

INTRODUCTORY WORKSHOP
INSTRUMENTAL TENSE ACTIVE RELEASE CONCEPT (ITARC)
PROFESSOR DAVID LOPEZ SANCHEZ PT, DC.



The Manual Therapy scope in the musculoskeletal dysfunction can add other techniques for the specific release of the failed tissues or to active biological mechanisms related the treatment of chronic dysfunctions. During the course you will practice with 4 KinetiXcer® instruments, therapeutic tools scientifically designed to be used in a wide number of techniques and applications. The Instrumental TenseActive Release Concept can be used in the treatment of the Musculoskeletal Dysfunction/Mechanical Pain. But there is the necessity to work the soft tissues to normalize the tense active relationships and not only the joint tissues. For this the clinicians can utilize specially designed stainless steel instruments to specifically effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation, tissue repair and muscle activation or inhibition.

Objectives of the Workshop

- Apply the musculoskeletal & orthopedic ITAR tests to detect the Musculoskeletal Dysfunction (standardized ITAR tests to assess the muscle indemnity). ITAR uses additional isometric resistances to sub maximal muscle contraction protocols (proposed by Kendall) and the specific recognition of Pathomechanics and dysfunctional signs.
- Understand the normal and abnormal joint biomechanics of most commons musculoskeletal dysfunctions
- Briefly review the Neurophysiological mechanisms concerned to ITAR applied to the treatment of the musculoskeletal system.
- Understand the principles of the Instrumental Tense Active Release Technique
- Demonstrate the knowledge of the instruments and methods for diagnostic applications
- To apply Instrumental Tense Active Release Techniques in the upper and lower quadrant

CONTENTS OF THE WORKSHOP

- Principles and Practice of the Tense Active Release Assessment of the Musculoskeletal system
 - Static Elastic -Tense coupling and passive Moto - Tense coupling tests for the upper quadrant
 - Specific instrumental TenseActive release techniques in the chronic upper limb and cervical spine dysfunction
 - Static Elastic -Tense coupling and passive Moto - Tense coupling tests for the lower quadrant
 - Specific instrumental TenseActive release techniques in the chronic lower limb and lumbopelvic dysfunction
- Building the flow chart strategies to develop a framework for Tense Active normalization progression & musculoskeletal normalization

- **LECTURER**

Professor David Lopez Sanchez PT DC. Chiropractor graduated of the Anglo European College of Chiropractic and Physical Therapist. Director of the Chiropractic Program of the Universidad Central de Chile, Director of the diplomats in manual therapy programs, Saint Thomas University, Chile. Creator of the TenseActive Manual Therapy Concept, past chairman WCPT/SAR. The Dr. Lopez has been a distinguished speaker in different international congresses in Poland, Chile, Brazil, Colombia, Cuba, Canada, Mexico, Argentina, Uruguay, etc.