

Myotatic Activation Procedures

MAP for Neck Pain &
Headaches

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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 foramen 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!

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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.

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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.

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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)

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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!