

## **K-Power® Workshops for Manual Therapists**

**5-Element Fundamentals & Muscle Testing Basics for Manual Therapists** This workshop contains K-Power®'s basic tool-box. The 'must-have' skills: using the fundamental concepts of Five-Element theory, the 'great-8' muscles; the CV and GV energy reservoirs; six basic balancers - NLs, NEs, NVs, meridians, VRs, nutrition; four fundamental techniques - ESR, origin and insertion, spindles, golgi; circuit locating and how to shift blocked energy using a powerful goal-oriented balancing process.

**Core Muscles and Techniques for Strength & Stability** When the core muscles are weak or not in balance a common side effect is back pain. People in the gym who work their rectus abdominis with crunches but fail to strengthen their transverse abdominals commonly experience lower back pain. Back pain is common because so many muscles have to contract and relax to allow a person to stand and move.

The main objective of this workshop is to learn three prime techniques that you can apply to every muscle you test in the future. As well as developing skill and understanding in evaluating and balancing muscle energy imbalances in the 13 core muscles of the torso, you will learn core techniques like muscle stretch response, sustained muscle use, hidden muscle failure. Having learned the 13 core muscles and applied the three core techniques, you will learn the More Mode, surrogate muscles, the circuit retaining mode, the important principle of muscle reactivity and how to correct reactive muscles.

**The Shoulder/Arm Protocol** Clients rarely ask for help because of 'imbalances in their muscle energy' - rather they come complaining of pain, restricted movement, weakness, or a combination of these. The condition may or may not be the result of an injury. Frequently they will have seen another practitioner who has given them anti-inflammatory medication, and sent them for physiotherapy or massage. The person may have had a poorer response to the treatment than they expected and now is shopping around for an alternative.

The purpose of this workshop is to develop skill and understanding in evaluating and balancing muscle energy imbalances in the 22 muscles of the shoulder girdle. We will not only work with the physical but with the mental, emotional and metaphysical aspects of shoulder problems. The expressions that clients use such as, "I'm shouldering my burdens" can be very significant clues to client management.

**The Elbow, Wrist and Hand Protocols** Clients come complaining of pain, restricted movement, weakness, or a combination of these. The condition may or may not be the result of an injury. Frequently they will have seen another practitioner who has given them anti-inflammatory medication, and sent them for physiotherapy or massage. The person may have had a poorer response to the treatment than they expected and now is shopping around for an alternative. The purpose of this workshop is to develop skill and understanding in evaluating and balancing muscle energy imbalances in the elbow, wrist and hand regions. There are so many people today suffering with occupationally related disorders in these areas. In this workshop, we will not only work with the physical but with the mental, emotional and metaphysical aspects of elbow, wrist and hand problems. The expressions that clients use such as, "I'm up to my elbows in..." can be very significant clues to client management.

**The Hip Protocol** Athletes often talk of strained or pulled 'quads and hams'. Such conditions involve the tearing of these muscles or their tendons and occur mainly in athletes who do not warm up properly. They will often say it didn't really hurt at first but a few hours later the pain intensified. Frequently they will have seen another practitioner who has given them anti-inflammatory medication, and sent them for physiotherapy or massage. They may have had a poorer response to the treatment than they expected and are now seeking an alternative.

In this workshop you will develop skill and understanding in evaluating and balancing muscle energy imbalances in the hip and thigh regions. With K-Power® the usual 1-3 weeks of rest followed by stretching can be dramatically reduced. We will not only work with the physical but with the mental, emotional and metaphysical aspects of hip and thigh problems. The expressions that clients use such as, "...is being a pain in the butt over..." can be significant clues to client management.

**The Knee, Ankle and Foot Protocols** The knee joint is an unstable, complex joint. Because there is no deep depression on the top of the tibia it is relatively easy for the tibia to slip out of the normal articular position. Shinsplints is a colloquial term. People complaining of 'shinsplints' may have been given this 'diagnosis' for a range of conditions including tibial fracture, muscle tears and inflammation of the shin fascia. The energy model of K-Power® avoids this confusion. We balance the energy in this situation by using our reflex points and by attending to the emotions involved.

Rupture of the achilles tendon is another common athletic injury. Complete rupture is usually treated with surgery followed by a long recovery period. By using K-Power® reflexes and attending to the emotional component of the injury (both before and after surgery) recovery time can be significantly reduced. In Achilles tendinitis the tendon becomes inflamed and painful and can take weeks to settle. Chronic problems like these may resolve with K-Power®.