

A Neuroanatomical Approach to Manual Therapy: Upper Limb & Upper 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
- Head/neck, rib cage, scapular, and proximal humeral interactions
- Humeral & forearm interactions
- Hand/wrist 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*
- Standing Dissociation Assessment
- Seated Dissociation Assessment
- Manual Load Application Overview
- Posterior Neck Loading (Head & Rib cage Freezing)
- Posterior Neck Loading (Head & Eye Dissociation)
- Posterior Neck Loading (Head & Rib cage Freeing)
- Accessory Inhalation Muscular Unloading
- Global Internal Rotation Mobilization with Distraction (Exhalation Focus)
- Global External Rotation Mobilization with Distraction (Inhalation Focus)
- Scapular & Rib cage Dissociation (Horizontal Adduction Focus)
- Scapular Dissociation (Bicep Focus)
- Scapular Dissociation (Tricep Focus)
- Scapular Dissociation (Prone)
- Scapular Dissociation (Sidelying)
- Shoulder Flexion (Scapular Plane)
- Shoulder Flexion (Sagittal Plane)
- Shoulder Flexion (Biarticular Focus in Scapular Plane)
- Shoulder Flexion (Biarticular Focus in Sagittal Plane)
- Shoulder Flexion (Sidelying)
- Shoulder External Rotation (Bicep Focus)
- Shoulder External Rotation (Distal Focus)
- Shoulder External Rotation (Tricep Focus)
- Shoulder Internal Rotation (Prone)

- Shoulder Internal Rotation (Sidelying)
- Shoulder Internal Rotation (Distal Focus)
- Shoulder Internal Rotation (Scapular & Humeral Freeing)
- Traditional Shoulder IR & ER (Distal Focus)
- Elbow Key Considerations
- Elbow Flexion (Supination Focus)
- Elbow Flexion (Biarticular Integration)
- Elbow Extension (Pronation Focus)
- Elbow Extension (Bicep Integration)
- Forearm Supination
- Wrist Extension (Supination Coupling)
- Distal Isometrics with Global External Rotation
- Distal Supination Isometrics (Scapular Freeing)
- Distal Supination Isometrics (Scapular & Humeral Freeing)
- Forearm Pronation
- Wrist Flexion (Pronation Coupling)
- Distal Isometrics with Global Internal Rotation
- Distal Pronation Isometrics (Humeral Freeing)
- Distal Pronation Isometrics (Humeral & Scapular Freeing)