

Biodynamic Myofascial Mobilization Lumbosacral & Pelvic Region

with Natale Rao, RMT

A continuing education seminar

March 21 & 22, 2020

OVCMT—Vernon, BC

Saturday & Sunday 9:00 am - 5:00 pm

14 CEUs

Registration

Early Bird: \$475 + GST

After Mar 6, 2020: \$525 + GST

Contact OVCMT

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Location

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

Learning Outcomes and Course Objectives:

The 14 hours Lumbosacral and Pelvic region course is one within a series of Biodynamic Myofascial Mobilization courses. This workshop helps to demonstrate the 3 dimensionality of the pelvis by observing its shape; the myofascia that surrounds and moves it; its involvement with the hip joints and the relevance of the viscera contained within the “pelvic bowl”, and describing the relationships to the pelvic floor musculature.

All of the above structures have a fascial or connective tissue component to them, and therefore lending this region of the body to the complicity of being unstable.

Along with providing *this series*, our intention is to help assist and direct the RMTs attention towards a fuller and broader understanding of the myofascial system as an integral part of the human body’s musculoskeletal, fascial and nervous systems.

To best convey certain fascial principles, subjects for lecture, discussion and demonstration will include the concept of the human body’s 3 dimensionality. Within that 3 D approach, we will encourage the RMT to view any & all restriction in 3 D, while keeping in mind the importance of structure and function, as a means of assisting balance when a restriction is addressed.

Each of the courses will be a reflection of this statement.

Assessment techniques will include:

- Visual observation
- Osseous motility assessment
- Manual assessment techniques (i.e.) response to and from a load.

There will be 15 min break in the morning and afternoon of each day taken at an appropriate time.

In 1978, at the age of 28 and living in Toronto, I had made a career decision to pursue Massage Therapy as a venue by which I would fulfill the “inner need to be of service” to others. The instructional component began as a result of being employed at WCCMT, initially as a clinical supervisor; the position eventually led to being “trained / groomed” for teacher’s assistant and for primary instructor roles. I firmly believe that continued learning is essential; professional development courses have the potential to provide for us the means to help us discover the inspiration and motivation necessary in order for therapists to “stay in touch” with their own personal reason for remaining in this profession. From the mid 1990’s and into the early 2000’s, I dedicated my C.E.C. hours and funds towards understanding and learning the intricate nature of the various connective tissue types of the human body’s fascial system. It became clear to me that the 3 primary therapies that employ modalities, described and applied as “fascial techniques”, include: Myofascial Release; Craniosacral Therapy and Visceral Manipulation; they

provided me with the necessary skills to identify restriction, manipulate safely while responding to the body, and to re-assess. Natale and Heather Gittens are both responsible for developing the B.M.M. courses and the B.F. I. The approach they offer are designed to provide fascial anatomy improvement with manual skill and clinical guidance to R.M.T.'s who wish to adopt a similar approach in their clinical practices. Presently, Natale has retired from his private practice, retired from under graduate instruction BUT, is most willing to continue to share what he has learned and experienced with others of "like mind".

