

Myotatic Activation Procedures

MAP for Neck Pain &
Headaches

PRESENTED BY LEONI VILJOEN



MAP

The cervical spine maintains several crucial roles, including:

- Supporting the head and its movement:

The cervical spine literally shoulders a big load, as the head weighs on average between 5–7 kg. In addition to supporting the head, the cervical spine allows for the head's flexibility, including rotational, flexion/extension and lateral bending motions.

- Facilitating bloodflow to the brain:

Vertebral forame in the cervical spine provide a passageway for vertebral arteries to pass and ensure proper blood flow to the brain. These openings are present only in the vertebrae of C1–6.

The cervical vertebrae play a key role in maintaining these functions, but can be a real pain in the neck!

MAP

Anatomy

The neck's simplicity, efficiency, and specialisation mean that it gets into trouble quickly. It has hardly any extra margin for improvisation and compensation.

Neck anatomy is a well-engineered structure of bones, nerves, muscles, ligaments and tendons. The cervical spine is delicate – housing the spinal cord that sends messages from the brain to control all aspects of the body – while also remarkably flexible, allowing movement in all directions, and strong.

With its complex and intricate construct, and the many stresses and force that can be placed on it through a trauma or even just daily activities, the cervical spine is at risk for developing a number of painful conditions, such as:

- Cervical degenerative disc disease
- Cervical herniated disc
- Cervical stenosis
- Osteoarthritis
- Simple muscle strain resulting in a painful or stiff neck.

This course explores how the neck functions in greater detail, as well as common causes of cervical neck pain, a stiff neck, arm pain and other symptoms of cervical spine disorders.

MAP

The Cervical Spine



MAP, or MYOTATIC ACTIVATION PROCEDURES is a Neuromusculo-skeletal treatment technique used by Osteopaths worldwide for the assessment, diagnosis and treatment of the cervical spine.

These advanced manual therapy techniques are a 3-planar dynamic approach to correction of joint dysfunction and is a remarkable method to achieve pain free movement.

MAP

The Cervical Spine



MAP treats Cervical dysfunctions with great ease and effect
– in such a gentle way that both you and your patient will
be pleasantly surprised.

7 Skills introduced by the Cervical MAP course:

- Re-alignment of the cervical spine
- Release Occipito-Atlantal joint (the head ache)
- Recover rotation at Atlanto-Axial joint
- Restore facet joint function (locked facets)
- Resolve referred pain – Radiculopathy
- Rx Cervical-Thoracic Junction
- Release SCM and activate the deep neck flexors
(whiplash)

MAP

The Objectives

At the end of the course the attendants should have
a better understanding of:

- The biomechanics and functional anatomy of the Cervical spine
- Clinical assessment and identification of Cervical movement dysfunction
- Differential diagnosis and treatment of Cervical pain disorders
- Treatment techniques for the neuro-musculoskeletal structures found to be responsible for the pain, or predisposing the problem

MAP will take your cervical spine treatments to new
heights!