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MANUAL THERAPY PROJECT  
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## **iTHRUST international**

Manual Therapy International Training Course

### **3-days COURSE PROGRAM**

**iThrust international** is a theoretical and practical course of Manual Therapy through manipulation techniques HVT (High Velocity Thrust), better known as Thrust. The Manipulation with HVT techniques consists in a fast and constrained mobilization applied to a joint segment that goes beyond the physiological joint range (Barrier), without exceeding the anatomical limit. The Thrust techniques are absolutely painless and secure, but they must be severely administered specifically in a measured and aimed way on the segment in which you want to act.

The manipulation with HVT Techniques, when not in contraindication, allows:

- An articular release, often responsible of sterness/stiffness and soreness/phlogosis;
- Release of endorphins, neurotransmitters produced by the pituitary gland, that have a powerful painkiller and anti-inflammatory effects;
- Pain improvement by reflex neural pathway.

The Thrusts, that are subjects of the course, are HVT Techniques revised &/or adapted to the daily clinical practice of the Instructors of the seminar to make them easier, outright, effective and easy learning.

#### **Aims**

At the end of the course the participants will be able to:

- Locate correctly and precisely the segment/s to be treated;
- Evaluate the indications and contraindications;
- Place the patient correctly for the specific technique;
- Treat by using fast and precise osteopathic techniques;
- Perform correctly and precisely the specific the Manipulative Thrust (HVT – High Velocity Thrust).

#### **Seminar Structure**

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 30% theory, by frontal learning, and 70% practice. Overall it will be taught over 30 HVT Techniques, from Osteopathy and Chiropractic: direct, indirect, short and long levers.



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## DAY 1

### Methods, Lumbar Spine, Hip Bone, Lower Limb

Generality about HVLT manipulations  
Clinical and Neurophysiological aspects  
Gear of action of HVLT manipulation  
Concept of Anatomic Barrier  
Listening and Engagement of the Anatomic Barrier

Placing

Tensioning

Performing the Thrust

Trainers Demonstration

Practical Sessions of Listening and Engagement of the Anatomic Barrier

Practical Sessions of Tensioning

Description of the Techniques – Indications -Warnings

**Lumbar Spine:** Lumbar Roll – Lumbar Roll Long Lever

**Hip Bone:** Iliac – Sacrum

**Hip:** Decoaptation – Direct technique

**Knee:** Tibia – Fibula

**Foot:** Talus – Cuboid – Navicular – 1<sup>st</sup>, 2<sup>nd</sup>, lateral Cuneiform

Trainers Demonstration – LUMBAR SPINE Techniques: placing , tensioning, thrust

Practical Sessions – LUMBAR SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – HIP BONE and HIP Techniques: placing , tensioning, thrust

Practical Sessions – HIP BONE and HIP: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – LOWER LIMB Techniques: placing , tensioning, thrust

Practical Sessions – LOWER LIMB: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session



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## DAY 2

### THORACIC SPINE, RIBS, SHOULDER and CERVICO-THORACIC JOINT

Description of the Techniques – Indications -Warnings

**Thoracic spine:** “Screw” and “Butterfly” direct techniques

**Ribs:** 1<sup>st</sup> RIB – High, Mid and Lower Ribs

**Shoulder:** GH Joint – SC Joint – AC Joint – TS Joint

**Cervicothoracic Junction:** C7-T1 (sitting, prone, side positions)

Trainers Demonstration – THORACIC SPINE Techniques: placing , tensioning, thrust

Practical Sessions – THORACIC SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – RIBS Techniques: placing , tensioning, thrust

Practical Sessions – RIBS : manipulation choice, placing, tensioning, thrust

Trainers Demonstration – SHOULDERS Techniques: placing , tensioning, thrust

Practical Sessions – SHOULDERS: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – CERVICOTHORACIC JUNCTION Techniques: placing , tensioning, thrust

Practical Sessions – CERVICOTHORACIC JUNCTION: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session



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## DAY 3

### CERVICAL SPINE, UPPER LIMBS and ATM

Description of the Techniques – Indications -Warnings

**Cervical spine:** C0-C1 distraction– Upper rotation– Mid and Lower

**Elbow:** Classic lever seat down and laying face down

**Wrist:** Crossbow traction Ulna and Radius

**ATM:** supine and sitting techniques

Trainers Demonstration –CERVICAL SPINE Techniques: placing, tensioning, thrust

Practical Sessions – CERVICAL SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – UPPER LIMB Techniques: placing, tensioning, thrust

Practical Sessions – UPPER LIMB: manipulation choice, placing, tensioning, thrust

Trainers Demonstration – ATM Techniques: placing, tensioning, thrust

Practical Sessions – ATM: manipulation choice, placing, tensioning, thrust

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

**15:45 – 16:00** Coffee Break

**18:00** End session