

Spinal Mobilization Therapy

The Purpose of Mastering SMT

Mastering Spinal Mobilization Therapies allows therapists to elevate their service, expertise and success with managing spinal problems to a “state-of-the-art” status. It will also expand a therapist’s practice by creating the opportunity to treat 2-3 patients/clients per hour, 2-3 times per week for a 1-3 month period. That is in addition to regular massage or therapy sessions. SMT does not require the use of sheets or oils thus reducing changing time, laundry and supply costs.

After the common cold, back pain is the second leading cause of work loss. Spinal discomfort and restriction of mobility are the most common chronic ailments among the human race. If every chiropractor, physical therapist, massage therapist and all other bodywork professionals were to learn and utilize SMT *exclusively*, there would not be enough therapists to supply the demand needed to give relief and greater quality of life to the soaring population in need.

SMT is a way to gear your practice to fulfill those needs. The SMT Workshop Sessions provide the means for you to achieve the goal of becoming a Spinal Mobilization Therapy Specialist.

Program For Sessions I, II & III

(Each session is 4 hours)

Session I -Course Goals

- Enhance and preserve the spinal range of motion
 - Decrease chronic and acute pain
 - Decrease spinal curvatures
 - Reduce disc bulges and help herniations
 - Preserve disc wearing and prevent height loss
 - Increase Spinal synovial fluid lubrication (4 joint capsules per vertebra – over 90 spinal articulations)
 - Minimize osteoarthritic degenerative changes
 - Enhance athletic performance
- (Bring tables and pillows, no sheets or oils required)

Session I –Outline

- Spinal Mechanics Overview
 - Muscles, ligaments, fascia and articular capsules are considered as one whole unit rather than singular collective parts
- Pre and Post SMT Improvements of Participants
 - Height measurements
 - Right and left symmetry alignment comparisons of hips, shoulders, ear lobes to denote imbalances and improvements after session
 - Spinal curvature evaluation, short leg considerations
 - Spinal range of motion measurements with goniometer (average increase of 20-80% for cervical spine after session)
 - Spirometer readings to measure increase in vital air capacity of lungs

Session I –Outline - continued

- Working in pairs, participants alternate as patient and therapist
 - Patient supine to establish high hip crest and leg lengths that determines starting patient treatment position on right or left side
 - Patient body fulcrum positioning on treatment table for optimum balance to apply SMT
 - Therapist's standing position for optimum balance and fluidity of motion
 - Pillow placements for head and knees
- SMT of cervical, dorsal and lumbosacral regions in Action
 - Key contact points of fingertips on vertebra, spinal muscles and trigger points
 - Palpation assessment of vertebral limitations of motion, soft tissue restrictions and simultaneous treatment techniques
 - The Dance of therapist's body movements coordinated with patient's movements and breath
 - Therapist's direction of force emanating from their solar plexus -centering
 - Playing the spinal "piano keys"
 - Longitudinal traction of the cervical and lumbosacral spine, hips and knees
 - Specific lumbosacral traction and hand contact points

Recording of Participants Post Treatment spinal statistics and comparisons of pre and post range of motion improvements (most people receiving SMT will show a minimum 20% to over an 80% improvement of their spinal range of motion in at least one area)

Session II

Spinal Mobilization Therapy - SMT is more than just a physically applied technique. It is also intended to be a holistic mental, emotional and spiritual technique to elevate your healing consciousness to become a more complete healer. When SMT is applied in an integrated fashion, the results become more rewarding for you and your patients.

Session II –Outline

- Your feedback of SMT practiced on your clients/patients since Session I
 - Your successes, problems and Sage's Solutions
- Review of Basic SMT cervical, dorsal, lumbosacral techniques
- Introduction of Intermediate SMT techniques
 - Fine tuning palpation, locomotion and freeing of specific vertebral fixations/misalignments
- Acute low back pain assessment and protocol
 - Cases you can treat, when referrals are necessary, who to refer to
- Sage's "Feather Fingertip Technique" for highly sensitive patients with acute pain

Session II –Outline - continued

- Chronic low back pain assessment and SMT protocol
 - How to work with M.D.'s, Chiropractors and other health professions to deliver “State Of The Art” spinal benefits to your mutual clients/patients
- Acute neck pain assessment and SMT protocol
- Stabilization – neck, lumbosacral braces and supports – where, when and how to use them sleeping pillows, etc...
- Ongoing management and retention of your SMT client/patient base
 - Exercises for acute and chronic neck and low back conditions
 - Cold packs or hot compresses? Which to use, how and when
 - Acute and chronic care treatment plans for your patients
 - Daily/weekly/monthly and lifetime treatment goals for optimum results and health

Session III

Advanced SMT techniques and Healing Consciousness Elevation

- Review of Basic and Intermediate SMT
- Feedback of your clients/patient's results, problems and Sage's Solutions
- Introduction to Therapeutic Touch energy fields to enhance your healing abilities
- Getting into the healing zone
- Introduction to Shoulder and Hip Mobilization Therapy
 - Assessment – how to differentiate a frozen shoulder adhesive capsulitis) from a bursitis, what to tell a patient, how to treat it