## Programma | Het hart en haar osteopathieJM Beuckels DO

Deze driedaagse post-graduaat gaat over osteopathie en het hart.

**Content of the course:**

* The sternum – the mechanics and the clinical testing and its relation to the thoracic morphology and visceral content
* Testing and corrective ideas of the different ligamentous connections of the heart/pericard

1) in the thorax
2) to the neck and cranium
3) to the abdomen

* Testing and corrective ideas of the motion of the heart/pericard in the thorax
1) according motricitiy
2) according motility
3) according mobility – from the inside
4) according mobility – from the outside
5) according mechanics of the heart
6) according kinetics of the heart
7) according kinematics of the heart
8) basic physiological understanding of the heart
* Clinical cardiology in osteopathic testing– insight in clinical flags and psychosocial flags

**GAINED COMPETENCE AFTER THIS MODULE:**

* After the first module, you will have gained following abilities.
* Deeper insight in connective thinking of anatomical structures in the thorax with the heart as start or end point. Understanding and applying connective tests for the heart
* Insight in motion dysfunctions of the sternum supported by ideas of the mechanics and kinetics
* Being able to discern between a visceral osteopathic dysfunction influencing the sternum and a musculoskeletal dysfunction influencing the sternum and vice versa
* Understanding the change in diaphragm interactions due to the heart and the specific testing of such interactions in a mechanical or a neurological mode
* Specifying visceral mobility, motility and motricity of the heart related to the surrounding matrix tissue of the thorax.
* Palpatory evaluation according a testing protocol, while understanding the connective heart dysfunction in relation with the thorax and towards the totality
* Understanding basic technique principles for ligamentous connections like balanced ligamentous-membranous tension, fascial active and passive unwinding, mobilisations and manipulations, of the heart
* Mastering a basic panorama of visceral techniques for the heart connections on a mechanical and kinetic level
* Putting together an intermediary test & treatment plan for the heart in its connective interaction
* Understanding the heart from a physiological and clinical point of view – being able to define clinical and psychosocial flags