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**Presenters: Annie Trigg + Sue Alma Evans**

This unique training programme is about rebalancing MusculoSkeletal integrity via Muscle Chains and Fascia. Ideal for those interested in treatment of clients impacted by MusculoSkeletal compromise and/or injury.

MusculoSkeletal strength and elasticity are often compromised and impacted by issues such as trauma & injury, be that from exercise, sport or a fall, but also from the less obvious things like poor postural habits, the weakening and atrophy of muscles from lack of movement, post operative impact on muscles and fascia, or most commonly, stress and tension. All these factors create inflammation and imbalance which communicates and travels through the length of Muscle Chains and Fascia Tissue.

Accepted anatomical theory states there are eight Muscle & Fascia (MyoFascial) Chains and twelve associated Meridial Tension lines which are integral in the strong and stable framework of the body (*Thomas W. Myers, 2014*). By re-balancing the fascia, muscles and structures within these Chains, the body is able to return to its optimal integrity of strength, elasticity, capability and importantly, range of movement.

The OrthoPody training course will teach you how to:

1) Precisely identify the Muscular Chains and Fascia represented on the feet using graphic charts of the eight MyoFascial Chains and twelve Meridial Tension Lines.

2) Use a specific series of eight field measurement techniques (appropriate for use in your clinic space) on the client, pre and post treatment, each one appropriate to each MyoFascial chain. This allows practitioner and client to clearly identify responses and changes in the range of joint movements associated with each Chain, as a result of OrthoPody treatments.

3) Treat the client using a protocol of Reflexology techniques and methodology to rebalance each of the MyoFascial Chains and Meridial Tension Lines, including:

\*Effleurage \*Petrissage \*Bi-Manual Duopody

\*Deep access and touch \*Energetic tracing & balancing

Learning material will include a comprehensive manual including:

1. Eight sets of MyoFascial (MCF) Charts illustrated on the world renowned PodyCharts templates, ensuring precision of location and treatment.
2. Clear tables detailing the illustrated muscles of each chain, with their associated actions. This allows you to determine from a reported site of pain or imbalance, which MyoFascial Chain/s are most impacted. You will also understand why an imbalance / injury in one part of the body, can manifest as pain in another, seemingly unrelated area.
3. Detailed anatomical and physiological theory of muscles, fascia and the theories associated with treating the MyoFascial Chains with OrthoPody.
4. Demonstrations and one to one teaching and support are given throughout the training.
5. Link to video footage of an example demonstration treatment.