

## **Lymphatic & Visceral Manual Therapy**

**Instructor: Greg Dea, BSc, BPhysio (Hons), MPhysio (Sports)**

**Course Outline – Day 1 (subject to timing changes at the discretion of the instructor during the course)**

### **08:30am Registration**

- Introduction to the course and overview.

### **09:00am Anatomy & Physiology of the Lymphatic System**

- Lecture on the anatomy and physiology of the lymphatic system.

### **10:10am Break**

### **10:25am Unwind the Patterns Discussion**

- Group discussion focusing on the concept of "unwinding patterns" in the context of lymphatic health as it relates to musculoskeletal dysfunction.

### **11:00am Palpation Sensory Exercises: Enhancing Awareness and Sensitivity**

Developing refined palpatory awareness requires a heightened sense of touch, force application, and sensory reception. This will bring palpatory skills into focus.

- **Demo:** Theory and demonstration of palpation of the skin viscera.
- **Practical:** Hands-on session practicing palpation of skin viscera.

### **12:00pm Palpation of Lymphatic Zones**

- **Demo:** Theory and demonstration of lymphatic zones and their relevance.
- **Practical:** Hands-on session practicing palpation of lymphatic zones.

Repeat, with coherence.

### **12:30pm Lunch**

### **1:30pm Baseline Movement Assessment**

- Performance of SFMA Top Tier and breakouts to gain baseline movement diagnoses.

**3:00pm Common MSK Findings of the Spine Related to Visceral Dysfunction**

- **Lecture:** Identifying and understanding musculoskeletal (MSK) findings of the spine related to visceral dysfunction.
- **Practical:** Hands-on session exploring the static spine palpation assessment

**3:35pm Break**

**3:50pm Continue practical of common MSK findings of the spine related to visceral dysfunction**

**4:10pm Lymphatic Skin Brushing Techniques**

- **Demo:** Demonstration of lymphatic skin brushing techniques.
- **Practical:** Hands-on session practicing lymphatic skin brushing, with reassessment of movement findings as indicated.

**5:15pm Reinforcing Strategies - introduction**

- Understanding the role of hydration, sleep and movement in lymphatic health with practical recommendations for end-of day 1.

**Course Outline – Day 2 (subject to timing changes at the discretion of the instructor during the course)**

**09:00 FIR, Mechanotransduction, Piezoelectric and Coherence**

**09:45 Ascending Colon Manual Therapy**

- **Demo:** Demonstration of ascending colon manual therapy techniques.
- **Lab:** Hands-on session practicing ascending colon manual therapy.

**10:15 Break**

**10:30am Descending Colon Manual Therapy**

- **Demo:** Demonstration of descending colon manual therapy techniques.
- **Lab:** Hands-on session practicing descending colon manual therapy.

**11:00am Pre-Sacral Release**

- **Demo:** Demonstration of pre-sacral release techniques in supine and quadruped.
- **Lab:** Hands-on session practicing pre-sacral release techniques.

**11:15am Pectoral Release for Lymphatic Congestion & Upper Extremity Oedema**

- **Demo:** Demonstration of pectoral release techniques.
- **Lab:** Hands-on session practicing pectoral release techniques.

**12:15pm Longitudinal/Balanced Myofascial Release of Thoracic Inlet/Outlet**

- **Demo:** Demonstration of longitudinal/balanced myofascial release techniques for the thoracic inlet/outlet.
- **Lab:** Hands-on session practicing these techniques.

**12:30pm Lunch****1:30pm Thoracic Lymphatic Pump (Central)**

- **Demo:** Demonstration of central lymphatic pump techniques.
- **Lab:** Hands-on session practicing central lymphatic pump techniques.

**2:00pm Thoracic Lymphatic Pump (Unilateral)**

- **Demo:** Demonstration of unilateral lymphatic pump techniques.
- **Lab:** Hands-on session practicing unilateral lymphatic pump techniques.

**2:30pm Thorax MSK, Lymphatic & Visceral Mobilisations**

- **Demo:** Demonstration of thorax musculoskeletal, lymphatic, and visceral mobilisation techniques.
- **Lab:** Hands-on session practicing thorax mobilisations.

**3:00pm Positional Release for Mesenteric and Intestinal Tissue**

- **Demo:** Demonstration of positional release for mesenteric and intestinal tissue
- **Lab:** Hands-on session practicing these techniques.

**3:30pm    Massage in Line with Dorsal and Anterior Lymphatic Drainage**

- **Demo:** Demonstration of massage techniques for dorsal and anterior lymphatic drainage.
- **Lab:** Hands-on session practicing these massage techniques.

**4:00pm    Reinforcing Exercises**

- Practical session focusing on reinforcing exercises for lymphatic and visceral movement and fluid flow health.

**5:00pm    Partner Change and Continued Assessment and Intervention Practical**

- Time allocated for participants to switch partners and conduct assessments or interventions as reasoned.

