

From A.T. Still to the Present Day

Exploring techniques for the lumbar spine, pelvis and lower limb

This weekend will focus on refreshing and refining your hands on structural manipulative skills. We will be exploring methods used by Dr A.T Still and his early graduates and the evolution into modern structural methods and their modification. Structural techniques, both long and short lever, will be covered for the lumbar spine, pelvis and lower limb. Participants will have ample opportunity to practice, develop and apply safe and effective technique.

This course is highly practical, please come appropriately dressed and motivated.

Language: English

<u>Saturday 28th September 2019</u> <u>9.00 am to 6.00pm</u>	<u>Sunday 29th September 2019</u> <u>9.30am to 4.00pm</u>
9.00am – 11.00am: Introduction and A.T Stills early influences Break	9.30am -10.30am: revisit lumbar spine and pelvis Break
11.30 – 1.00pm: Demonstration and Practice of some of Dr A.T Still's manipulative methods Lunch	11.00 – 1.00pm: lower limb, foot, ankle, knee and hip Lunch
2.00pm – 3.30pm: Lumbar spine and pelvic Technique and modifying factors practical Break	2.00 – 4.00pm; Lower limb continued Finish
4.00pm – 5.30pm: Lumbar spine and pelvis continued 5.30pm- 6.00pm: Questions	