

# Positional Release Technique Seminar by Dr. Leon Chaitow

**14/3-15/3 2009**

## Registration form:

Chiropractor	DKK. 2995,00	_____
	EUR. 402,00	_____
Physiotherapist	DKK. 2995,00	_____
	EUR. 402,00	_____
Medical Doctor	DKK. 2995,00	_____
	EUR. 402,00	_____
Other	DKK. 2995,00	_____
	EUR. 402,00	_____
Student	DKK. 995,00	_____
	EUR. 242,00	_____
P.R.T Book/CD	DKK. 449,00	_____
	EUR. 59,00	_____

The price includes coffee and tea, lunch/  
buffet and conference materials.

Name: \_\_\_\_\_

Clinic: \_\_\_\_\_

Address: \_\_\_\_\_

Zip/City: \_\_\_\_\_

Country: \_\_\_\_\_

E-mail: \_\_\_\_\_

Tel: \_\_\_\_\_

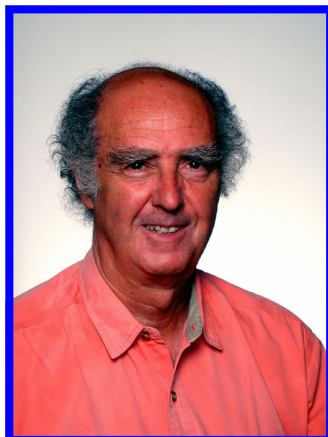
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**Leon Chaitow  
ND, DO**

**State Registered Osteopath  
Honorary Fellow, University  
of Westminster, London**

## Outline

Positional Release techniques (PRT) - including Strain-Counterstrain and Functional Technique, are soft tissue methods that rely on precise positioning of dysfunctional tissues in ways that allow a spontaneous response that releases or reduces excessive tension and/or spasm. The mechanisms are thought to result from spindle resetting, reduction in nociceptive sensitivity, and circulatory enhancement. These methods are ideal for acute situations, but can usefully be added to treatment of chronic dysfunction, and can be combined with other soft tissue and joint mobilisation approaches. PRT workshops include topics which set the use of the methods in context, as well as practical (hands-on) application of these safe, effective and well researched methods.

By the end of the course the participant should have:

- An understanding of the methodology, cautions and precautions relating to the use of Positional Release Techniques in a clinical setting
- An awareness of the therapeutic value of Positional Release Techniques (PRT), particularly strain/counterstrain (SCS) based on clinical and research evidence as well as experiential evidence
- The ability to employ PRT for first aid care of recent onset pain – and for self-application
- The ability to show patients self-management use of this research evidence as well as experiential
- An understanding of the value of PRT in chronic pain, trigger point and restriction settings

An awareness of the wide range of PRT related approaches used in osteopathy, chiropractic and physical therapy

The workshop will incorporate lecture, extensive handout notes, PowerPoint and video presentations, hands-on instruction and practice.

# Positional Release Technique Seminar by Dr. Leon Chaitow

**CV : Leon Chaitow ND DO**  
**State Registered Osteopath**  
**Honorary Fellow, University of Westminster, London**

## **Summary of professional history**

1960 Osteopathic Degree (DO) British College of Osteopathic Medicine  
1960 – 1962 Assistant to Boris Chaitow ND DO DC , London UK  
1962-1965 Deputy Director of Therapeutics, Champneys, Tring, Herts., UK  
1963/4 Acupuncture training : Jaques Lavier, Paris  
1965 - 1983 Private osteopathic practice Worthing, Sussex UK  
1969 -1978 Cranial Osteopathic Training : Denis Brookes DO Shrewsbury, UK  
1983 - 1989 Private practice Corfu, Greece  
1989-1990 Director THERA Research Foundation, Tyringham Clinic, Newport Pagnell  
1990 -1993 Director Professional Education, Letchworth Centre for Complementary Medicine, Hertfordshire UK  
1993 to date : Consultant Osteopath , Marylebone Health Centre, London UK (first UK appointment of an osteopath to a Government funded National Health Practice)  
1993 - 2003 : Senior lecturer & Module leader, University of Westminster  
1993 State Registered Osteopathic Practitioner (General Council of Osteopathy, UK)  
2003 to date Visiting Lecturer, University of Westminster; Visiting lecturer various academic centres Australia, Canada, Denmark (University of Southern Denmark), Holland, Italy, Ireland, Iceland, Israel, Spain, Switzerland, USA (including Bastyr University, Seattle).  
2004 Awarded Honorary Fellowship ('For services to complimentary medicine'), University of Westminster

## **Teaching responsibilities at University of Westminster, London**

Currently Visiting Lecturer  
1993 – 2004 : Senior Lecturer & Module leader

- Palpation Skills – level 2
  - Muscle Energy Techniques - level 3
  - Positional Release Techniques - level 3
  - Neuromuscular Techniques - level 3
  - Cranial Manipulation - level 3
  - Naturopathic concepts and skills (hydrotherapy/ nutrition) - levels 2 and 3
- Soft Tissue Manipulation – Masters Course

## **Academic and Professional Qualifications**

1960 Diploma of Osteopathy : British College of Osteopathic Medicine

1978 Diploma of Cranial Osteopathy (Cranial Osteopathic Association, UK)  
1978 Doctorate in Osteopathy, European College of Osteopathy, Lyon, France  
1980 Diploma Orthomolecular Nutrition (International Academy of Nutrition)

## **Current Appointments**

1993 - to date Senior Lecturer (now Visiting Lecturer) , University of Westminster, London  
1993 - to date Consultant Osteopath, Marylebone Health Centre, London (NHS)  
1996 - to date Editor-in Chief, Journal of Bodywork & Movement Therapies (Churchill Livingstone/Elsevier)  
2000- Consultant Editor CAM Magazine  
2005 - Honorary Fellow, University of Westminster

## **Past Academic posts**

1984-1989 Visiting Scholar Los Angeles College of Chiropractic  
1989-1991 Visiting Lecturer, Scandinavian School of Chiropractic, Stockholm  
Member Advisory Board to President, Bastyr University, Seattle  
1993 - 2004 Senior Lecturer, University of Westminster, London  
2002 Visiting Lecturer, Manual Therapy Group/Dutch Physiotherapy Association (Utrecht)

## **Current Academic posts**

2004 – Visiting Lecturer, University of Westminster, London  
2008/9 Scientific and Programme Committee Member, 2<sup>nd</sup> World Congress Fascia Research. Free University Amsterdam.

## **External Examiner**

1992 -2000 Chief External Examiner, Israeli College of Natural Health Sciences, Tel Aviv, Israel  
1990 -1998 College of Osteopaths, London, UK

## **Recent and Forthcoming Major Conference Presentations**

March 2003, *Breathing pattern disorders and chronic pain*. Focus on Pain Conference, Orlando Florida  
October 24/25/26 2003, *Positional Release Techniques and Pelvic Pain* JBMT/Upledger Organisation Interdisciplinary Conference, Dublin, Ireland  
March 28 2004 *Cranial Manipulation* . University of Southern Denmark  
May 12/13/14 2004 Keynote Speaker : *Breathing pattern disorders* International Symposium on the Science of Touch (ISST) Conference. Montreal Canada.

# Positional Release Technique Seminar by Dr. Leon Chaitow

October 8,9,10 2004 Presenter : *Breathing pattern disorders*. AMTA Conference Nashville Tenn.

October 10/11 2004 AMTA Foundation, Post Conference Seminar, *Fibromyalgia* Nashville Tenn .

November 2004 Keynote Speaker : *Breathing Pattern Disorders (BPD), motor control, and Low Back Pain* 5th Interdisciplinary World Congress on Low Back & Pelvic Pain. Melbourne, Australia

June 11/12 2005 Keynote speaker and workshop presenter : *Breathing Pattern Disorders* Canadian Association of Naturopathic Doctors, Edmonton Alberta

September 2005 Presenter Research Conference, American Massage Therapy Foundation, Albuquerque NewMexico

October 2005 Keynote speaker British Osteopathic Association Conference, Birmingham, England

June 2006 Keynote speaker, Canadian Association of Naturopathic Doctors, Toronto, Canada

June 2007, Keynote Speaker, International Association of Applied Kinesiology Conference, Detroit, USA.

September 2007 Keynote speaker, 1st World Congress of Fascia Research, Harvard Medical School Conference Centre, Boston UK

November 2007, Panel Chairman, 6th Interdisciplinary World Congress on Low Back & Pelvic Pain. Barcelona, Spain

May 2008, Keynote speaker: "Understanding Pain" Institute of Functional Medicine Conference, San Diego, California

October 27-30 2009 Keynote speaker and Member Scientific Committee : 2<sup>nd</sup> World Congress Fascia Research. Free University Amsterdam

## Recent and Forthcoming Publications

2003 /4

*Positional Release Techniques* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh May 2003

*Modern Neuromuscular Techniques* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh May 2003

*Palpation Skills* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh July 2003

*Fibromyalgia Syndrome – a practitioner's guide to treatment*. 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh July 2003

*Candida Albicans* 4<sup>th</sup> edition Thorsons/

HarperCollins July 2003

2004:

*Maintaining Balance, Flexibility and Stability*. Churchill Livingstone/Elsevier, Edinburgh

2005 - 2006:

*Cranial Manipulation* 2<sup>nd</sup> edition . Churchill Livingstone/Elsevier, Edinburgh

*Clinical Applications of NMT : Study Guide* . Churchill Livingstone/Elsevier, Edinburgh

*A Massage Therapists Guide to Myofascial Trigger Points* (With Sandy Fritz) . Churchill Livingstone/Elsevier, Edinburgh

*A Massage Therapists Guide to Management of Back Pains* (With Sandy Fritz) . Churchill Livingstone/Elsevier, Edinburgh

2007:

*Muscle Energy Techniques* 3rd edition Churchill Livingstone/Elsevier, Edinburgh

2008:

- *Naturopathic Physical Medicine* - Editor/co-author (in collaboration with ND's, DC's, DO's in UK, USA, Canada & Australia) Churchill Livingstone/Elsevier, Edinburgh

- *Positional Release Techniques* 3<sup>rd</sup> edition Churchill Livingstone/Elsevier, Edinburgh

- *Clinical Applications of NMT : Volume 1 Upper Body* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier, Edinburgh

## Publications & Research

68 books since 1972 including :

(1978-updated 1990) *Acupuncture Treatment of Pain* Healing Arts Press Vermont

1999 *Cranial Manipulation : Theory and Practice* Churchill Livingstone

2002 *Multidisciplinary Approaches to Breathing Pattern Disorders* (with Gilbert & Bradley) Churchill Livingstone/Elsevier Edinburgh

2002 *Integration of Complementary Medicine into Primary Care* (with Peters, Morrison & Harris ) Churchill Livingstone/Elsevier Edinburgh

2002/3 *Clinical Applications of Neuromuscular Techniques* Volumes 1 (Upper body) & 2 (Lower body). (with DeLany) Churchill Livingstone/Elsevier Edinburgh

# Positional Release Technique Seminar by Dr. Leon Chaitow

**PROGRAM 14/3 - 15/3 2009**

**SATURDAY 09.00 - 17.00 HOURS**

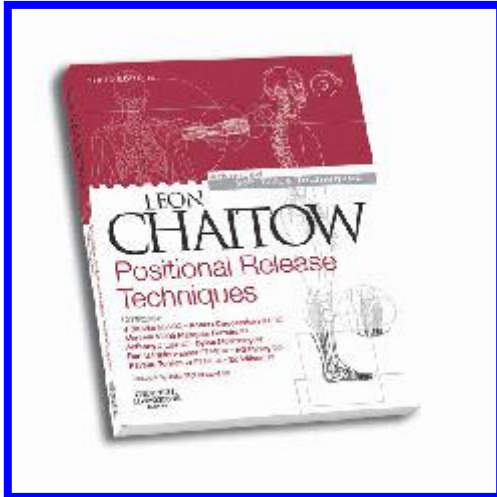
**SUNDAY 09.00 - 16.00 HOURS**

**Topic headings for 2 day presentation/workshops (at least 50% hands-on) :**

- Soft tissue dysfunction : general and local adaptation syndromes
- Musculoskeletal stress response sequence
- Causes of soft tissue hypertonicity & dysfunction (pain/tone connection)
- Chain reactions & Crossed syndromes (including postural/phasic , mobiliser/stabiliser, muscle discussion)
- Summary of main causes soft tissue dysfunction
- Functional assessment for altered movement patterns
- Understanding facilitation (segmental and local i.e. trigger points)
- Palpation methods (and accuracy issues)
- Research evidence relating to PRT usage
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- Comparing osteopathic PRT with Mulligan and McConnell's work (physiotherapy MWM/'unloading' taping) as well as with chiropractic SOT methodology
- PRT (positional release) variations (including Strain/counterstrain; Functional technique)
- PRT for muscles and joints
- Trigger point management : Integrated neuromuscular inhibition technique (INIT) an integrated combination of ischemic compression, positional release and MET



# Positional Release Technique Seminar by Dr. Leon Chaitow



## Key features of this new edition:

Compares all major positional release methods, from strain/counterstrain to functional osteopathy (including equine and canine positional release), Unloading taping, Mobilisation With Movement, Sacro-occipital Technique (SOT), and McKenzie methods, together with summaries of research evidence supporting the use of these non-invasive methods deriving from osteopathy, chiropractic and physical medicine. Details step-by-step use of these manual and movement methods.

Describes integrated use with other manual approaches, such as muscle energy techniques (MET), for example in trigger point deactivation.

Provides explanations of treatment of both muscle and joint problems.

Explains how the methods can be used to treat bedridden patients and those with spinal problems.

Emphasises safety and usefulness in both acute and chronic settings.

Includes DVD containing video clips that demonstrate application of PRT techniques as well as a complete electronic version of the text.

What are positional release techniques?

Osteopathic positional release techniques (PRT) are gentle manual treatments for muscle pain and spasm which involve resetting muscle tone and enhancing circulation.

They are amongst the simplest soft tissue techniques to learn and the most useful to practice. A variety of modalities of a similar nature (also described and illustrated in some detail) have emerged from physiotherapy such as 'unloading' taping, Mobilisation with Movement (MWM) and McKenzie methods, as well as chiropractic's sacro-occipital technique (SOT).

How can positional release techniques be used?

The value and importance of positional release methods lies in their non-invasive nature, their ease of application, and their potential for instant response in cases of acute spasm and pain. They also allow chronically tense tissues to relax and can be used as part of integrated therapeutic interventions that employ other soft tissue and joint normalization procedures.

Positional Release Techniques provides comprehensive coverage of all methods of spontaneous release by positioning. The text is easy to follow and is extensively illustrated with two-colour line drawings.

Price DKK. 449,00/EUR. 59,00 ex. VAT.



# Positional Release Technique Seminar by Dr. Leon Chaitow

UNIVERSITY OF SOUTHERN DENMARK



The seminar will take place at the conference department of the University of Southern Denmark in Odense which is situated in the middle part of Denmark.

**The address of the University of Southern Denmark is:**

Syddansk Universitet  
(University of Southern Denmark)  
Campusvej 55  
5230 Odense M  
Denmark

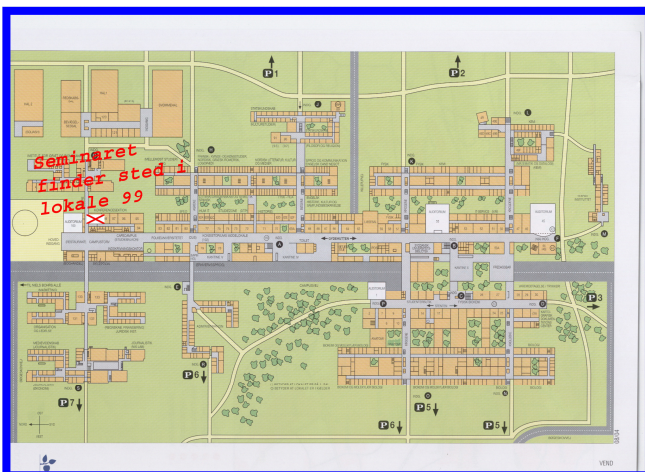
Website: [www.sdu.dk](http://www.sdu.dk)

HOTEL INFORMATION: OWN BOOKING!



**Best Western Hotel  
Knudsens Gaard  
Hunderupgade 2  
5230 Odense M  
Denmark  
Tel. +4563114311  
Fax. +4563114301  
Email: [info@knudsensgaard.dk](mailto:info@knudsensgaard.dk)  
[www.knudsensgaard.dk](http://www.knudsensgaard.dk)**

Best Western Hotel Knudsens Gaard is a four-star hotel, with a rare combination of country peace and modern comfort. The hotel is ideally situated in central Odense only 3,5 km from highway E20, and has a 1st class restaurant.



*When a registration is made, it is not possible to cancel. Only a written registration is accepted. The registration fee is not refundable. Chiroform reserve the right to cancel the seminar until 5 weeks prior the seminar. If Chiroform cancel, all full paid registrants will receive a full refund.*