

Course Outline

Level 2 – Lower Extremity Unit (Bioelectric Meridian Therapy)

Who is this course for?

This unit is open to certified Level 1 Bioelectric practitioners who are interested in dealing with the various types of dysfunctions of the lower extremities or seeking to expand their existing skills.

Course accreditation CPD/CPE

- Massage & Myotherapy Australia
- ATMS
- IICT

Course outline

The Lower Extremity unit is a Bioelectric Meridian Therapy modality that applies a comprehensive approach to the treatment of joints, soft tissues, nerves and organs.

In this two-day intensive course, you will learn an integrative approach to assessment and treatment of the structural relationship between the spine, pelvic girdle, hip, knee, ankle, foot, meridian lines, acupuncture points and organs using the body's natural bioelectric energy. Blockages along the meridian lines prevent Qi flow through the body which creates tension in our musculoskeletal, nervous and visceral system. Dysfunction of the meridian lines can be a result of muscle tone, scar tissues, adhesion/nodules/trigger point, illness, trauma, posture, stress and more.

Upon completion of this course, participants will have learned:

- Identify in detail the 6 lower extremity Meridian lines.
- Identify in detail the acupuncture points which might contribute to the dysfunction.
- Identify which of 5 elements contribute to the dysfunction and suggest appropriate manipulation techniques to improve the recovery of the dysfunction.
- Describe the typical pain patterns of the dysfunction and how they relate to the nerves, muscles, fascia and visceral system.
- Demonstrate evaluation methods and treatment techniques to facilitate normal functioning of these areas.
- Determine the relationships between multiple sites of non-optimal alignment, biomechanical control and decide where the best place is to intervene. Finding the primary driver/dysfunction.
- Identify the relationship between the pelvic girdle, hip, knee, ankle and foot.
- Discuss home care therapeutic exercise to restore the functional movements.

- Techniques to address:
 - Common Lower Back Pain and SIJs dysfunction.
 - Posterior and anterior tilt pelvis.
 - Promote hip joint mobility.
 - Common knee dysfunction (bowed leg and knocked knee).
 - Promote ankle mobility.
 - Correct foot alignment.
 - Inflammation.

This is an intensive class practical learning. Students who enrol for this course will need to have basic knowledge of human anatomy and 6 lower extremity meridian lines.

Suggested course reading:

- Acupuncture Points and Meridians 2nd Edition by David Legge
- Atlas of Human Anatomy by Frank Netter, MD,
- A Regional Atlas of the Human Body by Carmine Clemente.
- Complete Anatomy – 3D4Medical