

Visceral Manipulation: The Pelvis (VM3)

Pre-Study Material

We leave it up to each prospective student to assume responsibility for advance preparation; we cannot screen students for their level of readiness. You may, however, find yourself frustrated and left behind if you do not study before hand. It is suggested that you read the *Urogenital Manipulation* and *Manual Therapy for the Prostate* books, and look up the terms for the following lists of terms and structures. It is also recommended that you begin your study well in advance of the scheduled workshops to allow for unforeseen interruptions and a comfortable learning pace. We want this to be an interesting and intriguing educational experience for you.

Below is a list of terms and structures that are important in your preparation for this course. In addition, referencing these terms and structures from good anatomical texts such as the current British Edition of *Gray's Anatomy*, *Clemente's Anatomy* and/or *Netter's Atlas of Human Anatomy* are highly encouraged. These anatomy books are available through The Barral Institute.

This workshop takes an expanded approach to biomechanics by studying the subtle but chronic influences of the viscera on whole-body mechanics. It also provides further understanding of the chronic effect that trauma introduced from external sources has upon proper physiological functioning.

Specifically, you will study the relationship between structural and functional mechanics of the components of the pelvic cavity; ie:

- Their respective organs
- Ligaments and other support mechanisms
- Visceral motions as related to musculoskeletal activity

To organize these body areas into systems for easier learning, we divide the pelvis into hard outer frames and soft inner frames. Appropriate corrective techniques are taught for each structure and system. Also, evaluation techniques are given in order to discriminate the direction of causal relationship between inner and outer systems.

Also included are overviews of the strong interconnection between any lower limb dysfunction and pelvic dysfunction.

VM3 Pre-Study (continued)

Anatomy, biomechanics, functional relationships, evaluation methods and treatment methods are covered through lecture and demonstration for the following:

1. Pelvis:

Please note! Due to the possibility of legal complications, only external approaches to manipulations of the pelvic viscera and surrounding structures are taught.

2. Hard Frame: Pubic Rami and Symphysis

Obturator Foramina

Coccyx: Connections with Pelvic Muscles, Fascias and Ligaments

Sacrum: Sacroiliac, Sacro-Tuberous, and Ilio-Lumbar Ligaments

Lumbar Spine: as related to Pelvic Mechanics

3. Soft Frame: Muscles and their Fascias of Pelvic Basin and Floor

Lower Portion of Peritoneum

Endo-Pelvic Fascia

Internal Pelvic Visceral Ligaments and Fascias

Median and Medial Umbilical Ligaments

Obturator Membrane and Muscles

Bladder, Ureters, Urethra

Uterus: Cervix, Cervical Ligaments, Round Ligaments

Broad Ligaments, Fallopian Tubes, Ovaries, Lumbo-Ovarian Ligament

Prostate, Rectum