

**Southern Ontario College of Osteopathy**  
**Counterstrain, Facilitated Positional Release,**  
**Oscillatory Technique, Ligamentous Articular Strain**  
**(Course outline)**  
**23 hours**

1. Counterstrain
  - Physiologic basis
  - General rules
  - Basic Steps
  - Location and treatment of common anterior and posterior cervical tender points
  - Location and treatment of common anterior and posterior thoracic tender points
  - Location and treatment of common anterior and posterior lumbar tender points
2. Facilitated Positional Release
  - Physiologic basis
  - General rules
  - Basic Steps
  - Tissue Texture Change Treatment
  - Intervertebral Motion Restriction Treatment in cervical, thoracic and lumbar spine
3. Oscillatory Techniques
  - Harmonic technique
  - Facilitated Oscillatory Release
  - Harmonic versus rhythmic techniques
  - Pendular and spring mechanisms
  - Harmonic technique as manual therapy
  - General rules
  - Oscillatory Techniques for different body masses
4. Ligamentous Articular Strain (LAS) and Balanced Ligamentous Tension (BLT)

- Physiologic basis
- General rules
- Basic Steps
- Ligamentous Articular Strain treatment for individual regions of the body

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