

Manual Muscle Testing -a window to the nervous system

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2-3rd February 2013

Lee Valley Athletics Centre. Edmonton. London

Muscle testing is a much underused tool in neuro-musculo-skeletal diagnostics. It is seen by many as either purely myotomal for nerve root compression or an unscientific energy test used by kinesiologists.

This seminar will examine the neurological basis for manual muscle testing and present a screening routine as well as a simple concept for using muscle testing in your daily practice. We will look at a new paradigm for understanding injury, which is rooted in well understood principles and research and which offers a different yet very logical approach.

This concept works regardless of your treatment technique. It is not meant as a 'system', a cookbook approach or the only way to get your patients better, but it is a simple yet hugely effective tool, which is easy to apply and integrate into your existing examination procedures.

The following Monday morning, you will be able to:

- *Immediately show the effect of your treatment*
- *Hugely increase patient compliance*
- *Get clues to help you find those difficult underlying problems – not just treat compensations*
- *Screen asymptomatic patients and athletes and show them why they are seeing you for preventative care*
- *Help in preventing injury and optimise sporting performance*

This concept has been successfully used on athletes from a wide range of sports and performance levels including Leicester Tigers Rugby, England Rugby, Chelsea FC, GB Basketball and the 2012 Olympic Polyclinic. Although there will be an emphasis on muscle testing in athletes, this seminar is as relevant for your non-sporting patients as your athletes.

The initial 1.5 hours of theory, background and research will be in the form of a webinar. You will be able to view this online at your leisure and to go over things again, whilst following the powerpoint presentation online as well as downloading notes. This format should enable us to spend more time on the practicals and review any issues from the theory.

This will be a very practical seminar and places will be limited.

Registration Fee: £235

Please complete the bottom of this form and send with a cheque payable to U Sandstrom to:

Sandstrom Seminars, Sheffield Chiropractic Clinic , 789 Chesterfield Road, Sheffield S8 0SP

Alternatively, please complete your credit card details and send to same address or fax to 0114 2850130

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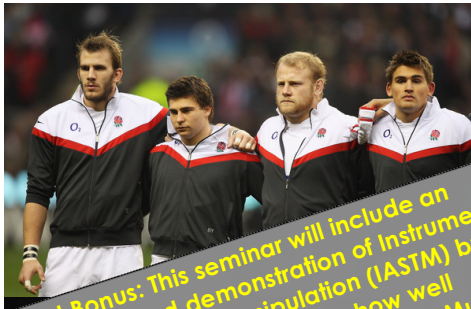
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Ulrik Sandstrøm has worked in elite sports for the past 17 years and is Team Chiropractor to Leicester Tigers Rugby Club.



He has lectured nationally and internationally on muscle testing and sports chiropractic to undergraduates as well as Chiropractors, Physios and Medical Doctors.



Added Bonus: This seminar will include an introduction and demonstration of Instrument assisted Soft Tissue Manipulation (IASTM) by Donna Strachan. This will show how well different techniques integrate into the Muscle Testing Concept

