



Online Continuing Education Courses  
www.OnlineCE.com



AOTA Approved Provider #4023

**Course Title:** Fibromyalgia 104

**Sub-Title:** Bodywork Approaches to Fibromyalgia

**Course Description:** Fibromyalgia 104, Bodywork Approaches to Fibromyalgia, is a 5-hour course designed for the intermediate to advanced clinician working with patients with fibromyalgia who are interested in learning about the different bodywork approaches to treating patients with fibromyalgia. This course will begin with an overview related to the patterns of dysfunction and stress response of tissue in patients suffering from fibromyalgia. A comprehensive overview of a variety of treatment techniques will be discussed including neuromuscular technique, muscle energy technique, strain and counter-strain as well as sub-occipital techniques. A common basis for individual treatment as well as assessment information will be discussed and soft tissue responses will be summarized.

**Target Audience:** OT/OTA

**Course Length:** 5 hours

**Course Author/Instructor:** Leon Chaitow, ND, DO / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

**Course Objectives:**

At the end of this course, participants will be able to:

- Review different bodywork approaches in the treatment of fibromyalgia
- Understand patterns of dysfunction seen in patients with fibromyalgia
- Examine the soft tissue stress response sequence
- Differentiate responses between postural and phasic muscles
- Discuss important tests involved in the assessment and treatment of patients with fibromyalgia
- Examine the neuromuscular technique
- Understand Muscle Energy Techniques
- Analyze positional release variations and rules of treatment
- Become familiar with respiratory function assessments and responses
- Outline a summary of soft tissue approaches to treat fibromyalgia

## **Outline of Content:**

### **Hour #1**

Patterns of Dysfunction

GAS and LAS

- Soft tissue stress response sequence

- Different responses in postural and phasic muscles

- Indications of soft tissue adaptation

- Palpatory diagnosis

- Deeper palpation

- Palpation exercises

- Patterns of dysfunction: "crossed syndromes"

- Hypertonicity implications

- Inappropriate breathing

### **Hour #2**

Assessment and Treatment

- Functional assessment

Neuromuscular Technique

- Application of NMT

- Lief's basic spinal treatment

Muscle Energy Techniques

- Summary of variation

- Important notes on assessments and use of MET

- Ruddy's "pulsed MET" variation

Positional release variations

- Strain and counterstrain

### **Hour #3**

Common Basis

- Exaggeration of distortion

- Replication of position of strain

- Using Jone's tender points as monitors

- Goodheart's approach

- Functional technique

- Any painful point as a starting place for SCS

- Facilitated positional release

- Induration technique

- Integrated neuromuscular inhibition technique

### **Hour #4**

SCS Rules of Treatment

- Learning to apply positional release/SCS

### **Hour #5**

Additional sub-occipital techniques

Respiratory Function and Assessment and Responses  
How Well Will a Person Respond to Treatment/Assessing the Body's Compensation Potential  
Summary of Soft Tissue Approaches to FMS

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

**Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

*OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.*