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Core Support for Cranio-Hyoid Function: Soft-tissue Strategies for Lumbopelvic Stability, Supported Breathing, and Easing Head Forward Postures

14 Classroom Hours

Description:

This 2-day workshop for manual therapists is designed to support work in the cranio-facial, cervico-hyoid, and the glossal complex from below. All these structures involve intricate and ancient reflexes at the entrance to our organism, with airway, nursing, swallowing, speech, and other consequences. These structures also lie at the top of our Deep Front Line, a continuity of myofasciae from the tongue to the inner arch. So, the neck-throat-jaw are functionally central, but structurally this complex perches above the ribs, spine, and pelvis - meaning that for change in the tongue or the airway to be long-lasting, it must be supported from below.

To put it in the negative: So much good work on the throat and jaw comes to nothing for lack of integrated support from the neck, the rib cage, and the pelvis.

Toward that end, this workshop imparts two skills:

1. **Bodyreading** the body pattern at and below the hyoid complex to see what adjustments offer increased support for change, especially the superior and inferior ribs, the mid-dorsal hinge, lumbopelvic stability, and the diaphragm.

2) **Fascial release techniques**, drawn from osteopathy, physiotherapy, and the rolfing tradition.

This course is a practical intensive. Familiarity with anatomy is assumed. Please come prepared to give and receive manual therapy from pelvis to jaw. This course is open to osteopaths, chiropractors, physiotherapists, massage therapists, occupational therapists, dentists and orthodontists, and movement trainers familiar with manual therapy.

Learning Objectives

Upon completion of this 2-day workshop, participants will be able to:

1. **Identify and describe** the fascial relationships and myofascial continuities of the Deep Front Line as they relate to the cranio-hyoid, cervical, thoracic, and lumbopelvic regions.
2. **Recognize and assess** common postural patterns involving the pelvis, rib cage, cervical spine, and hyoid complex through visual and palpatory BodyReading.
3. **Apply BodyReading principles** of tilt, bend, rotate, and shift to identify patterns within the three major blocks of the trunk and determine areas requiring additional support.
4. **Identify the functional relationships** between lumbopelvic stability, the respiratory and pelvic diaphragms, rib-cage mechanics, and support for the cranio-hyoid complex.
5. **Demonstrate fascial release techniques** for the deep lateral rotators, adductors, psoas complex, iliacus fascia, pectineus, semi-lunar lines, and lateral raphe.
6. **Demonstrate techniques** for addressing myofascial relationships around the rib cage, including the obliques, rectus abdominis, sternal fascia, and selected thoracic structures.
7. **Assess respiratory patterns** and demonstrate techniques intended to support more effective rib-cage excursion during inhalation and exhalation.
8. **Identify cervical myofascial involvement** associated with the scalenes, longus muscles, and anterior motor cylinder through visual and palpatory assessment.
9. **Demonstrate fascial techniques** for the anterior cervical muscles, including the scalenes and longus muscles, while adapting speed, depth, and intensity appropriately.
10. **Integrate regional assessment and manual therapy strategies** from the pelvis through the rib cage and cervical region to provide structural support for changes involving the cranio-hyoid and glossal complex.
11. **Demonstrate selected pterygoid and glossal release techniques** and describe their relationship to the broader fascial support system of the body
12. **Apply strategic manual therapy approaches** to develop more integrated support for lumbopelvic stability, breathing mechanics,

Curriculum Outline/Schedule
L= Lecture P = Practical
L/P= Half L / Half P

Day 1

0.25	**L.**	**9:00 - 9:15**	Welcome, Introductions, and Principles of Fascial Work
1.00	**L.**	**9:15 - 10:15**	Overview of fascial relationships, Anatomy Trains Myofascial Meridians, and the core Deep Front Line in relation to hyoid area issues - airway and deglutition
0.25		**10:15 - 10:30**	Break
1.00	**P.**	**10:30 - 11:30**	BodyReading Basics - Tilt, Bend, Rotate, Shift - for the three blocks of the trunk
0.50	**P.**	**11:30 - 12:00**	Fascial techniques basics – Speed, Dept, and Intensity
1.50		12:00 - 1:30	Lunch Break
0.75	**L.**	**1:30 - 2:15**	The three major muscle groups around the hip - fascial release techniques for the deep lateral rotators, adductors, and psoas complex
0.75	**P.**	**2:15 - 3:00**	Triplanar balance of the pelvis - Technique demo & practice
0.25		**3:00 - 3:15**	Break
0.50	**P.**	**3:15 – 3:45**	Technique refinement and variations, Q&A – pelvic area
0.50	**L.**	**3:45 – 4:15**	The myofascial continuities around the rib cage
0.50	**L**	**4:15 - 4:45**	BodyReading / Visual assessment of the rib cage posture and breath
0.75	**P.**	**4:45 – 5:30**	Thoracic myofascial techniques for obliques, rectus abdominis, and sternal fascia

7 hrs in class.

Day 2

0.25	**L. 9:00 - 9:15**	Q&A for material covered on Day 1; Overview of Day 2
0.50	**L 9:15 - 9:45**	Lumbopelvic stability: Balancing the respiratory and pelvic diaphragms
0.50	**P. 9:45 – 10:15**	BodyReading the diaphragms
0.50	**P. 10:15 – 10:45**	Fascial release practice: Semi-lunar lines and lateral raphe
0.25	10:45 - 11:00	Break
0.75	**P. 11:00 – 11:45**	Deeper releases: Umbilicus, psoas major, iliacus fascia, pectineus
0.75	**P. 11:45 – 12:30**	Sections of the rib cage in breath - opening the inhale, completing the exhale
1.50	**12:30 - 14:00**	Lunch
0.5 0	**L. 14:00 - 14:30**	Cervical support: Scalenes, and longus muscles: the anterior motor cylinder
0.50	**P. 14:30 - 15:00**	BodyReading: Visual and placatory assessment of cervical involvement
0.75	**P**. **15:00 – 15:45**	Guided technique practice for scalenes and anterior cervical muscles
0.25	15:45 – 16:00	Break
0.50	**L. 16:00 – 16:30**	Q&A and review of difficult techniques
0.75	**P. 16:30 – 17:15**	Strategic applications in practice, demonstrations of pterygoid and glossal releases
0.25	**L. 1715 -17:30**	Resources for further study, thanks and goodbyes

7 hrs in class