COURSE OUTLINE

VISCERAL MANIPULATION: THE THORAX (VM4)

The Barral Institute

OUTLINE

- Thoracic pressure systems and the mechanics of breathing, normal and forced
- Anatomy, biomechanics and function of the cervical fascia: thyroid, superior trachea, vascularization, innervation, motility and associated skeletal restrictions
- The relationship of the hard frame to the cervical fascia system
- Anatomy, biomechanics and function of the shoulder girdle complex, the sternum and the clavicles in relation to fascia
- Anatomy, biomechanics and function of the rib cage, including the intercostals, and compression/decompression tests
- Pleura and lungs, including the pleural dome ligament techniques
- Pericardium and heart, including the pericardial ligaments
- Mediastinum, diaphragm, esophagus, trachea, bronchi, thymus and the thoracic plexus
- Diaphragm and thoracic inlet induction techniques
- Listening techniques within the thoracic cavity
- Integration of the thoracic organs into the whole body, including lines of tension stacking
- Differentiating between somatic and visceral causes of thoracic and spinal problems
- Hands-on practice of all techniques after the instructor's demonstration