

Master Course plan

"Myofascial techniques in chest relaxation.

Scoliosis therapy in visceral approach"

Intended for certified FITS Methods therapists.

1. Release of the dura mater
2. Release of the diaphragms
3. Fascial therapy.
4. Types of chest deformity:
 - funnel chest (pectus excavatum) with hypokyphosis
 - funnel chest (pectus excavatum) with hyperkyphosis
 - chicken breast (pectus carinatum) with hypokyphosis
 - chicken breast (pectus carinatum) with hyperkyphosis
5. Myofascial therapy of the rib joints and sternum, esophageal relaxation
6. Breathing exercises for individual dysfunctions within the chest
7. Fascial techniques for thoracic and thoraco-lumbar scoliosis
8. Fascial techniques for pelvis
9. Visceral techniques for Th scoliosis
10. Visceral techniques for Th / L scoliosis