



iTHRUST
Academy

Directed by Dr. Giovanni Bonfanti DO.F.

iTHRUST ADVANCED

Manual Therapy International Training Course
ADVANCED LEVEL 3-days

COURSE PROGRAM

iTHRUST ADVANCED LEVEL is a theoretical and practical course of advanced Manual Therapy for the assessments, clinical application and use of the Manipulation Thrust Technique. During the Course, in addition to the revision of HVLA (High Velocity Low Amplitude) Basic Techniques, the use of HV (High Velocity) and CR (Capsular Release) Techniques will be taught.



The Advanced Level training course is open to professionals who have attended "Masterclass" and "HVLA Basic Level" courses and allows to **achieve the iTHRUST ACADEMY "Certified Thrust Techniques Practitioner"** certificate.

iTHRUST ACADEMY LTD

Street 275 n.29 – Floor 1, Office 2
OBELYA District, SOFIA, BULGARIA
Reg. N. 207929867



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Training course contents

- Review of the anatomy and neurophysiology
- Anatomical and Neurological connections
- Access routes to the System
- How to use the access routes
- Description of the Pain
- The Psychogenic Pain
- Clinical approach
- HVLA Techniques (Basic) review
- HV Techniques
- CR Techniques

Aim of the course is the upgrade to the basic training by learning to use the whole spectrum of the different Thrust techniques.

Aims

At the end of the course the participants will be able to:

- Clinical evaluation and differential diagnosis
- Evaluate the indications and contraindications;
- Choose the correctly and specific treatment;
- Treat by using different type of Thrust techniques.

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Seminar Structure

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 40% theory, by frontal learning, and 60% practice.

Course Lecturers

Dr. Giovanni Bonfanti DO.F, Osteopath FR

Dr. Luca Locati, Clinical Psychologist

DAY 1

09:00 – 11.30

Introduction

What you need to know

Review of the anatomy and neurophysiology
Anatomical and Neurological connections.

Access routes to the System

Somatosensory System
Physiology of receptors

How to use the access routes

Summary
Range of Motion
Type of Thrust
Practical applications

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Clinical Evaluation

Type of Patients

Nociceptive, Neuropathic, Nociceptive and Psychogenic Pain

Patient management

11:30 - 11:45 Coffee Break

11:45 – 13:00

The Pain

Description

Practical Exercise

13:00 – 14:30 Lunch Break

14:30 – 15:30

Revision of Basic Level Techniques

15:30 – 16:30

HV (High Velocity) and CR (Capsular Release) Techniques Practice Session

Thoracic back

C7-T1 junction

16:30 – 16:45 Coffee Break

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16:45 – 17:30

HV (High Velocity) and CR (Capsular Release) Techniques Practice Session

Mid Ribs

Cervical Spine

DAY 2

09:00 – 11.30

The Psychogenic Pain

Description

The hormonal axis

Description

Test and Practice

11:30 - 11:45 Coffee Break

11:45 – 13:00

HV (High Velocity) and CR (Capsular Release) Techniques Practice Session

TMJ

Shoulder

Rebound: Thoracic, SCJ, Diaphragm, Sternum

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13:00 – 14:30 Lunch Break

14:30 – 16:00

HV (High Velocity) and CR (Capsular Release) Techniques Practice Session

Lumbar back

Si joint

Pelvis

16:00 – 16:15 Coffee Break

16:15 – 17:00

Revision of Advanced Techniques

DAY 3

09:30 – 11.00

Assessment, treatment and management of the patient

Patient framework

Data collection

Clinical evaluation

Pain framework

Treatment

Clinical Cases

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11:00 - 11:15 Coffee Break

11:15 – 13:00

Clinical Cases

Assessment, treatment and management of the patient

13:00 – 14:00 Lunch Break

14:00 – 15:30

Clinical Cases

Assessment, treatment and management of the patient

15:30 – 16:30

Revision of the Basic and Advanced Techniques

16:30 – 17:00

Delivery of Certificates

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