



iTHRUST CLASSROOM

Manual Therapy International Training Course

1st LEVEL 3-days COURSE PROGRAM

iTHRUST CLASSROOM 1ST LEVEL is a theoretical and practical course of Manual Therapy through manipulation techniques HVLA-T (High Velocity Low Amplitude - Thrust), better known as Thrust. The Manipulation with HVLA-T techniques consists in a fast and constrained mobilization applied to a joint segment that goes beyond the physiological joint range (Barrier), without exceeding the anatomical limit. The Thrust techniques are absolutely painless and secure, but they must be severely administered specifically in a measured and aimed way on the segment in which you want to act.

The manipulation with HVLA-T Techniques, when not in contraindication, allows:

- An articular release, often responsible of sterness/stiffness and soreness/phlogosis;
- Release of endorphins, neurotransmitters produced by the pituitary gland, that have a powerful painkiller and anti-inflammatory effects;
- Pain improvement by reflex neural pathway.

The Thrusts, that are subjects of the course, are HVLA-T Techniques revised &/or adapted to the daily clinical practice of the Instructors of the seminar to make them easier, outright, effective and easy learning.

Aims

At the end of the course the participants will be able to:

- Locate correctly and precisely the segment/s to be treated;
- Evaluate the indications and contraindications;
- Place the patient correctly for the specific technique;
- Treat by using fast and precise osteopathic techniques;
- Perform correctly and precisely the specific the Manipulative Thrust (HVT – High Velocity Thrust).

Seminar Structure

iTHRUST TRAINING

Dr. Giovanni Bonfanti DO

Headquarter and Europe Regional Office

Via Cavour 14 – 20037 Paderno Dugnano (MI)- Italy
<http://www.drbonfanti.com> – info@drbonfanti.com

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 20% theory, by frontal learning, and 80% practice. Overall it will be taught over 36 HVLA-T Techniques, from Osteopathy and Chiropractic: direct, indirect, short and long levers.

DAY 1

Methods

Generality about HVLA-T manipulations
Clinical and Neurophysiological aspects
Gear of action of HVLA-T manipulation
Concept of Anatomic Barrier
Triangles system approach

Placing
Tensioning
Performing the Thrust
Trainers Demonstration
Practical Sessions of Listening and Engagement of the Anatomic Barrier
Practical Sessions of Tensioning
Description of the Techniques – Indications -Warnings

Lumbar Spine, Thoracolumbar Junction, Thoracic Spine and Ribs

Description of the Techniques – Indications -Warnings

Lumbar Spine: Lumbar Roll – Lumbar Roll with Kick
Thoracolumbar Junction (T12-L1)
Thoracic spine: “Butterfly” and “Cup” direct techniques
Ribs: 1st Rib – High, Mid and Lower Ribs
Cervicothoracic Junction: C7-T1 (sitting, prone, side positions)

Trainer demonstrations: placing , tensioning, thrust
Practical Sessions

09:00 Start session
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session

DAY 2

Cervical spine, Shoulder complex , Arm and Temporomandibular joint

Description of the Techniques – Indications -Warnings

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Cervical spine: C0-C1 distraction– Upper rotation– Mid and Lower
Shoulder: ST Joint - GH Joint – SC Joint – AC Joint
Elbow: proximal radius and ulna
Wrist/Hand: distal radius and ulna – scaphoid, lunate, physiform, fingers
TMJ: supine and sitting

Trainer demonstrations: placing , tensioning, thrust
Practical Sessions

09:00 Start session
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session

DAY 3

Hip bone, Hip, Knee, Ankle and Foot

Description of the Techniques – Indications -Warning

Hip Bone: Sacroiliac Joint (Banana – Side– Supine)
Hip: Decoaptation – Direct technique in side - supine
Knee: Tibia – Fibula (prone – supine)
Ankle: Tibiotalus joint (supine x2)
Foot: Talus – Cuboid – Navicular – 1st, 2nd, lateral Cuneiform – Calcaneous – Fingers

Trainer demonstrations: placing , tensioning, thrust
Practical Sessions

09:00 Start session
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