

IMT2 – Mechanico-adaptive treatment model

Over 2 days, therapists will gain an understanding of the inter-relationship the spine has with the pelvis and lower extremities and how balancing these components will create lasting change. Learn primary and secondary scan tests for the musculoskeletal system and 55 counterstrain treatment techniques for the foot and ankle, knee, pelvis, sacrum, coccyx, spine, thoracic cage and clavicle. Therapists will leave this module with powerful techniques to change neuromuscular joint dysfunctions creating local and remote pain as a result of mechanical adaptation.

IMT2 Course Schedule

Day 1

8.30am - 9.00am	Course registration
9.00am - 9.45am	Introduction and Key concepts
9.45am - 10.30am	Iliosacral Assessment & Treatment
10.30 - 10.45am	BREAK
10.45 - 11.15am	Sacroiliac Assessment & Treatment
11.15 – 12.15pm	Posterior cervicals Assessment & Treatment
12.15 - 1.15pm	LUNCH
1.15 - 2.15pm	Anterior cervicals Assessment & Treatment
2.15 - 3.00pm	Knee Assessment & Treatment
3.00 - 3.15pm	BREAK
3.15 - 4.30pm	Ankle & Foot Assessment & Treatment
4.30 pm	END OF DAY 1

Day 2

9.00am – 9.30am	Review of day1
9.30am - 10.30am	Anterior lumbar Assessment & Treatment
10.30 - 10.45am	BREAK
10.45 - 11.45pm	Posterior lumbar Assessment & Treatment
11.45 – 12.30pm	Anterior thoracics Assessment & Treatment
12.30 - 1.30pm	LUNCH
1.30 - 2.30pm	Posterior thoracics Assessment & Treatment
2.30 – 3.15pm	Posterior ribs Assessment & Treatment
3.15 - 3.30pm	BREAK
3.30 - 4.15pm	Anterior ribs & clavicle Assessment & Treatment
4.15 - 4.30pm	Treatment concepts
4.30pm	END OF IMT2