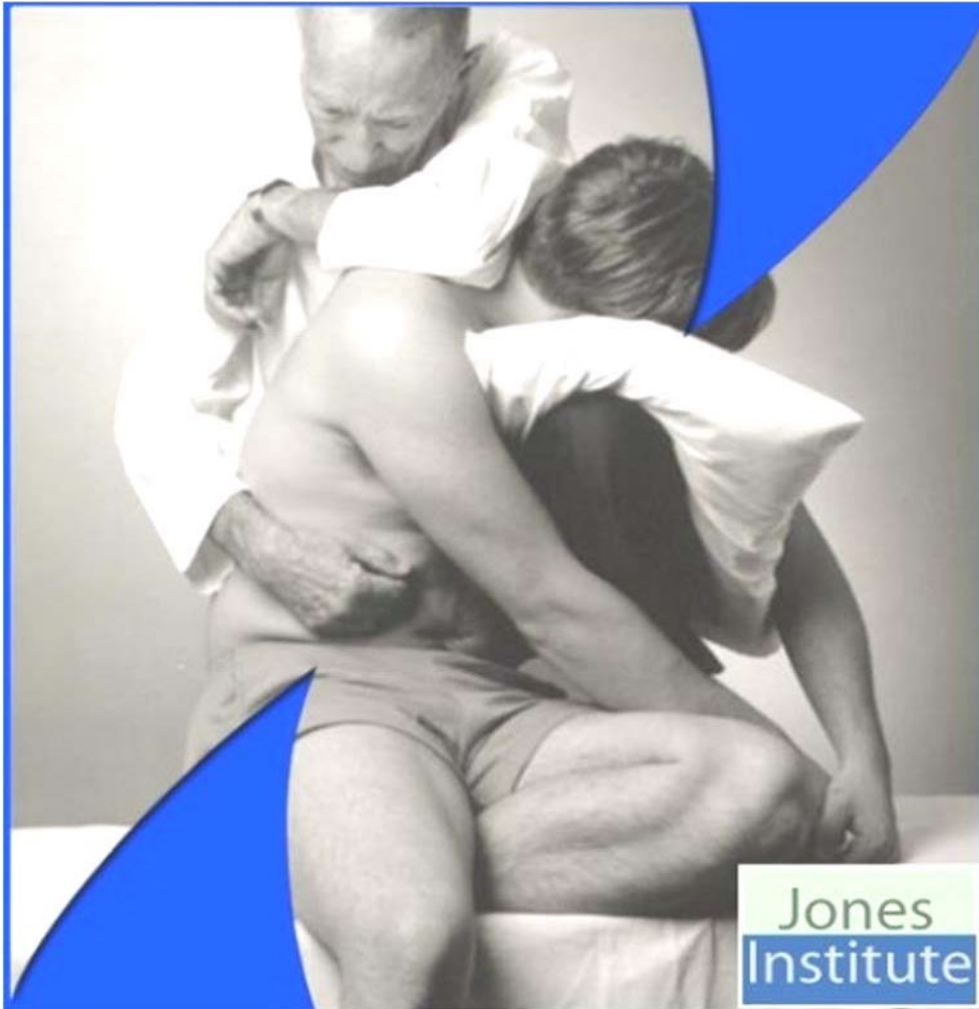


# *Jones Institute*

Developers of the technique Strain Counterstrain®

## Strain Counterstrain I *For the Spine*



### Course Program

*Developed & realized by Erik E. Gandino, MD, DO, JSCCI on the notions of Lawrence H. Jones DO, FAAO - Copyright 2009 -*

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# SCS-I for the Spine

Course in Manual Therapy for the correction of over 95 dysfunctions

with the American technique **JONES STRAIN COUNTERSTRAIN**



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**Coordinated by:**



**Tutor:**

**ERIK E. GANDINO, MD DO, JSCCI**

Medical Doctor & Surgeon, Doctor of Osteopathy. Expert in rehabilitation medicine and neuromuscular problems. Dr. Gandino "board president" of the Jones Institute Europe has taught Strain Counterstrain in several European countries for the past 16 years. He is the only European to have completed his entire course of study at the Jones Institute in the USA.

**Audience:** Fully licensed Physiotherapists (PT), Medical Doctors (MD), Osteopathic Doctors (DO) and Chiropractors (DC) (These two last therapists, after evaluation of their degree)

## HISTORY

The **Jones Institute**, based in Carlsbad, California USA, is the originator of the method STRAIN COUNTERSTRAIN (SCS). SCS is an indirect manipulative technique, which uses gentle positioning of the interested body segments to treat somatic pain and dysfunctions throughout the body in only 90 seconds. Its immediate effectiveness is widely documented in numerous medical studies, books and trade journals. It is considered the most advanced osteopathic technique by the American Osteopathic Association (AOA) due to its precise diagnosis and rapid execution.

## THEORETICAL AND PRACTICAL TRAINING PROGRAM

Lecture and extensive lab time are spent on:

- Review of neurophysiology
- Neurologic basis for somatic dysfunction
- Ortho- and Parasympathetic relationships in the various pain syndromes
- Rationale for SCS
- General rules for SCS
- Cervical evaluation and treatment lab
- Thoracic evaluation and treatment lab
- Rib evaluation and treatment lab
- Lumbar evaluation and treatment lab
- Pelvis evaluation and treatment lab
- Demonstrate the relationships between the various areas of the spine and the extremities
- Design a home program using SCS philosophy

Emphasis is placed on teaching the participant how to:

- Develop and refine palpatory skills
- Diminish tension areas
- Regain strength in neurologically weak muscles
- Improve articular range of motion
- Reduce neuropathic pain
- Diminish or remove the pain in treated body segments

## WHAT THE COURSE OFFERS

**Strain Counterstrain I (SCSI)** for the spine treats over 95 dysfunctions of the vertebral column from the cervical to the pelvis. It is the most important course in Counterstrain, and is the one that will be used the most for musculoskeletal dysfunction of the whole body. In fact, if on the one hand it is the first module that is dealt with in the Jones training and then you'll learn a completely new working method. On the other hand, clinical reasoning is also learned, aimed at studying any patient in all musculoskeletal areas. Moreover, at the same time, besides the rachialgias of various kinds, it also allows to treat indirectly the problems of the appendicular skeleton; since being a complete neurological technique, and since the various nerve plexuses directed at the 4 extremities, originating from the vertebral column, it is very common that the priority dysfunction originates from the column its' self, and not only locally from the limbs. The same applies to the headaches of myo-tension origin, starting from the cervical nerves. So, it is very common to get immediate benefits for: cervicobrachial pain syndromes, lumbo-cruralgia and sciatica symptoms with this first and fundamental course. We also remember that many visceral disturbances will disappear or improve considerably thanks to the restoration of the normal function of the visceral-somatic arch that the technique is going to restore.

## COURSE OBJECTIVES

The SCS technique taught by the Jones Institute instructors guarantees an advanced level of specialized formation in manual medicine. With in-depth analysis of the concepts addressed during the course and our knowledge of the most recent discoveries in neurophysiology, we are resolved to advance expert operators who participate and to provide efficient and non-dispersive training for novice practitioners. Participants will be able to 'scan' all of the spinal and pelvic areas, to set up a thorough, functional examination, and to arrange a quick and enduring therapeutic program, even for future visits. They will also be capable of treating dysfunctions successfully where previously they faced difficulty or failure. In addition, they will comprehend diverse clinical scenarios that require collaboration of other health specialists, and thus avoid wasting time and possibly worsening the pathological aspects not related to manual medicine.

Upon completion of this course participants will be able to:

- Develop and fully refine their **palpatory skills** relating to spine and pelvis dysfunctions
- Understand the **neurophysiological basis** of somatic dysfunctions
- Learn to '**scan**' the entire spinal column and pelvis
- Execute a **complete, functional evaluation**, creating a rapid and enduring therapeutic program
- Treat more than **85** spinal and pelvis somatic dysfunctions
- Relax areas of **muscular tension**
- Revive **strength** in neurologically weakened muscles
- Improve articular **range of motion**
- Reprogram muscular **chains**
- Establish body **symmetry**
- Reduce **nerve pain**
- Reduce or eliminate **pain** in segments treated and pain in **movement**
- Reduce local **edema**
- Re-equilibrate **facial tension**
- **Reprogram** the **Central Nervous System** in a tangible, in-depth manner
- In a limited number of treatments, modify and resolve **postural behaviors**, including those brought on by age
- Obtain **immediate and enduring results** visible in patients from the first treatment
- Utilize a completely **pain-free and non-traumatic** manual technique
- **Work** a full day **without fatigue** due to this passive neurological approach
- For those who wish, **integrate** SCS into **any work methodology** already known by the operator
- Have the knowledge to **create** a neurological exercise **maintenance program** for the patient

## FURTHER INFORMATION

The Strain Counterstrain method is based on the scientific demonstration that the majority of the musculoskeletal complaints are caused by a false interpretation of the afferent message from the spinal nervous system. These induce a reflex discharge on the correspondent motor neuron, leading to an altered state of tension and creating a vicious "pain-tension-pain" cycle. Dr. Jones, American medical osteopath and developer of the technique, is credited with finding the diagnostic points, defined by him as "Tender Points" (TP), which represent specific dysfunctions that guide the operator during the entire execution of the treatment. Dr. Jones also discovered the TPs on the anterior surface of the body, relating to specific dysfunctions on the posterior body. These have led the American Osteopathic Association to consider SCS the most advanced and innovative osteopathic manual approach available. What distinguishes it from the other medical manual methods lies precisely in its specific diagnosis and easy execution, in the immediate effect on the patient and in its absolutely atraumatic procedure. Scientific analysis (JAOA • Vol 106 • No 9 • September 2006 • 537-545), numerous clinical studies, and multiple publications and books on the subject have allowed past manual practices to transmute into a scientific method, based on very accurate clinical observation and founded on neuro-anatomical and physio-pathological platforms while remaining an innovative manual approach that resolves somatic dysfunction in only 90 seconds. The evolution of the technique based on studies carried out by the Jones Institute have reduced the time of execution to only 15, 10, even 1 second, it's a procedure taught in the advanced courses.

## DIDACTIC METHODOLOGY

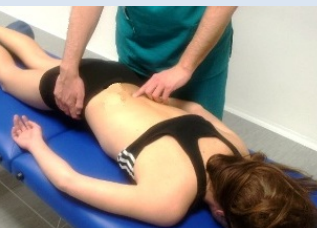
- Lectures: elements of anatomy, articular-physiology, biomechanics and pathology of the locomotor system.
- Principals of manual therapy: teaching of diagnosis and treatment with SCS, combining of SCS with other methods and techniques, and specific therapeutic exercises we have developed.
- Manual practice integrated with images: slides in PWP, video projection, 3D anatomical models.
- Material for participants: syllabus with all the techniques given at the course, bi-laminated poster (28x26 cm) with images, explanations of the technique and localization of the TPs.
- Ample time dedicated to manual practice.
- Treatment strategies outlined for the different areas focused on during the course.
- For every pathology described, a different treatment methodology will be proposed with practical examples.

## ➤ MAIN DYSFUNCTIONS TREATED WITH THIS COURSE

- Anrou syndrome, temporal migraine headaches, cervical vertigo, stiff neck, neck pain caused by dysfunctional vertebrae, whip-lash pain, brachial plexus, thoracic outlet syndrome, elevated and depressed rib dysfunctions, sternum pain, dyspnea, pericardial pain, pyrosis, dyspepsia, nausea, diarrhea, constipation, urinary problems, cystitis, diffuse rachis pain, localized rachis pain, sciatica, myofascial pain syndrome, anterior and posterior sacro-iliac articulation dysfunctions, unequal leg length, more than ten sacrococcygeal dysfunctions, perineal pain, and many other complaints.

## OUR STRENGTHS

- The professionalism and experience of our teachers, along with their uniqueness. Consider that even after 20 years since the founding of the Institute, only 7 instructors in the entire world are authorized to teach this method, which speaks to our resolve to provide excellent instruction.
- Solidity of an Institute which has been at the foundation of the methodology for over 2 decades, with continual medical studies, updates and improvements in the technique, while maintaining its originality.
- Numerous clinical studies, scientific publications and bibliographies on the subject.
- The complete resolution of the somatic dysfunctions in only 90 seconds and through recent advances of the technique, results obtained in only 15, 10 or 1 second of execution.
- Drastic reduction in the time of treatment and of the successive therapeutic protocol, in fact in only one or a few sessions patients can completely recover from the problem.
- Great specificity in the diagnosis, easy execution, immediate results on the patient, no contraindications and a completely non-traumatic execution of the technique.



## Distinctiveness of the Technique

- Understand the real neurophysiologic issues at the origin of the somatic dysfunction.
- Develop and fully-refine palpatory skills on muscular-skeletal dysfunctions.
- Have at disposition a highly-specific diagnosis and the possibility to scan the entire body in less than 2 minutes. From the onset, clearly define the areas of primary and secondary dysfunction, where to begin, how to proceed, how the therapy is really going and how many visits will be necessary to conclude the treatment plan.
- Carry out a functional clinical exam, creating a quick and enduring therapeutic plan.
- Easily execute the technique on any dysfunction.
- Apply the technique immediately on the patient with any painful condition.
- Drastically reduce treatment time into one or very few visits.
- Obtain immediate, visible results on the patient, beginning with the first visit.
- In just a few visits, modify and resolve habitual, symmetrical and postural behaviors, including those brought on by age.
- Completely resolve a somatic dysfunction in only 90 seconds, and with the latest developments of the technique, in only 15, 10, 3 or even 1 second of execution.
- Work autonomously after each individual course.
- Utilize an absolutely pain-free and non-traumatic manual technique.
- Use a technique which has zero contraindications regardless of the type of patient.
- Evaluate the precise state of the articular dysfunction through this unique osteopathic system and the diagnostic points termed 'Tender Points' by Dr. Jones.
- Use the unique code which identifies specific areas on the anterior surface of the body that are related to dysfunctions and pain on the posterior side.
- Treat multiple systems with the only method in the world able to do so. Extraordinary results have been seen on the muscular-skeletal apparatus, the craniofacial apparatus, the visceral pleura, the peripheral nervous system (PNS), the arterial and lymphatic systems and all of the contractile innervated structures.
- Work without fatigue through this passive, neurological approach.
- Integrate this methodology with any other technique that you already practice.
- Reprogram the central nervous system in a real, profound, tangible manner.
- Have the knowledge to implement a maintenance program of neurological exercises for the patient.



# DIDACTIC PROGRAM

DIDACTIC PROGRAM SPECIFICS: The course is divided into areas (e.g. anterior cervical spine, posterior cervical spine)

- **Every area has an oral explanation of about 30 minutes which will discuss:**
  - Physiopathology and anatomy of the mentioned area,
  - The localization, the palpatory sensation, and the most common TPs,
  - The difference in pain between anterior and posterior TP, specific symptomatology for every TP and possible areas of pain referral,
  - Evaluation of body positioning, especially posture engaged by the patient with specific TP, the activities that worsen or improve the symptoms, antalgic behavior in the different positions (standing erect, sitting, lying down),
  - ⇒ Relevant treatment: how to approach each TP and how to sequence the treatment.
- **Every area has a practical demonstration of about 20 minutes which will show:**
  - Practical display of where the different TPs are located in the area and how to identify them,
  - Practical demonstration of how to treat every specific TP,
  - Description of the palpatory sensation of the TP during the different phases of the treatment,
  - Particular emphasis on the correct positioning of the operator for each technique,
  - Particular attention on the usage of the operator's body for the careful positioning of the patient.

## **FIRST DAY (9.00-6.30 pm)**

### **09.00 Opening:**

- Presentation & Preparation
- Video of Dr. Jones on the discovery of SCS

### **09.20 Lecture:**

- Definition and explanation of SCS technique
- Definition and explanation of tender point (TP)
- Definition and explanation of mobile point
- Neurological explanation of SCS

### **11.30 Coffee Break**

### **11.45 Lecture:**

- Clarification of somatic dysfunctions

### **01.30 pm Lunch**

### **2:30 pm Lecture**

- Rules for the use of Counterstrain
- How to evaluate a patient

### **3:00 pm Lecture & Practice on the following somatic dysfunctions:**

- LATERAL 1ST CERVICAL
- ANTERIOR 1ST RARE CERVICAL
- ANTERIOR 1ST & 2nd CERVICAL
- ANTERIOR 3d CERVICAL
- ANTERIOR 7TH CERVICAL
- ANTERIOR 5TH,6TH ,7TH , (8)TH CERVICAL

### **4:30 pm Coffee Break**

### **4:45 pm Practice**

- Continue practical part (other change partner)

### **6.15 pm Questions & Answers**

### **6.30 pm Closure**

## **SECOND DAY (8.30-6.15 pm)**

### **08.30 Opening:**

- Lecture on the changes happening in the 90" of SCS
- Lecture on the adverse effects of Counterstrain

### **09.30 Lecture & practice on the following somatic dysfunctions:**

- INION 1ST CERVICAL
- POSTERIOR 1ST & 2nd CERVICAL
- POSTERIOR 3rd CERVICAL
- POSTERIOR 4TH - 8TH CERVICAL

### **11.15 Coffee Break**

### **11.30 Practice**

- Continue practice part (other change partner)

### **01.15 pm Lunch**

### **2:30 pm Lecture & practice on the following somatic dysfunctions:**

- ANTERIOR THORACIC 1ST – 3rd VERTEBRA
- ANTERIOR THORACIC 4TH - 6TH VERTEBRA
- ANTERIOR THORACIC 7Th - 9th VERTEBRA
- ANTERIOR THORACIC 10Th-12th

### **3.30 pm Coffee Break**

### **3.45 pm Practice**

- Continue practice part (other change partner)

### **6.00 pm Questions & Answers**

### **6.15 pm Closure**

### **6.15-7.00 pm Explanation on future courses**

## **THIRD DAY (9:00-17:30)**

### **08.00 Lecture & practice on the following somatic dysfunctions:**

- POTERIOR THORACIC 1-9
- POTERIOR THORACIC 10-12
- POTERIOR LUMBARS L1-L5
- QUADRATUS LOMBORUM
- POSTERIOR LUMBAR ON ILIUM 3rd ,4th , 5th

### **9.45 Practice**

- Continue practice part (other change partner)

### **11:30 Coffee Break**

### **11.45 Lecture & practice on the following somatic dysfunctions:**

- QUADRATUS LOMBORUM
- POSTERIOR LUMBAR ON ILIUM 3rd ,4th , 5th

### **12.30 pm Lecture & demonstration on these following somatic dysfunctions:**

### **01.45 pm Lunch**

- 1ST LUMBAR
- ANTERIOR LUMBAR 2d - 5th VERTEBRA
- ANTERIOR ABDOMINAL POINT (AAL2)

### **3.30 pm Coffee Break**

### **3.45 pm Practice**

- Continue practice part (other change partner)

### **4.45 pm Lecture & demonstration**

- Home Program for patient
- Diagnosis of a full body scan
- Practical exam of the course (if needed for CME)

### **5.30 pm CLOSURE**