

# **GOT 2**

## **General osteopathic treatment 2**

### **DURATION:**

3 days class

### **INSTRUCTOR:**

Pierre VEY, DO

25 year experience in the technique, 17 years teaching it (France & abroad).

GOT scientific evaluation (2 year research).

### **PREREQUISITE:**

- For GOT 2<sup>nd</sup> level: prerequisite is GOT 1<sup>st</sup> level or already attended a class of GOT (in any other healthcare courses).

### **TOPIC :**

The original osteopathic technique initiated by A.T.STILL , founder of osteopathy. (additions of JM. LITTLEJOHN & J. WERNHAM)

Highly global osteopathic technique.

Very useful and adapted to physio and massage therapists who will immediately use it in addition of their usual treatment patterns.

Easy to get for any therapist: physio, massage, cranio-sacral.....manual therapist)

First step (theoretical & practical) into osteopathic approach of patients. It'll take you progressively from global to specific.

Easy way to access, understand and master sophisticated specific techniques.

High level class to dynamic palpation of articulations and soft tissues.

### **CHAPTERS of GOT 2<sup>nd</sup> level**

This class will take the participants to a higher level of practicing and understanding the GOT.

The combination of GOT 1 & GOT 2 gives a complete approach of the body: articular and soft tissues: "every joint in every parameter".

- Practical review of basic ROUTINE in supine position
- Theoretical aspects for better understanding and practicing the routine.

- **PRONE position:**

Lower limb

Pelvis and lumbar spine

Dorsal spine

Ribs

- **SIDE LYING position:**

Pelvis and lumbar spine

Shoulder girdle

Dorsal spine

Ribs