ADVANCED VISCERAL COMPONENTS FOR THE NECK AND THORAX (VMAT)

EDUCATIONAL CREDIT: 1.8 CEUS
WORKSHOP SCHEDULE: 9:00 a.m. to 5:00 p.m. Days 1-3

The workshop will present specific and advanced techniques and explain the anatomy, breathing mechanism, function and physiology of the thorax.

Learner Objectives:
- Identify the myofascial structures of the thorax.
- Locate and explain the functionality of the hyoid suspensory apparatus, thyroid, tonsils and pharynx.
- Practice and demonstrate precise techniques for the esophagus, pleura, heart and pericardium.
- Classify retropharyngeal space.
- Practice, explain and demonstrate treatment techniques to enhance the breathing mechanism.

COURSE PARTICIPANTS: Licensed or certified healthcare professionals or students, including Massage Therapists, Physical Therapists, Occupational Therapists, Naturopaths, Athletic Trainers, Chiropractors, Osteopaths, Acupuncturists, Nurses, and other allied healthcare professionals.

Day One:
9:00 - 10:30 Visceral sheath of the neck (VSOTN)
- Definition and concept
- Anatomical recalls
Retropharyngeal space & retroesophageal space
- Palpation
- Mobility tests
- General treatment
Pharyngobasilar fascia (superior attachment of the VSOTN)
- Mobility test
- Correction

10:30 - 10:45 Break

10:45 - 12:30 Hyoid suspensory apparatus
- Mobility test of stylohyoid ligaments
- Treatment
- Mobility tests of the floor of the mouth
- Treatment
Sagittal laminae of Charpy (posterior attachment of the VSOTN)
- Mobility test
- Treatment
12:30 - 1:45  Lunch

1:45 - 2:30  Thyroid
- Anatomical and physiological recalls
- Palpation
- Differential diagnosis
- Emotional connections and dysfunctions

2:30 - 2:45  Break

2:45 - 5:00  Thyropericardic ligament (inferior attachment of the VSOTN)
- Mobility test
- Treatment

Pharynx and tonsils
- Manual evaluation
- Treatment

Thymic loge
- Link between thorax and neck
- Thymus: pretense and reality
- Anatomical and physiological recalls
- Mechanical considerations
- Superior and inferior sternopericardic ligaments
- Mobility test
- Manipulations of the area

Day Two
9:00 - 10:00  Question and Answer Session on Day 1
Demonstration and Practice

10:00 - 10:45  Esophagus (thoracic part)
- Global mobility tests
- Specific tests of the upper part (C6-T4)
- Specific correction
- Specific test of the lower part (T4-T11)
- Specific correction

10:45 - 11:00  Break

11:00 – 12:15  Continuation:
- Esophagus (Thoracic part)
- Global mobility tests
- Specific tests of the upper part (C6-T4)
- Specific correction
- Specific test of the lower part (T4-T11)
- Specific correction

12:15 - 1:30  Lunch

1:30 - 3:45  Thorax (focusing on the content)
- Mechanical recalls
- Relationship container contents
- Levels of palpation and manual action
- General and local listening recalls
- General mobility tests

Demonstration and Practice

3:45 - 4:00
Break

4:00 - 5:00
Pleura and lungs
- General pleural tests
- General treatment
Pleural dome
- General findings
- Specific tests
General and specific corrections

Day Three
9:00 - 10:45
Recesses of pleura
- Anterior (costomediastinalis) recessus
  - Mobility test
  - Treatment
- Inferior (costodiaphragmatic) recessus
  - Mobility test
  Treatment

10:45 - 11:00
Break

11:00 - 1:00
Pleura mediastinalis
- Mobility test
- Treatment
Lung lobes and fissures
- Mobility test
  Treatment

1:00 - 2:15
Lunch

2:15 - 3:15
Heart and pericardium
- General inspection and palpation
- Differential diagnosis
Mobility tests of the heart

3:15 - 3:30
Break

3:30 - 5:00
Sternopericardic ligaments
- Mobility test
- Treatment
Vertebropericardic ligaments
- General and specific mobility tests
- Treatments:
  ▫ shortening balancing
  ▫ stretching listening

Closure