COURSE OUTLINE

VISCERAL MANIPULATION: ABDOMEN 1 (VM1)

The Barral Institute

OUTLINE

- The history and foundations of the visceral concept and its importance in manual therapy
- Anatomy and physiology of the thoracic and abdominal organs and their relationship to the musculoskeletal, nervous, vascular, respiratory and digestive systems
- Connective tissue (fascia) as the mechanical attachment system of the organs
- Principles of visceral techniques (organ-specific fascial mobilization) and contraindications
- Research on internal body pressures and their effect on visceral motion
- Listening skills: general listening, local listening and inhibition
- Evaluation and techniques for the liver: attachments, mobility, motility and correction of improper motion
- Evaluation and techniques for the stomach, including mobility, motility, stomach ptosis and the pylorus
- Evaluation and techniques for the duodenum, the sphincters and the duodenojejunal junction
- Techniques for the root of the mesentery and the small intestine
- Techniques for the gallbladder and the bile duct system
- Techniques for the large intestine: cecum, ascending, transverse and descending colon, sigmoid, hepatic and splenic flexures
- Hands-on practice of all techniques after the instructor's demonstration