

## TITLE –

In JUST 3 days - Discover how to regain your clients muscle strength, stability, flexibility AND reduce pain in just 13 SIMPLE muscle tests.

THIS IS Chapmans Reflexes Advanced sophisticated body work!

## OUTLINE –

Stress and the inflammatory response links are well documented but how to address the neurology and responses of the postural muscles of the body not easily addressed.

This is a three-day face-to-face course where the participants will have approximately 25% theory 75% and cover the anatomy, physiology and pathology at a neural, fascial, musculoskeletal and somato-visceral level.

Studying how the neurolymphatic points aka Chapmans Reflexes are compromised by stress and how we can stimulate these points to directly improve neural efficiency to the areas affected.

The course covers respiration both conscious and unconsciously controlled, the autonomic nervous system, what happens at a neurological level, the descending pain modulation pathway from the midbrain which links breath and pain. We study the stages of Stress (Seyle's Adaptation Model) and our reptilian responses pre-coded to produce flight and fight and touch on Porges theory which adds fright or freeze. Once we cover the bodies responses and positions adopted in chronic "closed positions" we then discuss and teach the Relaxation response and how it makes direct change to the diaphragm, the postural core and groups of muscles connected via the Fascial Trains of Myers.

The course is broken down into regions, muscle strength testing, demonstration then application of neurolymphatic point stimulation in pairs and re-testing for strength, length and testing of functional movement patterns.

We link low load muscle exercises to improve stability, strength, function to the target muscle/s, slings, fascial trains via isometric, concentric, eccentric activities and establish safe homework for the client to follow.

## RELEVANCE TO PRACTITIONERS

The high levels of stress which is evident in many studies including, "Stress and wellbeing in Australia in 2011: A state of the nation survey, Australian Psychological Society, Melbourne [www.psychology.org.au](http://www.psychology.org.au)" show the need for education into ways to address stress related dysfunction.

Further education on the brainstem and its direct correlation with breath, pain and posture as well as the olfactory component effecting the limbic system indicate that there is a strong emotional component into pain, posture and defence [<https://api.americanpostureinstitute.com>].

How the bodies myofascial system will adapt under stress of low sustained loads is also being documented and presented at the bi-annual World Fascial Congresses and very relevant to all therapists in manual bodywork e.g. massage and remedial massage therapists, physiotherapists, exercise physiologists, Pilates instructors, Osteopaths, Chiropractors etc

[https://scholar.google.com.au/scholar?q=fascia+research+congress&hl=en&as\\_sdt=0&as\\_vis=1&oi=scholar](https://scholar.google.com.au/scholar?q=fascia+research+congress&hl=en&as_sdt=0&as_vis=1&oi=scholar)

## TEACHING STRATEGIES

We deliver the course via high quality Power Point slides and all extensive handouts provided to participants.

Manual copies of the two-in-one handbook can be downloaded in FULL COLOUR by the participant or handed out (black & white) for those who prefer tactile learning.

A data projector with slides, continuous loop of the individual techniques playing for students who may not be able to see the instructor will be available if required.

Practicum is done with two participants per massage table; learning each individual assessment/test, followed by demonstration then they students practice under supervision as they test and provide necessary treatment for each specific muscle group.

Post class the students are all given access to my website

<https://www.yourmusculoskeletalspecialist.com> for links to newsletters, the Chapmans reflexes support group page on Facebook and access to the 200+ videos on my YouTube channel to access these and many other techniques at any time.

## EVALUATION AND ASSESSMENT

A thorough evaluation is done to ensure the participants have strong understanding of the principles and also by demonstrating the test/techniques and then the participants break up into groups of two or three to practice the muscle strength test and then apply the specific neurolymphatic point stimulation. Insurance that all learning styles are used and that all participants get to work on every region both days and on multiple partners for variation.

If required by your school, club, association I can provide written assessments through a Q&A at the completion of each region to establish knowledge and understanding of the process. This is dependant on each learning college.

Each participant receives a Certificate of Completion.

## OVERALL OUTCOMES

- Learn the background and philosophy of the neurolymphatic points and the neurology of breathing at both the autonomic and voluntary systems and how they relate to pain and posture.
- Go through region by region of muscle strength testing, addressing the target peripheral neurolymphatic points for weakness and then stimulate the appropriate Chapmans Reflex to improve the neural efficiency to the muscle/s.
- We also include the Fascial Anatomy Trains and their strong connections to global movement and static poses and introduce a low load muscle strength activation exercise to improve contraction and optimal resting state to whichever muscle groups require re-training/re-education.
- Some limited work will be included discussion and practical application around Bennetts Reflexes.

#### ADDED REFERENCING OR PRE-READING

- Australian Psychological Society, 2011, Stress and wellbeing in Australia in 2011: A state of the nation survey, Australian Psychological Society, Melbourne [www.psychology.org.au](http://www.psychology.org.au)
- Relationship Between Chapman's Reflexes and Acupuncture Meridians by Traditional Chinese Medicine Practitioners in Taiwan CJ Quach, OMS III, Pre -Doctoral OMM Fellow Madeline Nguyen, OMSIII Janet Burns, DO Athena Lin, PhD Touro University California, College of Osteopathic Medicine GlobalHealth Internship Program
- An Endocrine Interpretation of Chapman's Reflexes, by Charles Owens, D.O. and Selected Writings of Beryl E. Arbuckle, by Beryl Arbuckle, D.O., F.A.C.O.P. Both books published by the American Academy of Osteopathy. <http://osteopathicvision.com/what-is-osteopathy/chapmans-reflexes/>
- Chaitow, Leon. Soft Tissue Manipulation. Healing Arts Press; 1988.
- The Interpreter. An Endocrine Interpretation of Chapman's Reflexes. 6th printing, American Academy of Osteopathy: Newark, OH; 1992: iii.
- Kinesiology: The Skeletal System and Muscle Function 2nd Ed Joseph E. Muscolino, Elsevier 2011
- Neurological Rehabilitation 6th Ed, D Umphred, R Lazaro, M Roller, G Burton Elsevier Mosby 2013.
- Dr R. Sugarman PhD 9th annual soft tissue conference 2015.