

A Neuroanatomical Approach to Manual Therapy: Lower Limb & Lower Midline

Module 1: The Framework (2 Hours)

- A neuroanatomical approach vs traditional approaches
- Using our hands to restore load sharing qualities
- The neurology of protection (pain) & load
- Developing a robust coordinative structure
- The importance of intent
- Moving from “freezing” to “freeing” strategies
- Framework integration

Module 2: Key Segmental Interactions of the Upper Limb & Upper Midline (1.5 Hours)

- Neural, muscular, & joint kinematic analysis
- Rib cage, lumbopelvic, and proximal femoral interactions
- Femoral & tibial interactions
- Foot/ankle interactions with the environment
- How to influence contractile and joint behaviors of each interaction

Module 3: Practical Strategies (3.5 Hours)

- *Each strategy is organized around local range of motion limitations*
- Dissociation Assessment
- Manual Load Application Overview
- Rib cage & Pelvis Dissociation (Frontal & Transverse Focus)
- Lumbopelvic Dissociation (Femoral & Pelvic Freezing)
- Dynamic Limb IR with Distraction
- Femoral & Pelvic Dissociation
- Dynamic Femoral & Pelvic Dissociation
- Proximal Dissociation (Hamstring with Heel & Knee Drive)
- Frontal Plane Rib cage & Pelvis Dissociation (Hamstring Focus in Sidelying)
- Anterior Lower Midline Loading (Sidelying)
- Seated Abdominal Loading (Sagittal Focus)
- Seated Abdominal Loading (Transverse Focus)
- Proximal Dissociation with Adduction Focus
- Hip External Rotation (Hamstring Focus)
- Hip External Rotation (Quad Focus)
- Hip Internal Rotation (Hamstring & Quad Focus)
- Hip External Rotation (Prone)
- Hip Internal Rotation (Prone)
- Hip Internal & External Rotation (Seated)
- Traditional Hip IR & ER (Distal Focus)
- Knee Flexion with 1st MTP (Seated)
- Knee Flexion with 1st MTP (Supine)
- Dynamic Knee Flexion (Seated)

- Knee Flexion (Hamstring Focus)
- Knee Flexion (Femoral & Tibial Freezing)
- Knee Flexion (Quad Focus)
- Knee Flexion with Quadruped Rockback
- Knee Extension with Lateral Foot Focus
- Knee Extension (Supine)
- Knee Extension (Prone)
- Tibial IR & ER with Distal Focus
- Dorsiflexion (Prone)
- Plantarflexion (Prone)
- Dorsiflexion with Calcaneal Integration
- Plantarflexion with Calcaneal Integration