



## SCS II for the Extremities

SCS II focuses on dysfunction in the extremities. Lecture and extensive lab time are spent on the pelvis, hip, knee, ankle, foot, shoulder, elbow, wrist and hand. Emphasis is placed on developing palpatory and hands-on treatment skills to enhance the students' effectiveness with the techniques. Upon completion of the course participants will be able to perform Strain Counterstrain treatment techniques for common joint dysfunction, understand the neuromuscular basis for Strain Counterstrain, know how to perform a full body evaluation and have learned the Strain Counterstrain documentation format. More than 85 techniques are taught throughout the course and each participant receives a syllabus outlining each technique demonstrated.

## Prerequisite: None

### **Outline:**

- Review of neurophysiology
- Neurologic basis for somatic dysfunction
- Rationale for SCS
- General rules for SCS
- SCS in the manual medicine armamentarium
- Pelvis and hip evaluation and treatment lab
- Ankle and foot evaluation and treatment lab
- Shoulder evaluation and treatment lab
- Upper extremity evaluation and treatment
- Design a home program using SCS philosophy
- Patient treatment session

### **Goals/Objectives:**

- Understand the neuromuscular basis for Strain Counterstrain
- Perform a full body Strain Counterstrain evaluation
- Perform Strain Counterstrain treatment techniques for common joint dysfunction
- Use the Strain Counterstrain documentation format
- Design a home program using the Strain Counterstrain philosophy

### **Course Schedule:**

Day One:		Day Two:		Day Three:	
8:00 - 8:30	Registration	8:00 - 10:15	Knee Lab	8:00 - 10:00	Posterior Shoulder Lab
8:30 - 10:00	Introductory Lecture	10:15 - 10:30	Break	10:00 - 10:15	Break
10:00 - 10:15	Break	10:30 - 12:00	Ankle Lab	10:15 - 11:00	Elbow Lab
10:15 - 12:00	Principles of SCS	12:00 - 1:00	Lunch	11:00 - 11:45	Wrist/Hand Lab
12:00 - 1:00	Lunch	1:00 - 3:15	Foot Lab	11:45 - 12:00	Break
1:00 - 3:00	Anterior Pelvic and Hip Lab	3:15 - 3:30	Break	12:00 - 1:00	Patient & Faculty Lab
3:00 - 3:15	Break	3:30 - 5:00	Anterior Shoulder Lab	1:00 - 1:45	Designing a Home Program
3:15 - 5:00	Posterior Pelvic and Hip Lab			1:45 - 2:00	Documentation
				2:00 - 3:00	Closing Lecture