

## **New manual treatment techniques for the M.iliopsoas and its neighbouring structures in application for sport injuries of the hip and knee with special emphasis on the connection between myofascia of the muscles and fascia of the organs.**

### **Peter Schwind Ph.D. / ½ day workshop**

#### **Purpose of workshop and learning outcomes:**

This workshop relates the new findings of anatomical research about connections between the myofascia of muscles and the fascia of viscera to the clinical practice of manual treatment of the lower extremity. The purpose is to teach effective manual intervention on the structures of the M. iliopsoas that avoids the risk of damage at the level of fascia of the M. transversus abdominis and the parietal and visceral peritoneum.

- The learning outcomes are:
  - understanding of the volumetric connections of different types of fascia between the spaces between the lumbar spine, the Inguinale and the lesser trochanter
- develop palpative competence to recognize and localize traumatic damage of tissues round the hip and knee
- compare palpative findings and ultrasound documentation
- for treatment of sports injuries: learn new techniques applied to the structural details of the space the PM iliopsoas runs through (Muscle myofascia related to mechanoreceptors and volereceptors; renal fascia, fascia of M.psoas major and minor, M. iliacus, renal fascia, supportive fat of the kidneys and related connections to the organs of the pelvis).

#### **Workshop description:**

This workshop deals with a new manual approach to the M.iliopsoas. The workshop is based on long-term observations made in clinical practice together with Dr. med. Martin GÜthlin (internist) using ultrasound documentation after sports injuries. Special emphasis will be given to the anatomical connections between the fascia of the M iliopsoas and visceral components, especially to the fascial connections to the caecum, to the colon sigmoideum and the ureter. In addition, we will pay attention to the relationships of ligaments of the parietal system (lig. iliolumbale, lig. sacroiliaca, lig. inguinale).

We will learn precise palpation of the macro and micro-structures within the pelvic basin. This will enable us to distinguish significant damage from less significant alterations of tissues in sports injuries. Our goal is to develop practical competence based on exact topographical anatomy of the living organism.

#### **Specific learning objectives**

- Develop palpative skills to localize damage of connective tissue within the lower extremity and relate this to ultrasound documentation
- Understand relationship between myofascia and of the muscles and fascia of organs and related ligaments
- Learn new techniques for treatment of dysfunction of the M. iliopsoas and related visceral structures
- Understand relationship between motion of the kidneys and the range of motion of the M. psoas major and minor

#### **Presenter:**

**Peter Schwind Ph.D.** Director MUNICHGROUP for Interdisciplinary Manual Treatments, Director MUNICH GROUP MEDIA; Faculty member DIRI (Boulder, Colorado, USA). Peter Schwind has been working as a Rolfer™ in Munich since 1980. As an instructor he has taught basic classes since 1985. He assisted and cotaught several advanced classes since 1991 and was certified as an Advanced Rolfing® Instructor in 1999. Peter has shared his view of working with the human organism by writing several books. Recently his book "Fascial and Membrane Technique" (Churchill Livingstone/Elsevier) has been published in English. Peter's special interest is to build a bridge between that, what he considers to be the "classical" approach of Structural Integration and new developments which came up during the last years.