

FORMATION

H.V.L.A 2.0

PAR SSK OSTÉO

FORMATION

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PUBLIC CONCERNÉ :

Ostéopathes
Chiropraticiens
Etiopathes
Kinésithérapeutes
Médecins

NIVEAU :

Acquisition

NOMBRES D'HEURES TOTALES :

32h

MÉTHODE PÉDAGOGIQUE :

Démonstrative

PROJET PÉDAGOGIQUE :

Cette formation s'inscrit dans le cadre de l'approfondissement des connaissances des pratiques diagnostiques et des prises en charges thérapeutiques et de l'amélioration des compétences des Ostéopathe dans le domaine des manipulations structurelles à haute vélocité et basse amplitude.

OBJECTIFS DE LA FORMATION :

- Comprendre l'intérêt et les limitations des manipulations HVLA
- Connaître les indications et les contre-indications aux manipulations HVLA
- Connaître les différentes études et théories qui expliquent le mieux l'efficacité des manipulations
- Savoir manipuler sans douleurs et avec un minimum de contraintes
- Intégrer les manipulations dans un plan de traitement
- Pouvoir dialoguer avec les patients et les différents professionnels de santé sur les manipulations

PROGRAMME

QUADRANT SUPÉRIEUR

JOUR 1

8H30-9H

- Accueil et Présentation du Séminaire

9H-9H30

- Historique et Définition Manipulation
- Indications et Contre-indications
- Caractéristiques (Forces, Vitesse, Accélération, Leviers, Mise en Tension, Cavitation)

9H30-10H

- C1-C2 Prise Classique
- C2-C6 Prise Classique

10H-10H15

- PAUSE

10H15-10H30

- Etudes Mythes Positionnels
- Effets (méca, neuro)

10H30-11H

- Coude : Huméro-radiale et Radio-ulnaire

11H-11H15

- Etudes efficacité Tendinopathies

11H15-11H45

- C7-T3 Prise au pouce et Variante

11H45-12H

- Etudes Cervicalgies
- Céphalées cervicogéniques(arnold)
- CGH

12H-13H30

- REPAS

13H30-14H

- Etudes HVLA et Artères
- Précision Cavitation et Consentement

14H-14H30

- D3-D10 Lifts
- DOG Assis, Debout, contre le mur

14H30-14H45

- Etudes Effets Dorsalgies
- Précision Cavitation

14H45-15H15

- Gléno-Humérale
- Acromio-Claviculaire
- Sterno-Claviculaire

15H15-15H30

- Effets Manipulations Epaule

15H30-16H

- K1-K3 Prise Triangle
- AppuiDirect et Procubitus

16H-16H15

- Effets Manipulations Côtes

16H15-16H30

- PAUSE

16H30-17H

- Poignet
- Main

17H-17H15

- Effets Manipulations Poignet
- Main (canalcarpien)

17H15-17H45

- C0/C1 Prise palmaire et Prise Mentonnière

17H45-18H

- Études Biomécanique Rachis Cervical et IRM

JOUR 2

8H30-9H

- Retours & Questions Jour 1

9H-9H30

- Principe Fiabilité Examen Clinique

9H30-10H

- C2-C6 Assis (Ashmore+ Assis aux pouces+ Gonstead)

10H-10H15

- PAUSE

10H15-10H30

- Etudes NCB

10H30-11H

- Coude en procubitus
- révisions techniques jour 1

11H-11H15

- Différencier Douleur Locale et Douleur Projetée

11H15-11H45

- Tests NCB
- Examen Neurologique rapide

11H45-12H

- Questionnaire DN4

12H-13H30

- REPAS

13H30-14H

- Etudes Manipulations Effets Viscéraux
- SNA

14H-14H30

- C7-T3 Assis et Procubitus

14H30-14H45

- Etudes Manipulations et Fractures

14H45-15H15

- D3-D10 DOG
- D1-D3 DOGS (2 variantes)

15H15-15H30

- Effets Primaires et Effets Secondaires des manipulations

15H30-16H15

- K4-K10 DOG, procubitus
- Révisions techniques jour 1

16H15-16H30

- PAUSE

16H30-17H

- Gléno-Humérale Lift et Clé de décoaptation

17H-17H15

- Théories Ostéo/Chiro Vs Science

17H15-17H45

- Révisions techniques Jour 1 et 2

17H45-18H

- Remise des certificats et Bilan du séminaire

QUADRANT INFÉRIEUR

JOUR 3

8H30-9H

- Accueil et présentation du Séminaire

9H-9H30

- Rappels Manipulations
- Retours d'expérience, difficultés...

9H30-10H

- L1-L4 Lumbarroll
- L5-S1 Lumbarroll

10H-10H15

- PAUSE

10H15-10H30

- Etudes Biomécaniques et analyse des Lois de Fryette

10H30-11H

- Genou : Fémoro-tibiale entre les jambes
- Tibio-fibulaire supérieure

11H-11H15

- Etudes genou, SFP, Tendinopathies rotuliennes

11H15-11H45

- Sacro-iliaque Direct
- Iliaque Direct

11H45-12H

- Etudes manipulations sacro-iliaque

12H-13H30

- REPAS

13H30-14H

- Etudes Biomécanique de la Sacro-Iliaque et Effets neurophysiologiques

14H-14H30

- D12-L1 Lifts et Lumbarroll

14H30-14H45

- Etudes Charnière dorso-lombaire (syndrome de Maigne)

14H45-15H15

- Hanche leg tug et Court levier

15H15-15H30

- Effets Manipulations Coxarthrose

15H30-16H00

- K11-K12 Direct Procubitus et Assis

16H00-16H15

- PAUSE

16H15-16H45

- Manipulations de la Cheville

16H45-17H

- Effets Manipulations de la Cheville (Entorse, Instabilité)

17H-17H30

- Manipulations du Pied

17H30-18H

- Etudes Manipulations Pied
- Bilan fin de la journée

JOUR 4

8H30-9H

- Retours & Questions Jour 1

9H-9H30

- Examen Clinique Lombo-pelvien

9H30-10H

- L1-L4 Direct, Assis et Lift

10H-10H15

- PAUSE

10H15-10H30

- Etudes Manipulations Lombalgies/ Sciatique/ Cruralgie

10H30-11H

- Genou Fémoro-tibiale en procubitus
- Tibio-fibulaire supérieure en procubitus

11H-11H15

- Différencier Douleur Locale et Douleur Projetée

11H15-11H45

- Tests Sciatique et Crural
- Examen Neurologique rapide

11H45-12H

- Topographie Douleurs (Disque, Sacro-iliaque, Facette)

12H-13H30

- REPAS

13H30-14H

- Etudes Précision Cavitation Lombaires et Sacro-iliaques

14H-14H30

- Sacro-Iliaque Variantes

14H30-14H45

- Propositions de protocoles

14H45-15H15

- D12-L1 DOG contro-latéralet/homo-latéral

15H-15H30

- Hanche Kimura + Procubitus + Triangle

15H30-16H15

- Pied/ Cheville Variantes

16H15-16H30

- PAUSE

16H30-17H

- L5-S1 Direct et Variantes

17H-17H45

- Révisions techniques à la carte (quadrants sup & inf)

17H45-18H

- Remise des certificats et Bilan du séminaire

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