

Course Outline

Modules 1-4

Module 1:

- Principles and foundations of Finch Therapy
 - learn the principles of the 9 Muscle Chain Reactions
 - their interaction on joints, muscles, nerves and the skeletal system through Myofascial Slings
- Primary & Secondary dysfunctions
 - identify which dysfunctions are primary (cause) and which ones are muscular adaptations to a primary dysfunction (secondary)
- Finch Therapy assessment and treatment for chronic Musculoskeletal pain (part 1)
- Lateral Pelvic tilt (Correct a lateral pelvic tilt and maintain results in one easy step!)
 - identify and treat the one muscle group that is consistently responsible for functional lateral pelvic tilt
- Trigger points – part 1
 - Identify how faulty postural alignment can increase the incidence of trigger points –particularly Quadratus Lumborum
- Sacro-iliac joint dysfunctions (part 1)
- Spinal misalignment
 - basic assessment
 - identify the cause for segmental misalignment (Part 1)
- Segmental spine mobility (Part 1)
 - Learn how to safely and effectively increase joint mobility (spine) through an innovative soft tissue treatment (no mobilisation or manipulation needed)

Module 2:

- Finch Therapy assessment and treatment of chronic Musculoskeletal pain (part 2)
- Assessment and treatment of ilial rotations
- SIJ assessment and treatment and its involvement with ilial rotations
- How ilial rotations can:
 - cause lumbar, thoracic & cervical pain
 - have an effect on shoulder pain and dysfunction
 - create headaches and dizziness/nausea
- Learn safe and effective techniques to correct thoracic pain/stiffness without having to use mobilisation or manipulation techniques
- Hamstring length testing
 - identify the real cause for shortened hamstring length
 - Learn how to increase a shortened hamstring length without having to engage stretching techniques
- Trigger points (part 2)
 - Learn how to decrease trigger points in Psoas by altering the load distribution on the spine and associated muscles
- Soft Tissue techniques
 - Learn the application of superficial neuromuscular techniques to I
 - nstantaneously reduce pain

Module 3:

- Leg length discrepancy (LLD)
identify and treat the 4 possible causes for functional LLD
- Finch Therapy assessment and treatment of the extremities and its impact on Spinal Misalignment and costotransverse (rib) hypomobility
- Spinal Misalignment
Basic assessment
- Identify the muscle groups that decrease segmental spine mobility and thoracic rotation
learn how to identify which muscle group to treat to gain maximum results in pain reduction and improve joint mobility
- Shoulder pain
Learn how to treat common pain conditions in the shoulder and increase joint ROM
- Nerve pain - upper limb
- Lower limb pain
assessment and treatment of common conditions
nerve pain - lower limb
- Learn how common childhood disorders and specialised conditions such as:
Sever's Disease
Osgood-Schlatters Disease
could be greatly influenced by faulty postural alignment
- Learn treatment strategies that greatly reduces their pain and gets them playing sport again after only 1-2 treatments.
- Learn how the extremities can affect lumbar, thoracic and cervical spine pain and dysfunction
- Headaches
identify common causes
learn how initiating a contraction of the hamstring can increase mobility of the cervical spine and decrease headaches

Module 4:

- Assessment and treatment using Finch Therapy for specialised conditions such as Sciatica
how correct identification and treatment of asymmetrical imbalances within the body can rapidly reduce pain levels
- Plantar Fasciitis
learn how to identify pelvic and shoulder imbalances in easy to follow steps to correct this commonly difficult to treat condition.
- Headaches/migraines
learn how pelvic dysfunctions can be a major cause for headaches
- Medial Epicondylitis (Golfers Elbow)
- Lateral Epicondylitis (Tennis Elbow)
learn how by only treating directly where the pain is may impede the speed of your client's recovery
pelvic dysfunction can be a major contributor to the cause of their pain
- learn how to treat multiple dysfunctions in each treatment (for example your client may complain about headaches, back pain and knee pain) learn to easily identify their cause and treat in the same visit!