



Course Description and Structure of the Basic Training Course in Myoreflex Therapy

Course Trondheim - Sept. 2011 to Feb. 2013

Myoreflex Therapy is a treatment philosophy that brings together contemporary medical knowledge, physical and biomechanical realities along with traditional techniques such as traditional Chinese medicine (TCM) and modern neurophysiology and epistemologies. The treatment technique, which constitutes stimulation of the muscle-tendon interface, cannot be described merely in terms of the creation or reduction of tension, but instead is characterized by a process of re-regulation. It seeks to provide the body with the necessary requirements to allow it once again to find its own balance.

The course is offered to 16-22 participants and is taught by two main instructors. The course teaches both theoretical elements and their practice-related implementation. The practical portion is conducted in small groups (6-10 participants plus 1-2 instructors). Each course block incorporates the theoretical and practical consideration of a subject area (the lower extremities, the upper extremities, the trunk, the skull, etc.) along with the illnesses that can arise from that area including elements of their treatment.

Course Syllabus

- Fundamentals of Myoreflex Therapy
- Anatomy and functional anatomy relevant to Myoreflex Therapy
- Introduction to traditional Chinese medicine (TCM) as it relates to Myoreflex Therapy
- Biomechanics and its therapeutic application
- Fundamentals of general and specialized neurophysiology and neuroanatomy
- Pain models with horizontal and vertical network theories
- Simulated movement
- Paving the way towards a new understanding of clinical syndromes and their treatment
- Intensive, goal-directed practical instruction in small groups and treatment of clinical syndromes
- Presentation models
- Relevant anatomy from the perspective of traditional Chinese medicine (TCM)
- Psychotraumatology
- Fundamentals of neuromuscular trauma therapy (NMTT)
- Models of thought in traditional Chinese medicine
- Specific aspects related to different types of applied load and/or different types of sport
- Myoreflex Therapy in pediatrics and neurology
- Myoreflex Therapy as a treatment philosophy in networking with internal medicine and surgery
- Myoreflex Therapy in psychosomatic syndromes
- Final examination with certification as a Myoreflex therapist (Theory and Practice)



Road Map

Course 1, day 1 – 4; 01. – 04. September 2011

- introduction to Myoreflex Therapy
- basics of Myoreflex Therapy
- neurophysiological basics of Myoreflex Therapy: reflex physiology, regulation medicine
- neurophysiology: pain, simulated movement, control circuits
- anatomy: pelvis
- biomechanics: pelvis, sacroiliac joint
- anamnesis
- strategic examples and case studies and their corresponding medical conditions
- specific aspects related to different types of applied load and/or different types of sport
- Myoreflex-specific movement training: Resistance Training in Stretched Position (*Resistance Stretch*)
- introduction to traditional Chinese medicine (TCM): traditional meridians and muscle meridians
- anatomy: lower extremity

Course 2, day 5 – 8; 01. – 04. December 2011

- recapitulation, Q&A
- neurophysiology: pain, simulated movement, control circuits (ctd.)
- neurophysiology and neuroanatomy
- anatomy: lower extremity (ctd.)
- biomechanics: hip joint, knee joint, ankle joint
- basic osteoarthritis treatment
- examination and diagnosis
- strategic examples and case studies and their corresponding medical conditions
- specific aspects related to different types of applied load and/or different types of sport
- writing patient/treatment protocols
- TCM element: water
- neuromuscular psychotrauma therapy (NMTT)
- Resistance Training in Stretched Position (*Resistance Stretch*)

Course 3, day 9 – 12; 01. – 04. March 2012

- recapitulation, Q&A
- anatomy: trunk, shoulder girdle
- biomechanics: spinal disc herniation, vertebral column
- muscle chains, biomechanical pathways
- neurophysiology and neuroanatomy (ctd.)
- strategic examples and case studies and their corresponding medical conditions
- specific aspects related to different types of applied load and/or different types of sport



- TCM element: earth
- anatomy and biomechanics: shoulder girdle – arm
- biomechanical pathways, „projection symptoms“
- distant points, regulatory points
- TCM element: fire
- neuromuscular psychotrauma therapy (NMTT)
- Resistance Training in Stretched Position (*Resistance Stretch*)

Course 4, day 13 – 16; 07. – 10. June 2012

- recapitulation, Q&A
- anatomy: cervical vertebrae
- biomechanics: cervical vertebrae, focus on C1/Atlas
- palpation of C1/Atlas
- symptoms related to C1/Atlas
- corresponding medical conditions, complex case studies, treatment strategy practice
- specific aspects related to different types of applied load and/or different types of sport
- TCM element: wood
- neurophysiology and neuroanatomy
- anatomy: skull (bone structures and muscular structures)
- biomechanics: jaw, skull
- complex treatment of C1/Atlas
- strategic examples and case studies and their corresponding medical conditions
- complex case studies, finding the right strategy
- TCM element: metal
- cross-modal therapy and practice strategies (jaw-eye-exercises)
- Resistance Training in Stretched Position (*Resistance Stretch*)

Course 5, day 17 – 20; 06. – 09. September 2012

- recapitulation, Q&A
- presentation models
- neuromuscular psychotrauma therapy (NMTT)
- neurology
- special pediatrics
- energy metabolism (central nervous system and neuromuscular) as foundation of neuromuscular regulation and performance efforts
- epigenetics and nutrigenomics
- LOGA Sport (performance optimization – brain – endurance)

Exam block, Course 6, day 21/22; 02./03. February 2013

- day 1 (morning): recapitulation, Q&A
- day 1 (afternoon): written exam, approx. 3 hours
- day 2: oral and practical exam in groups of 4 – 6 participants; final words



Exam requirements

- 2 patient/treatment protocols
- requirements for a certificate: applicant must have completed a basic medical/therapist training approved by the state

Costs

- Euro 5'720,-- (circa NOK 44'900,--)
- payment on invoice after receipt of acceptance letter
- for students outside of Norway a limited amount of positions are available for a discounted reate of Euro 4'840.—(circa NOK 38'000)

Number of participants

- minimum 16; maximum 22 participants

Literature

- Handout: Myoreflex Therapy, Resistance Stretch, NMTT (neuromuscular psychotrauma therapy), LOGA Sport; will be handed out to participant in English language version as part of the course
- Myers, T.W. (2001). Anatomy Trains. Myofascial Meridians for Manual and Movement Therapists. Edinburgh, London, New York: Churchill Livingstone. (Suggested reading, not included in the course)
- one qualified book on muscle anatomy, e.g. Andrew Biel & Robin Dorn (Illustrator) (2010). Trail Guide to the Body: A Hands-on Guide to Locating Muscles, Bones, and More. Books of Discovery; 4th edition. (Suggested reading, not included in the course)
- one qualified book on neuroanatomy (Suggested reading, not included in the course)