

**The American Manual Medicine Association  
Scandinavian Medical Manual Therapy Technique (SMT)  
Advanced Training and Technique Seminar Series 2010**

**Naprapathögskolan**

**with Gregory T. Lawton, D.N., D.C., D.Ac.**



**Scandinavian Medical Manual Therapy Technique (SMT), An introduction to the Swedish system of Naprapathic Manual Medicine.**

Scandinavian Medical Manual Therapy Technique is based upon the Swedish system of Naprapathic Manual Medicine as taught at the Scandinavian College of Naprapathic Manual Medicine in Stockholm, Sweden. SMT is an evidence based system of manual therapy and medicine and focuses on gentle and progressive mobilization of joints and their connective tissues such as ligaments. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

**Scandinavian Medical Manual Therapy Technique (SMT) with Facilitated Exercise Therapy (FET), The treatment of neurological conditions and disorders –**

The seminar covers the neuro-pathophysiology of the body and neurological conditions resulting from disease, stroke, and closed head and spinal cord injury. Specifically covered are Facilitated Exercise Therapy (FET) techniques that address somatosensory and proprioceptive processes and responses in the human body. Participants will learn and practice FET techniques. The seminar combines color slides and video of neuro-pathology with hands on SMT and FET Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The spine and Manual Medicine approaches to the treatment of spine conditions and disorders -**

The seminar explores the pathophysiology of the spine and its adjacent anatomical structures. The focus of this seminar is spine conditions and disorders, as well as, the SMT procedures for treatment of spine disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The pelvic and abdominal region and Manual Medicine approaches to the treatment of pelvic and abdominal conditions and disorders -**

The seminar explores the pathophysiology of the pelvic and abdominal regions and their adjacent anatomical structures. The focus of this seminar is mechanical and organic pelvic and abdominal conditions and disorders, as well as, the SMT procedures for treatment of these disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue, organ, and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The shoulder and Manual Medicine approaches to the treatment of shoulder conditions and disorders -**

The seminar explores the pathophysiology of the shoulder and its adjacent anatomical structures. The focus of this seminar is shoulder conditions and disorders, as well as, the SMT procedures for treatment of shoulder disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The hip and Manual Medicine approaches to the treatment of hip conditions and disorders -**

The seminar explores the pathophysiology of the hip and its adjacent anatomical structures. The focus of this seminar is hip conditions and disorders, as well as, the SMT procedures for treatment of hip disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The knee and Manual Medicine approaches to the treatment of knee conditions and disorders -**

The seminar explores the pathophysiology of the knee and its adjacent anatomical structures. The focus of this seminar is knee conditions and disorders, as well as, the SMT procedures for treatment of knee disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The upper extremity, elbow, wrist, and hand and Manual Medicine approaches to the treatment of upper extremity, elbow, wrist, and hand conditions and disorders -**

The seminar explores the pathophysiology of the upper extremity, elbow, wrist, and hand and their adjacent anatomical structures. The focus of this seminar is upper extremity conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The lower extremity leg, ankle, and foot and Manual Medicine approaches to the treatment of lower extremity leg, ankle, and foot conditions and disorders -**

The seminar explores the pathophysiology of the lower extremity leg, ankle, and foot and their adjacent anatomical structures. The focus of this seminar is lower extremity conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

### **Scandinavian Medical Manual Therapy Technique (SMT), The head, face and jaw and Manual Medicine approaches to the treatment of head, face, and jaw conditions and disorders -**

The seminar explores the pathophysiology of the head, face and jaw and their adjacent anatomical structures. The focus of this seminar is cranial, cervical and facial conditions and disorders, as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video

of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy Technique.

**Sports Medicine for Manual Therapists, Understanding sports injuries and their treatment and rehabilitation via Scandinavian Medical Manual Therapy (SMT), Therapeutic Exercise, and Therapeutic Modalities –**

This is a very popular exploration and review of detailed colored slides and video of actual sports injuries and their treatment. Also included is x-ray, MRI and CAT images of injuries. The focus of this seminar is sports injuries as well as, the SMT procedures for treatment of these conditions and disorders including naprapathic mobilization, manual medicine, physio-therapeutics and therapeutic exercises. The seminar combines color slides and video of sports injuries and treatment with connective tissue and joint anatomy, physiology, and pathology combined with hands on Scandinavian Manual Therapy Technique, Therapeutic Exercise, and Therapeutic Modalities.

**Scandinavian Medical Manual Therapy Technique (SMT) and Medical Acupuncture approaches to the treatment of acute and chronic pain disorders**

The seminar covers the combination of Scandinavian Medical Manual Therapy Technique with Contemporary Medical Acupuncture (dry and therapeutic needling). The focus of this seminar is on the treatment of pain conditions. The seminar combines color slides and video of connective tissue and joint anatomy, physiology, and pathology with hands on Scandinavian Manual Therapy and Contemporary Medical Acupuncture Technique. (contact AHS for a list of supplies needed at the seminar)

**Massage, Manual Therapy, Personal Training/Sports Science, and Acupuncture Medical Billing and Coding, Patient Management, Office Administration and Practice Marketing and Advertising –**

This presentation takes you through the basics of massage, manual medicine, exercise and acupuncture billing and coding, as well as, patient management and recordkeeping. In addition, effective and dynamic methods of practice building, marketing, and advertising are also covered. This seminar combines lecture with color slides and video.

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