9:00 am	29. Vertebral Artery Tension Test & Superior Oblique 30. Inferior Oblique 31. Digastric
9:00 - 10:00 am	32. Temporalis 33. Masseter 34. Medial Pterygoid 35. Platysma
10:15 - 11:00 am	36. Trapezius at the Occiput 37. Trapezius 38. Rhomboids
11:00 - 12:00 pm	39. Serratus Posterior Superior 40. Latissimus Dorsi 41. Levator Scapulae 42. Omohyoid
1:00 – 2:00 pm	43. Intercostals 44. Rectus Abdominis 45. External Obliques
2:00 - 3:00 pm	46. Internal Obliques 47. Transversus Abdominis 48. Pyramidalis
3:15 - 4:00 pm	Review Friday's material
4:00 - 5:00 pm	Review Saturday's material
Sunday, January 14, 2024	
8:00 am – 12:00 pm	
In 15-minute increments	
8:00 - 12:00 pm	Attendees are tested via a practical test that requires performance of 6 selected protocols. Testing is hands-on, and all attendees perform the test on the instructor.