

Southern Ontario College of Osteopathy
Lumbar Region.
Osteopathic clinical assessment and treatment including the major osteopathic techniques.
(Course outline)
23 hours

1. Review of the anatomy and physiology of the lumbar region
2. Biomechanics of the lumbar spine and ribs with Fryette spinal mechanics principles
3. Radiography of the lumbar spine
4. Embryological origins of the topographical and functional anatomy of a spinal cord segment
5. Segmental innervation (Dermatomes, Myotomes, Sclerotomes)
6. Autonomic nervous system
7. Peripheral nervous system
8. Pathology of lumbar region
 - A. Degenerative processes (osteocondrosis)
 - Compression syndromes
 - Herniated Nucleus Pulposus
 - Nerve roots' compressions
 - Spinal Stenosis
 - Spondylolisthesis and spondylolysis
 - Reflectory syndromes
 - Lumbalgia (M. quadrates lumborum, M. psoas, M. multifidi and rotatores)
 - B. Post-traumatic changes
 - C. Inflammatory processes (osteoarthritis etc.)
 - D. Oncology
9. Osteopathic assessment of lumbar region
 - General assessment
 - Intersegmental motion testing
10. Osteopathic structural diagnosis

11. Muscle Energy Techniques for the treatment of lumbar region
12. Soft Tissue Techniques for the treatment of lumbar region
13. Functional Technique for the treatment of lumbar region
14. Counterstrain for the treatment of lumbar region
15. Facilitated Positional Release for the treatment of lumbar region
16. Oscillatory Techniques for the treatment of lumbar region
17. Ligamentous Articular Strain Techniques for the treatment of lumbar region
18. Techniques of Still for the treatment of lumbar region

© 2013, All information contained herein is the sole property of Southern Ontario College of Osteopathy. Southern Ontario College of Osteopathy reserves all rights and privileges regarding the use of this information. Any unauthorized use, such as distributing, copying, modifying, or reprinting, is not permitted.