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iTHRUST HVLA BASIC

International HVLA Thrust Techniques Training Course

3-days COURSE PROGRAM

iTHRUST HVLA BASIC is a theoretical and practical course of Manual Therapy through manipulation techniques HVLA-T (High Velocity Low Amplitude - Thrust), better known as Thrust. The Manipulation with HVLA-T techniques consists in a fast and constrained mobilization applied to a joint segment that goes beyond the physiological joint range (Barrier), without exceeding the anatomical limit. The Thrust techniques are absolutely painless and secure, but they must be severely administered specifically in a measured and aimed way on the segment in which you want to act.

The manipulation with HVLA-T Techniques, when not in contraindication, allows:

- An articular release, often responsible of sterness/stiffness and soreness/phlogosis;
- Release of endorphins, neurotransmitters produced by the pituitary gland, that have a powerful painkiller and anti-inflammatory effects;
- Pain improvement by reflex neural pathway.

The Thrusts, that are subjects of the course, are basic and advanced HVLA-T Techniques revised &/or adapted to the daily clinical practice of the Instructor of the seminar to make them easier, outright, effective and easy learning.

Aims

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

- Locate correctly and precisely the segment/s to be treated;
- Evaluate the indications and contraindications;
- Place the patient correctly for the specific technique;
- Treat by using fast and precise osteopathic techniques;
- Perform correctly and precisely the specific the Manipulative Thrust (HVT – High Velocity Thrust).

Seminar Structure

The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 20% theory, by frontal learning, and 80% practice. Overall it will be taught over 35 HVLA-T “adapted” Techniques, from Osteopathy, Chiropractic: and Manual Medicine direct, indirect, short and long levers.

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DAY 1

Methods

Generality about HVLA-T manipulations

Clinical and Neurophysiological aspects

Gear of action of HVLA-T manipulation

Concept of Anatomic Barrier

HVLA-T Reflex Techniques

Triangles system approach

Working with “open” or “close” techniques

Placing, Tensioning and Performing the Thrust

Trainers Demonstration

Practical Sessions of Listening and Engagement of the Anatomic Barrier

Description of the Techniques – Indications -Warnings

Thoracic Spine, Ribs and Cervical Spine

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Thoracic spine: “Butterfly” and “Cup” direct techniques

Thoracic spine: “Direct” and “Dog”

Cervicothoracic Junction: C7-T1 (sitting, prone, side positions)

Ribs: 1st Rib – High, Mid and Lower Ribs

Cervical spine: Upper Mid and Lower open and close – cervical distraction

Trainer demonstrations: placing , tensioning, thrust

Practical Sessions

09:00 Start session

10:45 - 11:00 Coffee Break

13:00 – 14:00 Lunch Break

15:45 – 16:00 Coffee Break

18:00 End session

DAY 2

Shoulder complex , Arm, Lumbar Spine

Description of the Techniques – Indications -Warnings

Shoulder: Combo technique, GH Joint – SC Joint – AC Joint



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Elbow: proximal radius and ulna - open and close techniques
Wrist/Hand: distal radius and ulna – scaphoid, lunate, physiform, fingers
Y-Axial Distraction: short and long distractions
Lumbar Spine: Lumbar Roll –Lumbar Roll with Kick
Hip Bone: Sacroiliac Joint Open (Banana – Side)

Trainer demonstrations: placing , tensioning, thrust
Practical Sessions

09:00 Start session
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session

DAY 3

TMJ, Hip, Knee, Ankle and Foot

Description of the Techniques – Indications -Warning

TMJ: open and close techniques
Hip: Disatraction
Knee: Tibia – Fibula (prone – supine) - open and close techniques
Ankle: Tibiotalus joint (supine x2)
Foot: Talus – Cuboid – Navicular – 1st, 2nd, lateral Cuneiform – Calcaneous – Fingers

Trainer demonstrations: placing , tensioning, thrust
Practical Sessions

Clinical cases assessment and discussion

09:00 Start session
10:45 - 11:00 Coffee Break
13:00 – 14:00 Lunch Break
15:45 – 16:00 Coffee Break
18:00 End session