Coordinated by:  
ERIK E. GANDINO DO, JSCCI  
Dr. Gandino is the director of Jones Institute Europe and has been teaching Strain Counterstrain in numerous European countries for the past 8 years. He’s the only European to be certified in Strain Counterstrain by the Jones Institute in USA.

Audience: Fully licensed Physiotherapists (PT), Medical Doctors (MD), Osteopathic Doctors (DO) and Chiropractors (DC), as well as students in Medicine, Dentistry, Physiotherapy, Occupational Therapy (OT), Osteopathy, and Chiropractic (4th year medical students are admitted while those in all other listed faculties must be in their final year of study.)

HISTORY

The Jones Institute, based in Carlsbad, California USA, is the originator of the method STRAIN COUNTERSTRAIN (SCS). SCS is an indirect manipulative technique, which uses gentle positioning of the interested body segments to treat somatic pain and dysfunctions in only 90 seconds. Its immediate effectiveness is widely documented in numerous medical studies, books and trade journals. It is considered the most advanced osteopathic technique by the American Osteopathic Association (AOA) due to its precise diagnosis and rapid execution.

THEORETICAL AND PRACTICAL TRAINING PROGRAM

Lecture and extensive lab time are spent on:
- Review of neurophysiology
- Neurologic basis for somatic dysfunction
- Autonomic neural relationships in the various pain syndromes
- Rationale for SCS
- General rules for SCS
- Cervical evaluation and treatment session
- Thoracic evaluation and treatment session
- Rib evaluation and treatment session
- Lumbar evaluation and treatment session
- Pelvis evaluation and treatment session
- Demonstrate the relationships between the various areas of the spine and the extremities
- Design a home program using SCS philosophy

Emphasis is placed on teaching the participant how to:
- Develop and refine palpatory skills
- Diminish tension areas
- Regain strength in neurologically weak muscles
- Improve articular range of motion
- Reduce neuropathic pain
- Diminish or remove the pain in treated body segments

MAIN DYSFUNCTIONS TREATED WITH THIS COURSE

Arnold syndrome, temporal migraine headaches, cervical vertigo, stiff neck, neck pain caused by dysfunctional vertebrae, whip-lash pain, brachial plexus, thoracic outlet syndrome, elevated and depressed rib dysfunctions, sternum pain, dyspnea, pericordial pain, pyrosis, dyspepsia, nausea, diarrhea, constipation, urinary problems, cystitis, diffuse rachis pain, localized rachis pain, sciatica, myofascial pain syndrome, fibromyalgia pain syndrome, anterior and posterior sacro-iliac articulation dysfunctions, unequal leg length, more than ten sacroccocygeal dysfunctions, perineal pain, and many other complaints.
COURSE OBJECTIVES

The SCS technique taught by the Jones Institute instructors guarantees an advanced level of specialized formation in manual medicine. With in-depth analysis of the concepts addressed during the course and our knowledge of the most recent discoveries in neurophysiology, we are resolved to advance expert operators who participate and to provide efficient and non dispersive training for novice practitioners. Participants will be able to ‘scan’ all of the spinal and pelvic areas, to set up a thorough, functional examination, and to arrange a quick and enduring therapeutic program, even for future visits. They will also be capable of treating dysfunctions successfully where previously they faced difficulty or failure. In addition, they will comprehend diverse clinical scenarios that require collaboration of other health specialists, and thus avoid wasting time and possibly worsening the pathological aspects not related to manual medicine.

Upon completion of this course participants will be able to:

• Develop and fully refine their palpatory skills relating to spine and pelvis dysfunctions
• Understand the neurophysiological basis of somatic dysfunctions
• Learn to ‘scan’ the entire spinal column and pelvis
• Execute a complete, functional evaluation, creating a rapid and enduring therapeutic program
• Treat more than 85 spinal and pelvic somatic dysfunctions
• Relax areas of muscular tension
• Revive strength in neurologically weakened muscles
• Improve articular range of motion
• Reprogram muscular chains
• Establish body symmetry
• Reduce nerve pain
• Reduce or eliminate pain in segments treated and pain in movement
• Reduce local edema
• Re-equilibrate facial tension
• Reprogram the Central Nervous System in a tangible, in-depth manner
• In a limited number of treatments, modify and resolve postural behaviors, including those brought on by age
• Obtain immediate and enduring results visible in patients from the first treatment
• Utilize a completely pain-free and non-traumatic manual technique
• Work a full day without fatigue due to this passive neurological approach
• For those who wish, integrate SCS into any work methodology already known by the operator
• Have the knowledge to create a neurological exercise maintenance program for the patient

FURTHER INFORMATION

The Strain Counterstrain method is based on the scientific demonstration that the majority of the musculoskeletal complaints are caused by a false interpretation of the afferent message from the spinal nervous system. These induce a reflex discharge on the correspondent motor neuron, leading to an altered state of tension and creating a vicious “pain-tension-pain” cycle. Dr. Jones, American medical osteopath and developer of the technique, is credited with finding the diagnostic points, defined by him as “Tender Points” (TP), which represent specific dysfunctions that guide the operator during the entire execution of the treatment. Dr. Jones also discovered the TPs on the anterior surface of the body, relating to specific dysfunctions on the posterior body. These have lead the American Osteopathic Association to consider SCS the most advanced and innovative osteopathic manual approach available. What distinguishes it from the other medical manual methods lies precisely in its specific diagnosis and easy execution, in the immediate effect on the patient and in its absolutely atraumatic procedure. Scientific analysis (JAOA • Vol 106 • No 9 • September 2006 • 537-545), numerous clinical studies, and multiple publications and books on the subject have allowed past manual practices to transmute into a scientific method, based on very accurate clinical observation and founded on neuro-anatomical and physio-pathological platforms while remaining an innovative manual approach that resolves somatic dysfunction in only 90 seconds. The evolution of the technique based on studies carried out by the Jones Institute have reduced the time of execution to only 15, 10 or even 1 second, which is a procedure taught in the advanced level courses.
DIDACTIC METHODOLOGY

- Lectures: elements of anatomy, articular-physiology, biomechanics and pathology of the musculoskeletal system.
- Principals of manual therapy: teaching of diagnosis and treatment with SCS, combining of SCS with other methods and techniques, and specific therapeutic exercises we have developed.
- Material for participants: syllabus with all the techniques given at the course, bi-laminated poster (28x26 cm) with images, explanations of the technique and localization of the TPs.
- Ample time dedicated to manual practice.
- Treatment strategies outlined for the different areas focused on during the course.
- For every pathology described, a different treatment methodology will be proposed with practical examples.

OUR STRENGTHS

- The professionalism and experience of our teachers, along with their uniqueness. Consider that even after 20 years since the founding of the Institute, only 7 instructors in the entire world are authorized to teach this method, which speaks to our resolve to provide excellent instruction.
- Solidity of an Institute which has been at the foundation of the methodology for over 2 decades, with continual medical studies, updates and improvements in the technique, while maintaining its originality.
- Numerous clinical studies, scientific publications and bibliographies on the subject.
- The complete resolution of the somatic dysfunctions in only 90 seconds and through recent advances of the technique, results obtained in only 15, 10 or 1 second of execution.
- Drastic reduction in the time of treatment and of the successive therapeutic protocol, in fact in only one or a few sessions patients can completely recover from the problem.
- Great specificity in the diagnosis, easy execution, immediate results on the patient, no contraindications and a completely non traumatic execution of the technique.
**DIDACTIC PROGRAM**

**DIDACTIC PROGRAM SPECIFICS:** The course is divided into areas (e.g. anterior cervical spine, posterior cervical spine)

- **Every area has an oral explanation of about 30 minutes which will discuss:**
  - Pathophysiology and anatomy of the mentioned area,
  - The localization, the palpatory sensation, and the most common TPs,
  - The difference in pain between anterior and posterior TP, specific symptomatology for every TP and possible areas of pain referral,
  - Evaluation of body positioning, especially posture engaged by the patient with specific TP, the activities that worsen or improve the symptoms, antalgic behavior in the different positions (standing erect, sitting, lying down),
  - Relevant treatment: how to approach each TP and how to sequence the treatment.

- **Every area has a practical demonstration of about 20 minutes which will show:**
  - Practical display of where the different TPs are located in the area and how to identify them,
  - Practical demonstration of how to treat every specific TP,
  - Description of the palpatory sensation of the TP during the different phases of the treatment,
  - Particular emphasis on the correct positioning of the operator for each technique,
  - Particular attention on the usage of the operator’s body for the careful positioning of the patient.

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**FIRST DAY (9.00-18.30)**

09.00 Opening:
- Presentation & Preparation

09.20 Lecture:
- Definition and explanation of SCS technique
- Definition and explanation of tender point (TP)
- Definition and explanation of mobile point
- Neurological explanation of SCS
- Clarification of somatic dysfunctions

10.00 Lecture:
- Clinical diagnosis of a full body scan
- Home Program for patient

10.30 Lecture & demonstration on the following somatic dysfunctions:
- ANTERIOR 1ST CERVICAL
- POSTERIOR 1ST & 2ND CERVICAL
- POSTERIOR 3RD CERVICAL
- POSTERIOR 4TH - 8TH CERVICAL

11.30 Coffee Break

11.45 Lecture: Practical demonstration of SCS
- Relax muscle tightness
- Strengthen muscles
- Reprogram muscle chains
- Improve range of motion
- Reduce neuralgic pain
- Diminish pain in body segments
- Definition and explanation of the 17 Rules

13.00 Lunch

14.00 Lecture & demonstration on the following somatic dysfunctions:
- HIGH ILIUM SACRO ILIAC
- HIGH ILIUM SACRO ILIAC IN FLARE OUT
- PIRIFORMIS MUSCLE
- POSTERIOR LATERAL TROCANTER
- GLUTES MEDIUM

15.45 Coffee Break

16.00 Lecture & demonstration on the following somatic dysfunctions:
- LOW ILIUM SACRO ILIAC
- LOW ILIUM SACRO ILIAC IN FLARE OUT (flare-in for osteopathy)
- ILLIACUS MUSCLE
- INGUINAL

18.00 Questions & Answers

18.30 Closure

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**SECOND DAY (9.00-18.30)**

09.00 Lecture:
- Video of Dr. Jones on the discovery of SCS
- Perpetuating pathologies
- How to insert SCS in your arsenal

10.00 Lecture & demonstration on the following somatic dysfunctions:
- LATERAL 1ST CERVICAL
- ANTERIOR 1ST RARE CERVICAL
- ANTERIOR 1ST & 2ND CERVICAL
- ANTERIOR 3RD CERVICAL
- ANTERIOR 7TH CERVICAL
- ANTERIOR 5TH, 6TH, 7TH, (8)TH CERVICAL

11.30 Coffee Break

11.45 Lecture & demonstration on the following somatic dysfunctions:
- INION 1ST CERVICAL
- POSTERIOR 1ST & 2ND CERVICAL
- POSTERIOR 3RD CERVICAL
- POSTERIOR 4TH - 8TH CERVICAL

13.00 Lunch

14.00 Lecture & demonstration on the following somatic dysfunctions:
- ANTERIOR THORACIC 1ST - 3RD VERTEBRA
- ANTERIOR THORACIC 4TH - 6TH VERTEBRA
- ANTERIOR THORACIC 7TH - 9TH VERTEBRA
- ANTERIOR THORACIC 10TH-12TH
- 1ST LUMBAR

15.45 Coffee Break

16.00 Lecture & demonstration on the following somatic dysfunctions:
- POSTERIOR THORACIC 1ST , 2ND VERTEBRA
- POSTERIOR THORACIC 3RD, 4TH, 5TH VERTEBRA
- POSTERIOR THORACIC 6TH - 9TH VERTEBRA
- POSTERIOR THORACIC 10TH-12TH VERTEBRA
- POSTERIOR LUMBARS 1ST - 5TH VERTEBRA

17.45 Questions & Answers

18.30 Closure

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**THIRD DAY (9.00-17:30)**

09.00 Lecture
- Tender point recurrence - perpetuating factors

10.30 Lecture & demonstration on the following somatic dysfunctions:
- ANTERIOR 1ST , 2ND RIB (Depressed)
- POSTERIOR 1ST RIB (Elevated)
- Treatment of intercostal points

11:30 Coffee Break

11.45 Lecture & demonstration on these following somatic dysfunctions:
- ANTERIOR LUMBAR 2ND - 5TH VERTEBRA
- ANTERIOR ABDOMINAL POINT (AAL2)

13.00 Lunch

14.00 Lecture & demonstration on the following somatic dysfunctions:
- QUADRATUS LUMBORUM
- POSTERIOR LUMBAR ON ILIUM 3RD, 4TH, 5TH
- LOWERPOLE 5TH VERTEBRA POINT

15.45 Coffee Break

16.00 Lecture & demonstration on the following somatic dysfunctions:
- SACRUM 1ST, 2ND, 3RD , 4TH, 5TH VERTEBRA
- COCCYX

17.10 Lecture & demonstration
- Home Program for patient
- Diagnosis of a full body scan
- Practical exam of the course

17.30 CLOSURE