

Fiche programme

Date de mise à jour de la fiche : 20 juin 2024

PUBLIC :

- HEALTHCARE PROFESSIONALS

OBJECTIVES :

- Attendees will be able to effectively palpate and treat 48 anatomical soft-tissue structures within the spine, using appropriate tension, depth, and motion to properly perform the treatment protocols.
- Attendees will be able to correctly move the muscle from its shortened position to elongated position.
- Attendees will successfully differentiate between healthy and unhealthy tissue utilizing hands-on palpation techniques.

PRE-REQUISITES :

- being a healthcare professional, licensed or certified to provide soft tissue care or a student enrolled in a program resulting in such license/certification

SPEAKERS :

Dr. Allen Wood
Chiropractor

Dr. Wood has been in practice for 35 years. He incorporated Active Release Techniques (ARTâ) into his practice in 1998 and has been an ART instructor for over 20 years. Dr. Wood specializes in sports biomechanical analyses including Functional Movement Screen, Selective Functional Movement Assessment, ART, and gait analysis. In 2007, he worked as a chiropractor for the United States Figure Skating Championships. In 2011, he became a certified Ironman provider and for 8 years treated participants at the Ironman world championships

Dr. Elisabetta Misitano
Chiropractor

Dr. Misitano has been in practice for 30 years; owning her practice since 1996. She incorporated Active Release Techniques (ARTâ) into her practice in 2014 and has been an ART instructor for 2.5 years. Dr. Misitano has completed extensive continuing education including Dynamic Neuromuscular Stabilization (DNS), Bio-Geometric Integration (BGI), Neonatal/Pediatric Chiropractic, Barefoot Training Specialist, and Cranio-sacral Technique (CST).

PROGRAMME :

DAY 1

8h- Lecture on the science of ART, Practical Application, Diagnosing Soft-tissue Lesions, Performing ART Protocols, Avoiding Tissue Injury, Maximizing Treatment Effectiveness, Myofiberblasts, and Cumulative Injury Cycle

9h :Thoracolumbar Fascia / Erector Spinae (Iliocostalis Lumborum & Longissimus Thoracis) / Lumbar Multifidi & Rotatores / Lumbar Intertransversarii

10h : Quadratus Lumborum / Supraspinous Ligament / Lumbar Interspinous / Iliolumbar Ligament

11h : Long Dorsal Sacral Ligament & Sacrotuberous Ligaments / Serratus Posterior Inferior / Iliocostalis & Spinalis Thoracis / Thoracic Transversospinalis

12h- 13h : LUNCH

13h : Levator Costorum / Cervical Erectors / Semispinalis Capitis / Cervical Transversospinalis

14h : Cervical Intertransversarii / Cervical Interspinous / Scalenes / Splenius Cervicis

15h : Splenius Capitis / Longissimus Capitis / Sternocleidomastoid

16h : Facet Capsules / Longus Capitis & Longus Colli / Occipitalis

17h : Rectus Capitis / Vertebral Artery Tension Test & Superior Oblique / Inferior Oblique

DAY 2

8h- Digastric / Temporalis / Masseter

9h : Medial Pterygoid / Platysma2 / Trapezius at the Occiput

10h : Trapezius / Rhomboids / Serratus Posterior Superior

11h : Latissimus Dorsi / Levator Scapulae / Omohyoid

12h- 13 h : LUNCH

13h : Intercostals / Rectus Abdominis

14h : External Obliques / Internal Obliques

15h : Transversus Abdominis / Pyramidalis

16h : Psoas & Iliacus

17h : Review and Practice

DAY 3

8h - 12h : **testing** : Each participant signs-up for a 20-minute slot to perform a practical exam of 6 to 10 selected protocols on the instructor.

PÉDAGOGIE & EVALUATION :

The seminars are 85% hands-on instruction and practice with 15% lecture. ART provides preparatory online study materials.

Two online study tools :

- ARTMan app : educational materials (seminar manual and protocol demonstration videos).
- Litmos Learning Site: video study materials (anatomy, palpation techniques, hand positioning for ART protocols, Introduction video on ART, Electronic version of the seminar manual, preparatory test .

Assessment method :

- Written preparatory test – The test is a multiple choice format. The attendees must score at least 70% to pass
- Hands-on practical examination – Each attendee performs a practical exam of 6 to 10 selected protocols on the instructor. A score of 70% is needed to become pass the practical examination.

INFORMATIONS PRATIQUES :

Lieu de la formation :

IFEC, 24 bd Paul Vaillant Couturier 94200 IVRY sur SEINE

Prices :

First ART certification : 1650 €

Students : 1050 €

Recertification: 850 €

Early bird prices of 10% until **March 14, 2025**

Active Release Techniques works to provide an exceptional experience for our seminar attendees. To get the most out of the seminar we provide the following:

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| <ul style="list-style-type: none">• Litmos Online Learning Platform:
Seminar attendees are required to prepare for their seminar by working through our online materials. All materials are in English. Litmos also includes an online multiple choice exam we ask all attendees to take before the seminar. | <ul style="list-style-type: none">• ARTMan: Our iPad and web-based application includes an online version of our manual plus exclusive video demonstrations of the protocols. All materials are in English. ARTMan can be linked with the Visible Body app (separate purchase) for more in-depth study and is always available if you maintain your ART certification. | <ul style="list-style-type: none">• Paper Manual:
Optional paper manual in English. |
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Dates :

Friday 9, Saturday 10 & Sunday 11 of May, 2025

How to registrate :

Registration by email to formation-continue@ifec.net

Please contact the Continuing Education Service :

01 45 15 89 10 / 07 45 01 88 01

