

**The American Manual Medicine Association
Scandinavian Mobilization Therapy (SMT)
Advanced Training and Technique Master Series 2010/2011
at the Blue Heron Academy of Healing Arts and Sciences**

Naprapathögskolan

with Gregory T. Lawton, D.N., D.C., D.Ac.



Scandinavian Mobilization Therapy (SMT), An introduction to the Swedish system of Naprapathic Manual Medicine.

Scandinavian Mobilization Therapy is in part based upon the Swedish system of Naprapathic Manual Medicine, as well as, a synthesis of contemporary mobilization techniques derived from current biomechanical research. SMT is an evidence based system of manual therapy and manual medicine and focuses on gentle and progressive mobilization of joints and their connective tissue attachments such as ligaments. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Techniques.

Students who complete this series of seminars and the SMT training program will sit for the American Manual Medicine Association Diplomat Exam in Manual Medicine and will be awarded the national board certification of Diplomat in Mobilization Therapy, the D.M.T., by the National Board Certification Agency (NBCA)



**Scandinavian Mobilization Therapy (SMT) with Facilitated Exercise Therapy (FET),
The treatment of neurological conditions and disorders –**

The class covers the neuro-pathophysiology of the body and neurological conditions resulting from disease, stroke, and closed head and spinal cord injury. Specifically covered are Facilitated Exercise Therapy (FET) techniques that address somatosensory and proprioceptive processes and responses in the human body. Participants will learn and practice FET techniques. The class combines color slides and video of neuro-pathology with hands on SMT and FET Technique.

Scandinavian Mobilization Therapy (SMT), The spine and Manual Medicine approaches to the treatment of spine conditions and disorders -

The class explores the pathophysiology of the spine and its adjacent anatomical structures. The focus of this class is spine conditions and disorders, as well as, the SMT procedures for treatment of spine disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The pelvic and abdominal region and Manual Medicine approaches to the treatment of pelvic and abdominal conditions and disorders -

The class explores the pathophysiology of the pelvic and abdominal regions and their adjacent anatomical structures. The focus of this class is mechanical and organic pelvic and abdominal conditions and disorders, as well as, the SMT procedures for treatment of these disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue, organ, and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The shoulder and Manual Medicine approaches to the treatment of shoulder conditions and disorders -

The class explores the pathophysiology of the shoulder and its adjacent anatomical structures. The focus of this class is shoulder conditions and disorders, as well as, the SMT procedures for treatment of shoulder disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines



color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The hip and Manual Medicine approaches to the treatment of hip conditions and disorders -

The class explores the pathophysiology of the hip and its adjacent anatomical structures. The focus of this class is hip conditions and disorders, as well as, the SMT procedures for treatment of hip disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The knee and Manual Medicine approaches to the treatment of knee conditions and disorders -

The class explores the pathophysiology of the knee and its adjacent anatomical structures. The focus of this class is knee conditions and disorders, as well as, the SMT procedures for treatment of knee disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The upper extremity, elbow, wrist, and hand and Manual Medicine approaches to the treatment of upper extremity, elbow, wrist, and hand conditions and disorders -

The class explores the pathophysiology of the upper extremity, elbow, wrist, and hand and their adjacent anatomical structures. The focus of this class is upper extremity conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The lower extremity leg, ankle, and foot and Manual Medicine approaches to the treatment of lower extremity leg, ankle, and foot conditions and disorders -

The class explores the pathophysiology of the lower extremity leg, ankle, and foot and their adjacent anatomical structures. The focus of this class is lower extremity



conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Scandinavian Mobilization Therapy (SMT), The head, face and jaw and Manual Medicine approaches to the treatment of head, face, and jaw conditions and disorders -

The class explores the pathophysiology of the head, face and jaw and their adjacent anatomical structures. The focus of this class is cranial, cervical and facial conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Sports Medicine for Manual Therapists, Understanding sports injuries and their treatment and rehabilitation via Scandinavian Mobilization Therapy (SMT), Therapeutic Exercise, and Therapeutic Modalities –

This is a very popular exploration and review of detailed colored slides and video of actual sports injuries and their treatment. Also included is x-ray, MRI and CAT images of injuries. The focus of this class is sports injuries as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The class combines color slides and video of sports injuries and treatment with connective tissue and joint anatomy, physiology, and pathology combined with hands on Scandinavian Mobilization Technique, Therapeutic Exercise, and Therapeutic Modalities.

Scandinavian Mobilization Therapy (SMT) and Medical Acupuncture approaches to the treatment of acute and chronic pain disorders -

The class covers the combination of Scandinavian Mobilization Technique with Contemporary Medical Acupuncture (dry and therapeutic needling). The focus of this class is on the treatment of pain conditions. The class combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Mobilization Therapy and Contemporary Medical Acupuncture Technique. (contact AHS for a list of supplies needed at the class)



Scandinavian Mobilization Therapy (SMT) approaches to the treatment of abdominal and thoracic conditions and disorders -

This class covers the assessment and treatment of abdominal (bowel, bladder and reproductive disorders and conditions) and manual Scandinavian Medical Manual Therapy Technique and the use of concurrent therapeutic modalities. The class combines color slides and video of organ anatomy, physiology, and pathology with hands on Scandinavian Mobilization Technique.

Massage, Manual Therapy, Personal Training/Sports Science, and Acupuncture Medical Billing and Coding, Patient Management, Office Administration and Practice Marketing and Advertising –

This presentation takes you through the basics of massage, manual medicine, exercise and acupuncture billing and coding, as well as, patient management and recordkeeping. In addition, effective and dynamic methods of practice building, marketing, and advertising are also covered. This class combines lecture with color slides and video.

Scandinavian Mobilization Therapy (SMT) Manual Skill Set Tune-up and Hands on Manual Technique Review -

This class will focus on the correct application of Scandinavian Mobilization Therapy techniques and hands on skill sets. The purpose of this class is to assess student manual technique and to improve and to correct it as is necessary.

Scandinavian Mobilization Therapy (SMT) Diplomat Exam of the American Manual Medicine Association and the NBCA -

Students who complete this series of seminars and the SMT training program will sit for the American Manual Medicine Association Diplomat Exam in Manual Medicine and will be awarded the national board certification of Diplomat in Mobilization Therapy, the D.M.T., by the National Board Certification Agency (NBCA)

For more information please contact:

**American Health Source, Inc
2040 Raybrook SE, Suite 103
Grand Rapids, MI 49546**

info@americanhealthsource.org

Toll Free Number:

888-375-7245

www.americanhealthsource.org

