

Southern Ontario College of Osteopathy
Muscle Imbalance: Assessment and Self-treatment from an Osteopathic Perspective
(Course outline)
23 Hours

- 1) Interrelated aspect of physical function
- 2) Therapeutic exercise interventions
- 3) Review of muscles biomechanics and function
- 4) Theories of muscle imbalance
- 5) Muscle imbalance syndromes
- 6) General recommendations for treating muscle imbalances
- 7) Assessing for muscle imbalance
 - Osteopathic assessment
 - Gross range of motion and active movement testing
 - Muscle strength testing
 - Muscle length Testing
 - Muscle firing patterns
- 8) Osteopathic assessment and self- treatment with respect to various dysfunctions and syndromes
 - Upper and lower extremity dysfunction
 - Cranial dysfunction
 - Lumbar back pain
 - Sacroiliac joint pain
 - Lymphatic dysfunction
 - Visceral dysfunction
 - Peripheral nerve dysfunction
- 9) Integrated, compound, and advanced movements
 - Fascial training
 - Plyometric and power training
 - Balance and proprioceptive training