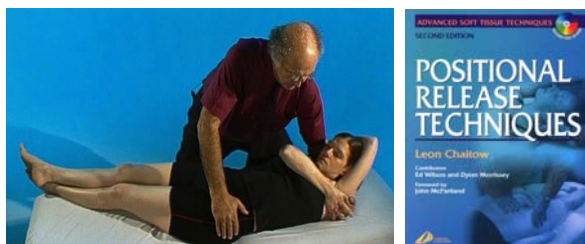


## סילבוס קורס + קורות חיים

### טכניקות PRT לטיפול בעמוד השדרה והאגן

## *Positional Release Techniques for the Spine & Pelvis*



המומחה הבינלאומי המוביל בתחומו:

**Dr. Leon Chaitow - D.O, N.D**

**ימים ראשון-שני-שלישי, 3-5.06.2012 (יומיים וחצי)**

**בבי"ח אסף הרופא**

**הקורס באנגלית עם מתורגמן לעברית**

**הלו"ז כפוף לשינויים, כל החומר יועבר במהלך יומיים וחצי.**

<b>DAY 1</b>	<b>יום 1</b>
<b>08:30 am – 09:00: Registration</b>	<b>08:30-09:00: רישום וקבלה</b>
<b>09:00 am - 12:00 (including 30 min break):</b>	<b>09:00-12:00: (כולל 30 דק' הפסקה)</b>
<p>Theoretical overview regarding the evolution of soft issue dysfunction from an evidence informed osteopathic perspective, including</p> <ul style="list-style-type: none"> <li>Local adaptation syndromes</li> <li>Musculoskeletal stress response sequences</li> <li>Causes of soft tissue hypertonicity &amp; dysfunction (pain/tone connection)</li> <li>Chain reactions &amp; crossed syndromes (including muscle classification discussion)</li> </ul>	<p>סקירה תיאורטית של חוסר תפקוד ברקמה רכה כפי שבא לידי ביטוי במחקר האוסטאופתי, כולל:</p> <ul style="list-style-type: none"> <li>- תסמונות אדפטציה מקומיות</li> <li>- תגובות מתח מוסקולו-סקלטליות</li> <li>- הגורמים להיפר-טונציה וחוסר תפקוד ברקמה הרכה (הקשר בין כאב לטונוס)</li> <li>- תגובות שרשרת ו crossed syndromes (כולל דיון בנושא קלסיפיקציה של שרירים)</li> </ul>
<u>Lecture/hands-on demonstration/PowerPoint +/- Video plus hands-on assessment methods.</u>	<u>הרצאה והדגמה מעשית / מצגת ו/או סרטוני וידאו + תרגול בשלשות</u>
<b>12:00 am - 13:00 pm: Lunch break (on your own)</b>	<b>12:00-13:00: ארוחת צהריים (עצמית)</b>
<b>13:00-15:00:</b>	<b>13:00-15:00:</b>
<ul style="list-style-type: none"> <li>Summary of main causes soft tissue and articular dysfunction</li> <li>Functional assessment for altered movement patterns in the spine and pelvis</li> </ul>	<p>המשך סקירה תיאורטית...</p> <ul style="list-style-type: none"> <li>- סיכום עיקרי הגורמים לחוסר תפקוד במפרקים וברקמה רכה</li> <li>- הערכה פונקציונאלית של תבניות תנועה באגן ובעמוד השדרה</li> </ul>
<b>15:00 – 15:30 Break</b>	<b>15:00-15:30: הפסקה</b>
<b>15:30 pm – 17:00 pm</b>	<b>15:30-17:00:</b>
<ul style="list-style-type: none"> <li>Introduction to Positional Release Technique (PRT) variations for treatment of soft tissue dysfunction, including palpation methods (and accuracy issues)</li> <li>Research evidence relating to PRT clinical use in the spine and pelvis</li> </ul>	<ul style="list-style-type: none"> <li>- מבוא לטכניקות Positional Release Technique (PRT) לטיפול בחוסר תפקוד ברקמה רכה, כולל שיטות מישוש (palpation) ודיוק</li> <li>- הצגת מחקרים הנוגעים לשימוש הקליני ב PRT בעמוד השדרה והאגן</li> </ul>
<u>Lecture/hands-on demonstration/PowerPoint +/- Video + practical class work in groups of 3</u>	<u>הרצאה והדגמה מעשית / מצגת ו/או סרטוני וידאו + תרגול בשלשות</u>



<b>DAY 2</b>	<b>יום 2</b>
<p><b>08:30 am – 09:00 Coffee</b></p> <p><b>09:00 am – 12:00 pm</b></p> <p>Introduction to Positional Release Technique (PRT) – Continued...</p> <ul style="list-style-type: none"> <li>Comparing osteopathic PRT with Mulligan and McConnell's work (physiotherapy MWM/'unloading' taping) as well as with chiropractic SOT methodology and aspects of McKenzie methodology</li> </ul> <p><u>Lecture/hands-on demonstration/PowerPoint +/- or Video + practical class work in groups of 3</u></p> <p><b>12:00 am - 13:00 pm: Lunch break (on your own)</b></p> <p><b>13:00 pm – 17:00 pm (with 30 mins break):</b></p> <ul style="list-style-type: none"> <li>PRT (positional release) variations - including Strain-counterstrain SCS, Functional Technique and Facilitated Positional Release - demonstrated and applied to soft tissue and particular restrictions (spine and pelvis). Identified in partners – working in groups of 3.</li> </ul> <p><b>17:00 pm - Adjourn</b></p>	<p><b>08:30-09:00: התכנסות וקפה</b></p> <p><b>09:00-12:00: המשך יום האתמול...</b></p> <p>מבוא לטכניקות שחרור - Positional Release Technique (PRT) - המשך...</p> <ul style="list-style-type: none"> <li>השוואה בין שיטת ה PRT באוסטיאופתיה לבין שיטות טיפול מתחום הפיזיותרפיה "מאליגן" (Mulligan) ו"מקונל" (McConnell) כמו גם בהשוואה למתודולוגיות בתחום הכירופרקטיקה והיבטים של שיטת מקנזי (McKenzie).</li> </ul> <p><u>הרצאה והדגמה מעשית / מצגת ו/או סרטוני וידאו + תרגול בשלשות</u></p> <p><b>12:00-13:00: ארוחת צהריים (עצמאית)</b></p> <p><b>13:00-17:00: ארוחת צהריים (כולל 30 דק' הפסקה)</b></p> <ul style="list-style-type: none"> <li>וריאציות של PRT, כולל טכניקות של יצירת "מתח-ומתח נגדי" (SCS) ו PRT בסיוע – כולל הדגמה ליישום על רקמה רכה ומגבלות ספציפיות (אגן ועמוד שדרה).</li> <li>תרגול בזוגות ובשלשות</li> </ul> <p><b>17:00: סוף יום</b></p>
<p><b>DAY 3</b></p> <p><b>08:30 am – 09:00 Coffee</b></p> <p><b>09:00 am – 10:30 am</b> Continuation of PRT (positional release) variations...</p> <p><b>10:30 am – 11:00 am Break</b></p> <p><b>11:00 am – 12:30 pm</b> Review and practice of all methods covered in previous sessions, + Q&amp;A problem solving</p> <p><b>12:30 pm - Adjourn</b></p>	<p><b>08:30-09:00: התכנסות וקפה</b></p> <p><b>09:00-10:30: המשך יום האתמול...</b></p> <ul style="list-style-type: none"> <li>המשך וריאציות של PRT ...</li> </ul> <p><b>10:30-11:00: הפסקה</b></p> <p><b>11:00-12:30:</b></p> <p>חזרה ותרגול של כל טכניקות הטיפול שנלמדו בשיעורים הקודמים + שאלות ותשובות ופתרון בעיות קליניות</p> <p><b>12:30: סיום וחלוקת תעודות</b></p>

\* הלויז' כפוף לשינויים, כל החומר יועבר במהלך יומיים וחצי.

EUROPEAN  
CURRICULUM VITAE  
FORMAT



PERSONAL INFORMATION

Name Leon K Chaitow  
Address  
Telephone  
Fax  
E-mail [leonchaitow1@mac.com](mailto:leonchaitow1@mac.com)  
  
Nationality  
  
Date of birth [ Day, month, year ]

WORK EXPERIENCE

- Position Title** Hon.Fellow, School of Integrated Health, University of Westminster, London  
Editor-in-Chief, Journal of Bodywork & Movement Therapies, University of Westminster, London
- Dates (from – to) **2005 to date**
  - Name and address of employer University of Westminster, London UK
    - Type of business or sector
    - Occupation or position held Fellow and visiting lecturer
  - Main activities and responsibilities
- 
- Dates (from – to) **2004 to date**
  - Name and address of employer
    - Type of business or sector
    - Occupation or position held **Visiting Lecturer:**  
School of Integrated Health, University of Westminster, London UK  
Chiropractic Degree Course, University of Southern Denmark  
NMT Course, National Training Centre, Dublin, Ireland  
SOMPT, Dutch Physiotherapy School, Amersfoort, Holland  
Icelandic Physiotherapy Association, Reykjavik, Iceland  
Osteopathic School, Bilbao, Spain  
Swiss Chiropractic Federation, University Hospital, Zurich  
The Spanish Association of Physiotherapists, Madrid, Spain  
North-Western College of Chiropractic, Portland, Oregon USA.
  - Main activities and responsibilities
- 
- Dates (from – to) **1995 to date**
  - Name and address of employer Journal of Bodywork & Movement Therapies Elsevier/University of Westminster

- Type of business or sector
  - Occupation or position held Editor in Chief
  - Main activities and responsibilities
- Dates (from – to) **1993 to date**
  - Name and address of employer State Registered Osteopathic Practitioner (General Council of Osteopathy, UK) No.1/201.F
  - Type of business or sector
  - Occupation or position held
  - Main activities and responsibilities
- Dates (from – to) **1993 to date**
  - Name and address of employer Marylebone Health Centre, London UK (first UK appointment of naturopath/osteopath to a Government funded National Health Center)
  - Type of business or sector
  - Occupation or position held Consultant Osteopath and Naturopath
  - Main activities and responsibilities
- Dates (from – to) **2005**
  - Name and address of employer BS and MS courses, School of Life Sciences, University of Westminster
  - Type of business or sector
  - Occupation or position held Senior lecturer & Module leader
  - Main activities and responsibilities
- Dates (from – to) **1990-1993**
  - Name and address of employer Letchworth Centre for Homeopathy and Complementary Medicine, Hertfordshire UK
  - Type of business or sector
  - Occupation or position held Director Professional Education
  - Main activities and responsibilities
- Dates (from – to) **1989-1993**
  - Name and address of employer THERA Research Foundation, Tyringham Clinic, Newport Pagnell UK
  - Type of business or sector
  - Occupation or position held Director
  - Main activities and responsibilities
- Dates (from – to) **1983-1989**
  - Name and address of employer Private practice Corfu, Greece
  - Type of business or sector
  - Occupation or position held
  - Main activities and responsibilities
- Dates (from – to) **1966-1983**
  - Name and address of employer Private osteopathic practice Worthing, Sussex UK
  - Type of business or sector
  - Occupation or position held
  - Main activities and responsibilities
- Dates (from – to) **1962-1965**

- Name and address of employer      Champneys, Tring, Herts., UK
  - Type of business or sector
  - Occupation or position held      Deputy Director of Therapeutics
- Main activities and responsibilities

## EDUCATION AND TRAINING

- Dates (from – to)      1956-1960
- Name and type of organisation providing education and training      British College of Osteopathic Medicine
- Principal subjects/occupational skills covered
  - Title of qualification awarded      ND Naturopathy
- Level in national classification (if appropriate)

- Dates (from – to)      1956-1960
- Name and type of organisation providing education and training      British College of Osteopathic Medicine
- Principal subjects/occupational skills covered
  - Title of qualification awarded      DO Osteopathy
- Level in national classification (if appropriate)

- Dates (from – to)      1967-1970
- Name and type of organisation providing education and training      Research Society for Naturopathy, UK
- Principal subjects/occupational skills covered
  - Title of qualification awarded      Acupuncture
- Level in national classification (if appropriate)

- Dates (from – to)      1971-1975
- Name and type of organisation providing education and training      Cranial Osteopathic Assoc, Shrewsbury UK
- Principal subjects/occupational skills covered
  - Title of qualification awarded      Cranial Osteopathy
- Level in national classification (if appropriate)

- Other Experience and Professional Memberships**
- State Registered Osteopath, General Council of Osteopathy, UK. Membership No.1/201/F
  - Member British Osteopathic Association

**External Examiner**

- **1992 -2000** Chief External Examiner, Israeli College of Natural Health Sciences, Tel Aviv, Israel
- **1990 -1998** College of Osteopaths, London, UK

**Current and Recent Scientific Review Committee member/Plenary speaker**

- **3<sup>rd</sup> World Congress Fascia Research**, Vancouver, March 2012
- **International Conference on Myofascial Pain**, University of Pittsburgh, May 2010
- **2<sup>nd</sup> Highlighting Conference on Translational Research**, Seattle, May 2010
- **7<sup>th</sup> World Congress Low Back and Pelvic Pain**. Los Angeles, November 2010

**Keynote presentations (2003 to date)**

- **March 2003** Keynote speaker, Focus on Pain Conference, Orlando Florida
- **October 24/25/26 2003** Keynote speaker, JBMT Interdisciplinary Conference, Dublin, Ireland
- **May 12/13/14 2004** Keynote speaker, International Symposium on the Science of Touch (ISST). Montreal Canada.
- **November 2004** Keynote speaker 5th Interdisciplinary World Congress on Low Back & Pelvic Pain. Melbourne, Australia
- **June 11/12 2005** Keynote speaker and workshop presenter, Canadian Association of Naturopathic Doctors, Edmonton Alberta
- **September 2005** Presenter Research Conference, American Massage Therapy Foundation, Albuquerque N.Mexico
- **October 2005** Keynote speaker, British Osteopathic Association Conference, Birmingham, England
- **October 21/22 2006** Keynote speaker, Ontario Association of Naturopathic Doctors Annual Convention, Blue Mountain Resort, Collingwood, Ontario
- **October 3/4/5 2007** Plenary speaker 1<sup>st</sup> World Congress on Fascia Research, Harvard Medical School Conference Centre, Boston
- **November 6-10 2007** Plenary speaker 6<sup>th</sup> Interdisciplinary World Congress Low Back and Pelvic Pain, Barcelona, Spain
- **May 24 2008** Plenary Speaker. Many Faces of Pain Conference, (Institute of Functional Medicine), San Diego, California USA
- **March 30 2009** Keynote speaker. Obesity Conference. University of Westminster, London
- **October 26 2009** Plenary Speaker, 2<sup>nd</sup> World Congress on Fascia Research, Free University, Amsterdam
- **May 9-12 2010** Plenary Speaker International Conference on Myofascial Pain, University of Pittsburgh
- **May 15-17 2010** Plenary Speaker 2<sup>nd</sup> Highlighting Conference on Translational Research, Seattle
- **November 9-13 2010** Plenary Speaker, 7<sup>th</sup> World Congress Low Back and Pelvic Pain. Los Angeles

**HONORS**

- **May 1985** Hon Fellowship, College of Osteopaths, London UK
- **November 2005** Hon. Fellowship, ['For services to osteopathy and CAM'] School of Life sciences, University of Westminster London
- **June 2007** Hon Fellowship, British Naturopathic Association, Regent's College, London

**Selected peer-reviewed publications (in chronological order)**

- Chaitow L 1994 Integrated neuromuscular inhibition technique. *British Journal of Osteopathy* 13:17–20
- Chaitow L DeLany J 2003 Neuromuscular Techniques in Orthopaedics . *Techniques in Orthopaedics*. 18(1):74-86
- Chaitow L 2004 Breathing Pattern Disorders (BPD), motor control, and Low Back Pain *Journal of Osteopathic Medicine*. 7(1):33-40
- Chaitow L 2007 Chronic Pelvic Pain:Review *Journal of Bodywork and Movement Therapies* 11(4):327-339
- Chaitow L 2009 MET Variations: Possible Neurological Mechanisms. *Verband der Osteopathen Deutschland: Muscle Energy Techniques pp* 63-66
- Chaitow L 2009 Ligaments & Positional Release Techniques *Journal of Bodywork and Movement Therapies* 13(2):115–116

**Academic Texts**

**1973 to date** 70+ books (including *Acupuncture treatment of Pain* (1978) still in print)

**2003 /4**

- *Positional Release Techniques* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh
- *Modern Neuromuscular Techniques* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh
- *Palpation Skills* 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh
- *Fibromyalgia Syndrome – a practitioner’s guide to treatment*. 2<sup>nd</sup> edition Churchill Livingstone/Elsevier Edinburgh

**2005-2006**

- *Cranial Manipulation* 2<sup>nd</sup> edition . Churchill Livingstone/Elsevier, Edinburgh
- *Clinical Applications of NMT : Study Guide* . Churchill Livingstone/Elsevier, Edinburgh
- *Muscle Energy Techniques* 3rd edition Churchill Livingstone/Elsevier, Edinburgh

**2007**

- *Naturopathic Physical Medicine* Churchill Livingstone/Elsevier, Edinburgh

**2008**

- *Positional Release Techniques* 3<sup>rd</sup> edition Churchill Livingstone/Elsevier, Edinburgh

**2009**

- *Palpation Skills* 3<sup>rd</sup> edition Churchill Livingstone/Elsevier, Edinburgh
- *Fibromyalgia Syndrome* 3<sup>rd</sup> edition Churchill Livingstone/Elsevier, Edinburgh

**In preparation for publication in 2011:**

**Co-editor: *Practical Physical Medicine Approaches to Chronic Pelvic Pain* (for Elsevier)**

**Co-editor : *Fascia in Manual & Movement Therapy - The tensional network of the human body* (For Elsevier/Germany and UK)**

**Chapter contributions**

- 2005 Chapter : *Functional Examination for Low Back Syndromes*: for Morris C (Ed) *Low Back Syndromes* McGrawHill, New York
- 2006 Chapter : *Breathing Pattern Disorders and Motor Control*: for Vleeming et al 2nd edition: *Movement, Stability & Low Back Pain*. Churchill Livingstone, Edinburgh

**PERSONAL SKILLS  
AND COMPETENCES**

*Acquired in the course of life and career but  
not necessarily covered by formal  
certificates and diplomas.*

MOTHER TONGUE [ Specify mother tongue ]

OTHER LANGUAGES

[ Specify language ]

- Reading skills [ Indicate level: excellent, good, basic. ]
- Writing skills [ Indicate level: excellent, good, basic. ]
- Verbal skills [ Indicate level: excellent, good, basic. ]

SOCIAL SKILLS [ Describe these competences and indicate where they were acquired. ]

AND COMPETENCES

*Living and working with other people,  
in multicultural environments, in  
positions where communication is  
important and situations where  
teamwork is essential (for example  
culture and sports), etc.*

ORGANISATIONAL SKILLS [ Describe these competences and indicate where they were acquired. ]

AND COMPETENCES

*Coordination and administration of  
people, projects and budgets; at work,  
in voluntary work (for example culture  
and sports) and at home, etc.*

TECHNICAL SKILLS [ Describe these competences and indicate where they were acquired. ]

AND COMPETENCES

*With computers, specific kinds of  
equipment, machinery, etc.*

ARTISTIC SKILLS [ Describe these competences and indicate where they were acquired. ]

AND COMPETENCES

*Music, writing, design, etc.*

OTHER SKILLS [ Describe these competences and indicate where they were acquired. ]

AND COMPETENCES

*Competences not mentioned above.*

DRIVING LICENCE(S)