

Classical Osteopathy 3-Day Taster Seminar Nescot 4th Years 2024-5

	<i>17th September 2024</i>	<i>21st Sept</i>	<i>1st October</i>
	Purpose, Philosophy, Principles, Terms & BA Exemplar & Rationale	Definitions, Spatial Organisation, & Mechanisms of Perversion BA routine	Blood, lymph and nerve Anatomy, Routing and Connections BA Rhythm & Connection
Lecturers	Alice & Jamie	Alice & Jamie	Alice & Jamie
09:15	Arrival/Coffee	Arrival/Coffee	Arrival/Coffee
09:30	Intro History Welcome, orientation Why are we here? An Introduction to Classical Osteopathy and a brief history of the ICO	Principles A cellular community Blood, lymph and nerve requirements of tissue	Principles Study of a pathology Eg Cystitis, Achilles tendonitis, Clinical example of osteopathic diagnosis
10:25	Principles Why am I here? A principled perspective	Principles Groupwork Mechanisms of perversion of Blood, lymph and nerve	Principles Locate SNS vasomotor centres & pathways for supply & drainage of tissues
11:20	BREAK	BREAK	BREAK
11:35	Principles Defining Terms Health, Disease, Cause & Cure	Practical Routine - consolidation	Practical Rhythm & Connection Focus supine UEX + ribs
12:30	LUNCH	LUNCH	LUNCH
13:30	Practical Demo and Discuss The basic BA routine 10 commandments of TTT Introducing the Common Lesion Pattern.	Osteopathic Centres Finding TES Heads & Hiltons Physiological & Osteopathic Centres	Applied Anatomy Neurological routing Reflexes and Facilitation Pathways and connections Groupwork Locate ANS pathways Eg bladder, heart
14:25	Practical Routine – supine Long lever rationale: Coordination & Correlation Lever-fulcra	Osteopathic Centres Groupwork Disease Starts Sensory A spatial arrangement	Practical Rhythm & Connection Prone UEX/LEX Oscillations
15:20	BREAK	BREAK	BREAK
15:35	Practical Routine - prone	Practical Rhythm & Connection Leg rock & oscillations comparison & connection Compare leg rotations grid	Practical Consolidation of routine with rhythm and connection
16:30	Day end	Day end	Day end