

## **SCS I for the Spine**

## **Prerequisite: None**

SCS I focuses on spinal dysfunction. Lecture and extensive lab time are spent on the cervical spine, thoracic spine, lumbar spine, ribs, pelvis and sacrum. Emphasis is placed on developing palpatory and hands-on treatment skills to enhance the students' effectiveness with the techniques. Upon completion of the course participants will be able to perform Strain Counterstrain treatment techniques for common joint dysfunction, understand the neuromuscular basis for Strain Counterstrain, know how to perform a full body evaluation and have learned the Strain Counterstrain documentation format. More than 85 techniques are taught throughout the course and each participant receives a syllabus outlining each technique demonstrated.

### **Outline:**

- Review of neurophysiology
- Neurologic basis for somatic dysfunction
- Rationale for SCS
- General rules for SCS
- Cervical evaluation and treatment lab
- Thoracic and Ribs evaluation and treatment lab
- Lumbar evaluation and treatment lab
- Sacrum evaluation and treatment lab
- Pelvis evaluation and treatment lab
- Using SCS documentation format
- Design a home program using SCS philosophy
- Patient treatment sessions

### **Goals/Objectives:**

- Understand the neuromuscular basis for Strain Counterstrain
- Perform a full body Strain Counterstrain evaluation
- Perform Strain Counterstrain treatment techniques for common joint dysfunction
- Use the Strain Counterstrain documentation format
- Design a home program using the Strain Counterstrain philosophy

### **Course Schedule:**

Day One:			Day Two:			Day Three:		
8:00 - 8:30	Registration		8:30 - 10:30	Anterior Thoracic Lab		8:30 - 9:45	Sacral Lab	
8:30 - 10:00	Introductory Lecture		10:30 - 10:45	Break		9:45 - 10:30	Anterior Pelvic Lab	
10:00 - 10:15	Break		10:45 - 12:00	Posterior Thoracic Lab		10:30 - 10:45	Break	
10:15 - 12:00	Principles of SCS		12:00 - 1:00	Lunch		10:45 - 12:00	Posterior Pelvic Lab	
12:00 - 1:00	Lunch		1:00 - 2:30	Ribs		12:00 - 1:00	Patient & faculty Lab	
1:00 - 3:00	Anterior Cervical Lab		2:30 - 3:45	Anterior Lumbar Lab		1:00 - 1:15	Break	
3:00 - 3:15	Break		3:45 - 4:00	Break		1:15 - 1:45	Designing a Home Program	
3:15 - 5:00	Posterior Cervical Lab		4:00 - 5:00	Posterior Lumbar Lab		1:45 - 3:00	Closing lecture	