

# Steiner Method Curriculum

Hawaii • Austin • Costa Rica

This training is designed for advanced practitioners interested in a holistic approach that focuses on advanced diagnostics, comprehensive movement analysis and treatment, and manual therapy aimed at restoring biomechanics.

Because this training is experiential, your own body will become better aligned and balanced in the process. This will help you become more accurate in your manual therapy and will help prevent injuries in your own body.

**Diagnostic Manual Muscle Testing (MMT):** This is a kinesiology system based largely on the work of Alan Beardall DC. Physical therapy manual muscle testing standardly involves testing muscles as a group. In the Steiner Method training you will be taught how to break a given muscle into specific divisions for greater precision in locating the lesion or dysfunction within the tissue.

Furthermore, standard MMT uses eccentric muscle testing. In this approach, the muscle responds to an external stimulus (the manual pressure of the therapist). In the Steiner Method training you will learn how to concentrically test muscles which is initiated by the brain. This approach turns manual muscle testing into a diagnostic tool and is used:

- For assessing the brain's capacity to recruit or fire a muscle.
- As a diagnostic tool to uncover the underlying issue by using muscles as indicators as to what is going on throughout the body.
- As a strategy to prioritize what regions or structures to treat and in what order for rapid and lasting results.
- For determining what technique would be most efficacious at any given moment.
- To tap into and honor the wisdom of the person you are treating.
- As a profound tool to deeply listen to the system and to navigate how to create more balance.

## **Advanced Palpation and Treatment Design:**

- You will become aware of the fact that how you are aligned determines:
  - what you are able to palpate and discern
  - how force moves through your hands
  - how your patient's tissue responds to your touch
- You will be able to discern fascial lines that move through and within the following systems: muscular, fascial, neural, fluid and osseous systems.
- You will be able to assess specific holding patterns within these systems in contrast to the rest of the body.
- You will be able to identify the fascial line that is the priority to treat and be able to track it through the entire body.
- You will learn how this fascial line impacts the entire system and its relationship to dysfunction.
- You will know how to design a manual therapy treatment based on identifying the most controlling body region and tissue and balancing the rest of the body to integrate the change.

**Advanced Cervical and Lumbar Neural Assessment and Manual Therapy Techniques:** This method of evaluation and sequencing a specific treatment approach provides quick and lasting results in treating disc and neural pathology. You will also see how often extremity “tendonitis” is actually coming from even a mild disc or segmental dysfunction.

**Advanced S-I and Pelvic Assessment:** This approach uses concentric muscle testing and advanced palpation skills to identify the specifics of a pelvic dysfunction. Additionally, the way that the entire body has adapted to the pelvic dysfunction is identified. When both of these aspects are treated simultaneously the change that we make in the pelvis and the body is lasting and provides improved stability and alignment within 1-3 sessions.

**Movement Analysis:**

- Learn how to see relationships in the body and how a limitation in one area affects the whole.
- Learn how to assess for alignment and accuracy of force translation through all of the joints.
- Learn how to watch for efficiency of biomechanics throughout the musculoskeletal system.
- Learn how to assess for accurate motor control and how to retrain faulty patterns.
- Learn how to test for where to target your treatment to achieve the fastest result.

**Differential Diagnosis:** Identify when pathogens, parasites, infections (systemic and local), toxins, food or environmental allergies, are the underlying cause of many of our patient's complaints. Visual inspection of hair, skin and nails can indicate glandular deficiencies or endocrine issues.

**Steiner Method BioActivation<sup>SM</sup>:** This manual therapy approach reduces pain with movement and allows for efficiency and ease in movement. It improves alignment and biomechanics throughout the musculoskeletal system. It engages the myofascial system specific to restoring the communication and force translation through multiple joints or body regions simultaneously. It achieves this by improving skeletal alignment, restoring proper arthrokinematics to each joint and correcting how each joint functions in relationship to the joints around it. This technique is very effective at unravelling adaptation patterns in the body. Because the technique addresses the body as a whole, the changes are integrated and lasting.

This approach addresses the underlying reason why an injury is present or will not heal. Our joints were designed for compression but should not endure excessive shear. Myofascial restrictions around a joint or between two joints can create an imbalance within the joint and cause shearing. When myofascial balance is achieved specific to joint alignment, a dynamic suspension system is restored. This increases the joint's fluid lubrication, allows for improved force attenuation, relieves pain, improves movement efficiency, and increases power output.

**Therapeutic Interventions:** These are specific to allowing a muscle to be volitionally recruited by the patient. There are 30+ techniques that you will learn to test for and utilize. The following are some examples:

- Neurolymphatic points
- Neurovascular points
- Vertebral mobilizations with specific force vectors
- Extremity mobilization with specific force vectors
- Visceral organ reflexes
- Emotional neurovascular reflexes
- Meridian access points
- Cranial corrections 2 types
- Reactive muscle
- Meningeal release technique

**Trauma Based Autonomic Nervous System Treatment:**

- Gain an understanding of how the nervous system can go into freeze around a physical or emotional trauma and how this can impair healing in the musculoskeletal system.

- Learn how to manually facilitate the release of shock that is held in the nervous system and musculoskeletal system.
- Learn how to support and facilitate the nervous system to release trauma held in the musculoskeletal system in a very gentle and effective way.
- Learn the skills needed to regulate the rate at which a person releases holding patterns or belief such that they are able to integrate the changes.
- Be able to recognize strategies that you have already developed as a clinician that can be directed intentionally to help bring more regulation into a person's nervous system.
- Become more attuned to when treatment directed at the autonomic nervous system is what is needed to increase ROM, learn a new movement pattern, or neutralize pain.
- Learn how to integrate this approach into manual therapy and movement education as memories, sensations, or fears arise spontaneously in a therapy session.

### **Movement Training**

#### **Mindfulness of Self:**

- As you cultivate increased awareness and presence with your evaluative and treatment skills, you will simultaneously become more mindful of how you are aligned and embody your own musculoskeletal systems.
- In this training you will have the opportunity to improve your own alignment, biomechanics, and body usage which will:
  - advance your palpation skills
  - advance your manual therapy skills
  - provide you with the capacity to do manual therapy throughout your life without overuse injuries
  - increased ease and less injuries while living your life.
- Learn a framework from which to analyze and correct movement in all patients regardless of sport or physical limitations.
- Learn how to optimize force translation through the articular system to improve biomechanics and reflexive muscle recruitment patterns.

#### **Steiner Method Myomechanics<sup>SM</sup>:** This approach to movement reeducation includes:

- Neuromotor Reeducation designed to facilitate accurate muscle firing patterns
- Strategies to break up adaptive movement patterns
- How to break down functional and athletic movement patterns to component parts
- Understanding of the physics of movement and how to incorporate the following principles into movement reeducation:
  - Alignment
  - Ground Reaction Force
  - Momentum
  - Timing
  - Sequencing
  - Force Translation
- Visual, verbal and manual cues

**Electromagnetic, energetic, and emotional vibrational frequencies:** Learn how to identify when these frequencies cause dis-ease in the body and how to work with these systems to allow for relief of chronic pain and dysfunction in the musculoskeletal system. This is a significant and deep portion of the training and you will learn how to use the following approaches:



- EFT
- B&E technique
- Body electronics
- Energetic centers and overall balancing
- Five element acupuncture charts for meridian balancing
- Now point balancing
- Polarity balancing
- Sympathetic / parasympathetic autonomic balancing
- The importance of and how to create and use energetic boundaries