



Institute of Holistic Healthcare

整全保健學院

Joint Balancing: Muscle Energy Technique

with Dr. Kerry D'Ambrogio

Course Code : I-JBLQ-1710



Instructor:
Dr. Kerry D'Ambrogio
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Physical Therapist
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Joint Balancing Lower Quadrant (JBLQ)

The purpose of **JB** is to treat joint hypomobility, hypertonic muscles, and fascial tension. JB is a direct manual therapy technique in which the practitioner positions the patient's affected joint at its restrictive barrier in 1, 2 or 3 planes of motion. A gentle isometric contraction is used to relax and lengthen the muscle and/or fascial tension and normalize the joint dysfunction. JB expands on the work and teachings of Dr. Fred Mitchell, Sr. D.O. (Muscle Energy Techniques).

This course will teach you how to evaluate and treat joint hypomobility in the lumbar spine, pelvis, sacrum (lumbo-sacral and sacro-iliac joints), hips, knee, ankle, and foot.

Course Objectives

- ✘ Gain an understanding of the history, principles, and neuromuscular basis of Joint Balancing
- ✘ Conduct a thorough orthopedic evaluation for the joints of the lumbar spine, pelvis, sacrum (lumbo-sacral and sacro-iliac joints), hips, knee, ankle, and foot
- ✘ Ability to chart your results of the evaluation and formulate a treatment plan
- ✘ Be able to palpate a "muscle barrier"
- ✘ Be able to palpate bony landmarks of the lumbar spine, pelvis, sacrum (lumbo-sacral and sacro-iliac joints), hips, knee, ankle, and foot

- ✘Decide on the proper sequence of treatment
- ✘Perform Joint Balancing on the joint of the the lumbar spine, pelvis, sacrum (lumbo-sacral and sacro-iliac joints), hips, knee, ankle, and foot.
- ✘Understand the clinical importance of Joint Balancing and the treatment of joint and musculoskeletal dysfunctions.
- ✘Integrate Joint Balancing with other treatment modalities.

JB will help reduce joint hypomobility, muscle tension, fascial tension, pain, and swelling, and will help to restore proper joint biomechanics, functional ROM and postural alignment. **JB** can be used in the treatment of back pain, sciatica, neck pain, headaches, rib pain, upper and lower extremity orthopedic dysfunctions, swelling, and postural asymmetry. Because of the gentleness and effectiveness of **JB**, it is appropriate with the following patient populations: pediatrics, geriatrics, sports injuries, auto accidents, general orthopedic conditions, amputees, respiratory and neurological patients. You will be given a highly illustrated manual outlining each evaluation and treatment technique. This course involves a combination of theory, demonstration and hands-on practice. Evaluation and treatments will be performed by each participant using the methods learned. Plenty of time is allotted for hands-on practice as well as questions, discussion and review.

JB, like all other mobilization techniques, begins with evaluation. You will learn to utilize the principles of **ARTS** to evaluate **The Total Body Lesion**.

The **A** stands for **Asymmetry**: The practitioner evaluates the patient for **Postural Asymmetry** in the sagittal, frontal, and transverse planes in both standing and sitting. Which body part displays the greatest asymmetry?

The **R** stands for **Range of Motion**: The practitioner evaluates the range of motion (ROM) of the cervical, thoracic, and lumbar spine, the rib cage, upper and lower extremities. You will learn to assess any restriction to normal ROM in both active and passive movement.

The **T** stands for **Tension Tests**: The practitioner will perform tension tests for the cervical, thoracic, and lumbar spine, the rib cage, upper and lower extremities. Normally, when performing tension tests, the palpation should find a soft, supple and springy end feel. If the sensation is hard and restrictive, dysfunction is present.

The **S** stands for **Special Tests**: The practitioner will perform specific orthopedic tests to confirm your findings.

“This is one of the best workshop experiences I've had. Very thorough, guided, and supportive.” – R. Felice, PT

“Joint Balancing (formerly known as Muscle Energy) Techniques for the Lower Quadrant advances the knowledge of clinical practitioners. It introduces concepts which meet the needs of patients that suffer from stiffness in the lower extremities and pelvic regions. Kerry’s knowledge of the subject matter shows in the classroom through his instructional poise.” - E.V., Physical Therapist

Date & Time:

Thu	12/10/2017	07:00 PM - 10:00 PM
Fri	13/10/2017	07:00 PM - 10:00 PM
Sat	14/10/2017	10:00 AM - 6:30 PM
Sun	15/10/2017	10:00 AM - 6:30 PM

Venue: 9/F Lee May Building,
788-790 Nathan Road, Kowloon.

Fees: HK\$8,800

- ❖ 5% Early Bird Discount
(Registered before 1/9/2017)
- ❖ 5% Group Discount
(2 or more students applied together)
- ❖ 5% Students/New Graduates Discount
(Proof required)

Enquiry and Registration:

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