



# COURSE DESCRIPTION

This training is geared, first and foremost, to those therapists who are directly concerned with treatment of chronic pain, but as well to dentists, denturologists, athletic trainers and all therapists seeking to deepen their knowledge base.

## **1) Introduction to the Postural system**

- Statistics
- Various treatment options
- Why so many symptoms recur
- Relationship to Posture
- The Tonic Postural System (TPS), general presentation, exteroception and proprioception.

## **2) The Tonic Postural System (TPS):**

- Neurophysiology of the TPS
- The different receptors (doorways)
- The many upsets to these portals; their postural and biomechanical consequences
- Some clinical examples.

## **3) Postural Analysis.**

- How to analyse posture.
- Postural imbalances in the three directions of space
- The relationship of the various observations
- Laterality and posture, and its correlations
- Correlations with the questionnaire and symptoms.

## **4) The Eye : the control tower of the TPS**

- Oculomotricity and posture
- Importance of vision, refraction trouble and posture
- Symptoms of oculomotor imbalances and the various clinical signs
- Various tests to enter into evidence the above
- Various corrections
- Clinical case studies

## **5) The Feet: Foundation of posture**

- Different types of feet, causal, adaptatory and compensatory
- Their postural repercussions and adaptations
- Why so many different and asymmetrical feet
- Corrections : mechanical, postural, or proprioceptive, orthotics or insoles
- Reflex zones

## **6) True and false shortened legs**

- What is a true shortened leg?
- How to recognize and correct them
- Scoliosis and the scoliotic attitude
- Clinical cases



### **7) Teeth, jaw and posture**

- The importance of occlusions, dental arcades and the muscular chain.
- Dental and occlusal pathologies
- Deleterious effects of teeth clenching and/or grinding
- Clinical symptoms
- Treatments
- Dental protheses
- Galvanized micro-currents
- Treatment plan & working with the dentist or the denturologist
- Relationship between dental problems and numerous pathologies

### **8) Therapeutic obstacles**

- Pathological and retracted scar tissue; how they affect posture and how to neutralize them
- Associated neurovegetative imbalances
- Obstacles such as blockage of the coccyx and the first rib
- The individual's terrain/soil
  - Energetic imbalances
  - Portals of the TPS which cannot be corrected

### **9) Conclusion**

- Different schools of thought
- Clinical cases and demonstration
- A multidisciplinary approach