Originators
of the Strain
Counterstrain
www.jiscs.com

Jones Institute

7937 Corte Domingo
Carlsbad, CA 92009
Tel: (760) 942-0647
Fax: (760) 942-0645

SCS Pelvic Pain: Prerequisite: None

This course introduces a new concept in the evaluation and treatment of somatic dysfunction. Strain Counterstrain is a gentle, atraumatic manual medicine procedure that involves indirect positioning of a painful restricted muscle or joint in a skilled way that reduces inappropriate proprioceptor activity thereby arresting pain and aberrant muscle tone to normalize joint range and function. The therapeutic uses for Strain Counterstrain is broad and ranges from acute injuries to chronic pain patients, osteoporotics, post-operative and OB patients. It can also be used to reduce secondary tone in the neurologically involved patients.

SCS for hypertonus dysfunction of the pelvic floor focuses on external techniques to release the pelvic floor musculature. Related lumbar, sacral, coccyx and hip joint dysfunctions are also addressed. Treatment approaches for pelvic pain, incontinence, dyspareunia, coccygodinia, constipation, levator ani syndrome and other related diagnoses will be presented.

Goals/Objectives:

- Understand the neuromuscular basis for SCS
- Perform SCS treatment techniques for pelvic floor pain dysfunction
- Use the SCS documentation format
- Design a home program using the SCS philosophy

Course Schedule:

Day One:		Day Two:		Day Three:	
8:00 - 8:30	Registration	8:00 - 10:30	Posterior Lumbar Lab	8:00 - 9:45	Posterior Pelvic Lab
8:30 - 10:00	Principles of SCS	10:30 - 10:45	Break	9:45 - 10:30	Posterior Hip Lab
10:00 - 10:15	Break	10:45 - 12:00	Posterior Lumbar Lab	10:30 - 10:45	Break
10:15 - 12:00	Pelvic Intro Lecture	12:00 - 1:00	Lunch	10:45 - 12:45	Sacral Lab
12:00 - 1:00	Lunch	1:00 - 2:30	Anterior Pelvic Lab	12:45 - 1:00	Break
1:00 - 3:00	Anterior Lower Thoracic Lab	2:30 - 3:45	Anterior Hip Lab	1:00 - 1:45	Designing a Home Program
3:00 - 3:15	Break	3:45 - 4:00	Break	1:45 - 3:00	Closing Lecture
3:15 - 5:00	Anterior Lower Thoracic & Rib Lab	4:00 - 5:00	Posterior Pelvic Lab		