



iTHRUST Academy

Directed by Dr. Giovanni Bonfanti DO.F

iTHRUST CLASSROOM Manual Therapy International Training Course

3-days COURSE PROGRAM

iThrust international is a theoretical and practical course of Manual Therapy through manipulation techniques HVT (High Velocity Thrust), better known as Thrust. The Manipulation with HVT 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 HVT 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.

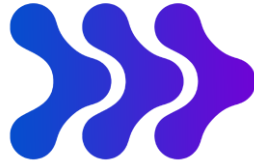
The Thrusts, that are subjects of the course, are HVT Techniques revised &/or adapted to the daily clinical practice of the Instructors of the seminar to make them easier, outright, effective and easy learning.

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



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The course spreads in n°3 days, for a total of 24hours course. The didactics consist in 30% theory, by frontal learning, and 70% practice. Overall it will be taught over 30 HVT Techniques, from Osteopathy and Chiropractic: direct, indirect, short and long levers.

DAY 1

Methods, Lumbar Spine, Hip Bone, Lower Limb

Generality about HVLAT manipulations
Clinical and Neurophysiological aspects
Gear of action of HVLAT manipulation
Concept of Anatomic Barrier
Listening and Engagement of the Anatomic Barrier

Placing
Tensioning
Performing the Thrust
Trainers Demonstration
Practical Sessions of Listening and Engagement of the Anatomic Barrier
Practical Sessions of Tensioning
Description of the Techniques –
Indications -Warnings
Lumbar Spine: Lumbar Roll –Lumbar Roll Long Lever
Hip Bone: Iliac – Sacrum
Hip: Decoaptation –Direct technique
Knee: Tibia –Fibula
Foot: Talus –Cuboid –Navicular –1st, 2nd, lateral Cuneiform

Trainers Demonstration –LUMBAR SPINE
Techniques: placing , tensioning, thrust
Practical Sessions –LUMBAR SPINE:
manipulation choice, placing, tensioning, thrust

Trainers Demonstration –HIP BONE and HIP
Techniques: placing , tensioning, thrust
Practical al Sessions –HIP BONE and HIP:
manipulation choice, placing, tensioning, thrust

Trainers Demonstration –LOWER LIMB
Techniques: placing , tensioning, thrust
Practical Sessions –LOWER LIMB:
manipulation choice, placing, tensioning, thrust



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DAY 2

THORACIC SPINE, RIBS, SHOULDER and CERVICO-THORACIC JOINT

Description of the Techniques –Indications -Warnings
Thoracic spine: “Screw” and “Butterfly” direct techniques
Ribs: 1stRIB–High, Mid and Lower Ribs
Shoulder: GH Joint –SC Joint –AC Joint –TS Joint
Cervicothoracic Junction: C7-T1 (sitting, prone, side positions)–

Trainers Demonstration –THORACIC SPINE Techniques: placing , tensioning, thrust
Practical Sessions – THORACICSPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration –RIBS Techniques: placing , tensioning, thrust
Practical Sessions –RIBS : manipulation choice, placing, tensioning, thrust

Trainers Demonstration –SHOULDERS Techniques: placing , tensioning, thrust
Practical Sessions – SHOULDERS: manipulation choice, placing, tensioning, thrust

Trainers Demonstration –CERVICOTHORACIC JUNCTION Techniques: placing , tensioning, thrust
Practical Sessions –CERVICOTHORACIC JUNCTION: manipulationchoice, placing, tensioning, thrust

DAY 3

CERVICAL SPINE, UPPER LIMBS and ATM

Description of the Techniques –Indications -Warnings
Cervical spine: C0-C1 distraction–Upper rotation–Mid and Lower
Elbow: Classic lever seat down and laying face down
Wrist: Crossbow traction Ulna and Radius
ATM: supine and sitting techniques

Trainers Demonstration –CERVICAL SPINE Techniques: placing, tensioning, thrust
Practical Sessions – CERVICAL SPINE: manipulation choice, placing, tensioning, thrust

Trainers Demonstration –UPPER LIMB Techniques: placing, tensioning, thrust
Practical Sessions –UPPER LIMB: manipulation choice, placing, tensioning, thrust