



Western Counties Society of Osteopaths

Mini Autumn Conference
Saturday 21st September 2019
Molford House Surgery, South Molton, EX36 4AA

Programme:

0930 - 1000: Registration and tea/coffee.

1000 - 1130: Paul Treweeke. A retired consultant radiologist.
'Everything you wanted to ask about MRI but were afraid to ask'.

An introduction to MRI scanning. A brief history and the basics of how images are obtained. An overview of normal anatomy and common pathology, particularly in the spine, knee and some other musculoskeletal areas. Also a brief overview of brain imaging.

1130 - 1145: Tea/coffee.

1145 - 1300: Jo Holmden. Osteopath
'Strain - Counterstrain'

Strain-Counterstrain is a type of "passive positional release". It is a hands-on treatment that attempts to alleviate muscle and connective tissue tightness by the use of very specific treatment positions held for 90 seconds. The involved tissue is "slackened" causing a relaxation of the "spasm" which allows local areas of inflammation, trapped within the painful tissue to dissipate. Following this "release" there is an immediate reduction of pain and tension in the involved tissue. This relaxation aims to restore normal joint mobility and release other structures in the region that may have been compressed. This gentle and painless technique is a very effective treatment for a wide variety of orthopedic conditions such as headaches, fibromyalgia, sciatica, tendinitis, chronic neck pain, and post-surgical conditions.

1300 - 1400: Buffet lunch.

1400 - 1600: Jo Holmden... continued.