iTHRUST MASTERCLASS

International HVLA Thrusts Training Course

3-days COURSE PROGRAM

iTHRUST MASTERCLASS is a theorical and practical course of Manual Therapy through manipulation techniques HVLA-T (High Velocity Low Ampliture - 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 basic and advanced HVLA-T Techniques revised &/or adapted to the daily clinical practice of the Instructor 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

The **Masterclass is the new ITHRUST formula with the Level 1 and Level 2 approach 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 60 HVLA-T "adapted" Techniques**, from Osteopathy, Chiropractic: and Manual Medicine direct, indirect, short and long levers.

Teacher
Dr. GIOVANNI BONFANTI D.O.

Italian structural and sports Osteopath trained and registered in France, with over twenty years of experience in the evaluation and treatment of problems related to the spine and the neuro-musculoskeletal system, in adults and children.

He lives and works in Italy and teaches, around the world, with the"iTHRUST TRAINING" courses through which he trained students from over 37 different countries in 15 countries.

Very well known on social media where he loves to show his HVLA manipulation techniques and what he does every day in his studio is followed by over 372 thousand followers on INSTAGRAM and over 480 thousand on Tik Tok, very important numbers that make his profiles among the most followed in the world in relation to an Osteopath. The videos of him manipulation techniques have over 500 million views to date.

DAY 1

Methods

Generality about HVLA-T manipulations
Clinical and Neurophysiological aspects
Gear of action of HVLA-T manipulation
Concept of Anatomic Barrier
HVLA-T Reflex Techniques
Dr. Bonfanti Triangles system approach
Ascending and Descending Dysfunctions
Working with "open" or "close" techniques

Placing, Tensioning and Performing the Thrust
Trainers Demonstration
Practical Sessions of Listening and Engagement of the Anatomic Barrier

Description of the Techniques – Indications -Warnings

Lumbar Spine, Thoracolumbar Junction, Thoracic Spine and Ribs

Description of the Techniques – Indications -Warnings

Lumbar Spine: Reflex Lumbar Roll – Reflex Lumbar Roll with Kick

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Thoracolumbar Junction (T12-L1) - open and close techniques
Thoracic spine: "Butterfly" and "Cup" direct techniques (open)
Thoracic spine: "Direct" and "Dog" (close)
Ribs: 1st Rib – High, Mid and Lower Ribs - open and close techniques
The Shoulder Combo technique - open and close techniques
Cervicothoracic Junction: C7-T1 (sitting, prone, side positions) - open and close techniques

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

Cervical spine: C0-C1 distraction– Upper rotation– Mid and Lower (open)
Cervical spine: C0-C1 direct (open), C0-C1 direct (close), C0-C1 rotation (close) – – Mid and Lower (close)
Shoulder: ST Joint **-** GH Joint – SC Joint – AC Joint - open and close techniques
Elbow: proximal radius and ulna - open and close techniques
Wrist/Hand: distal radius and ulna – scaphoid, lunate, physiform, fingers
TMJ: supine and sitting - open and close techniques
Y-Axial Distracion: short and long distractions

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 Open (Banana – Side– Supine)
Hip Bone: Sacroiliac Joint Close (BodyDrop)

Hip: Decoaptation – Direct technique in side - supine
Knee: Tibia – Fibula (prone – supine) - open and close techniques
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
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session