



## **iTHRUST CLASSROOM**

Manual Therapy International Training Course

### **2<sup>ND</sup> LEVEL 3-days COURSE PROGRAM**

**iTHRUST CLASSROOM 2<sup>ND</sup> LEVEL** is a theoretical and practical course of advanced Manual Therapy for the assessments, clinical application and use of HVLA-T (High Velocity Low Amplitude - Thrust) manipulation techniques and myofascial advanced treatments in the most frequent problems faced in clinical practice.

- Ascending and descending dysfunctions
- Postural Tonic System
- Dysfunctions in the spine complex
- Scoliosis attitude and scoliosis
- Dysfunctions in the shoulder complex
- Dysfunctions in the temporomandibular joint
- Vertigo, migraine and headache
- Dysfunctions in the hip bone
- Dysfunctions in the arms
- Dysfunctions in the legs
- Advanced HVLA-T and MYOFASCIAL techniques

Objects of the course are clinical assessments, the practical applications and the processes of application of HVLA-T techniques and advanced myofascial treatments for best solving of your clinical cases.

#### **Aims**

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

- Clinical evaluation and differential diagnosis
- Evaluate the indications and contraindications;
- Choose the correctly and specific treatment;
- Treat by using fast and effective myofascial and HVLA-T techniques;
- Perform the myofascial and HVLA-T Techniques

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#### **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](mailto:info@drbonfanti.com)

## **Seminar Structure**

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 30% theory, by frontal learning, and 70% practice. Will be used the 36 HVLA-T techniques of the first level and will be taught 20 new HVLA-T techniques and advanced myofascial techniques.

### **DAY 1**

- Clinical approach in the first visit
- Triangles system approach
- Ascending and descending dysfunctions
- Postural Tonic System

### **Spine complex dysfunctions**

Clinical assesment and differential diagnosys

Check the indications and contraindications

Choose the correctly and specific treatment

Treatments

- low back pain
- back pain
- neck pain
- sciatica
- cruralgia
- herniated discs conservative treatment
- scoliosis attitude and scoliosis

Practical session

### **Shoulder complex dysfunctions and relationship with the spine complex dysfunction**

Clinical assesment and differential diagnosys

Check the indications and contraindications

Choose the correctly and specific treatment

Treatments

- shoulder pain
- shoulder joints dysfunctions
- thorachic spine pain
- clavicle dysfunctions
- ribs dysfunctions
- thoracic outlet syndrome

Practical session

**09:00** Start session

**10:45 - 11:00** Coffee Break

**13:00 – 14:00** Lunch Break

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**15:45 – 16:00** Coffee Break

**18:00** End session

## **DAY 2**

### **Temporomandibular joint dysfunctions**

Clinical assesment and differential diagnosys

Check the indications and contraindications

Choose the correctly and specific treatment

Treatments

- skeletal classes
- tmj dysfunction
- relationship with the cervical spine

Practical session

### **Vertigo, migraine, headache, CCM dysfunction**

Clinical assesment and differential diagnosys

Check the indications and contraindications

Choose the correctly and specific treatment

Treatments

- cranio-cervico-mandibular system and dysfunctions
- cervical spine relationship and causes
- shoulder complex relationship and causes
- tmj relationship and causes

Practical session

### **Hip bone dysfunctions**

Clinical assesment and differential diagnosys

Check the indications and contraindications

Choose the correctly and specific treatment

Treatments

- sacroiliac and sacroiliac joint dysfunction
- relationship with the spine complex
- relationships with hip and leg

Practical session

**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

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## **DAY 3**

### **Arms dysfunctions**

Clinical assesment and differential diagnosys  
Check the indications and contraindications  
Choose the correctly and specific treatment  
Treatments

- Elbow dysfynctions
- Wrist dysfynctions
- Hand dysfynctions

Practical session

### **Legs dysfunctions**

Clinical assesment and differential diagnosys  
Check the indications and contraindications  
Choose the correctly and specific treatment  
Treatments

- Knee dysfunction
- Fibula dysfunctions
- Ankle dysfunctions
- Foot dysfunctions

Practical session

**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

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