

Slide 1



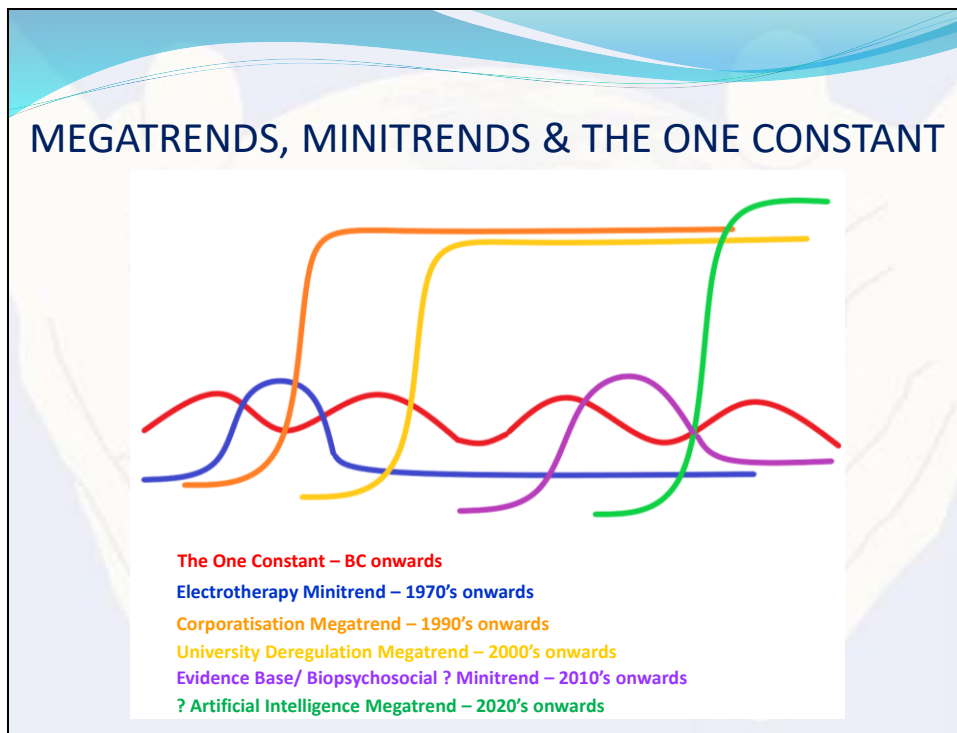
Slide 2



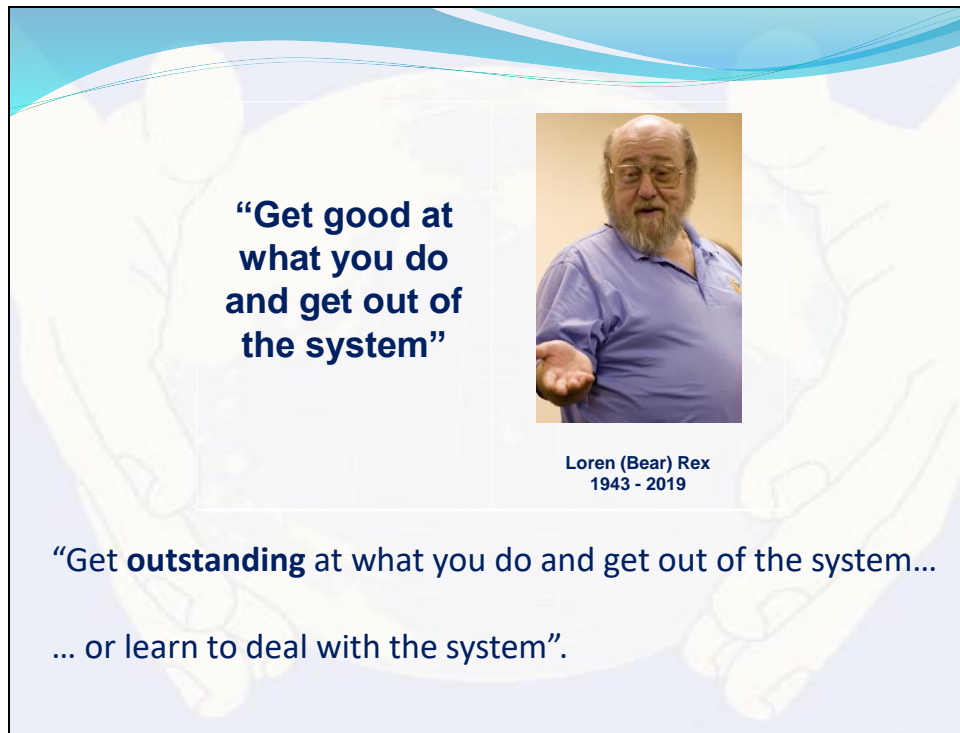
Slide 3



Slide 4



Slide 5

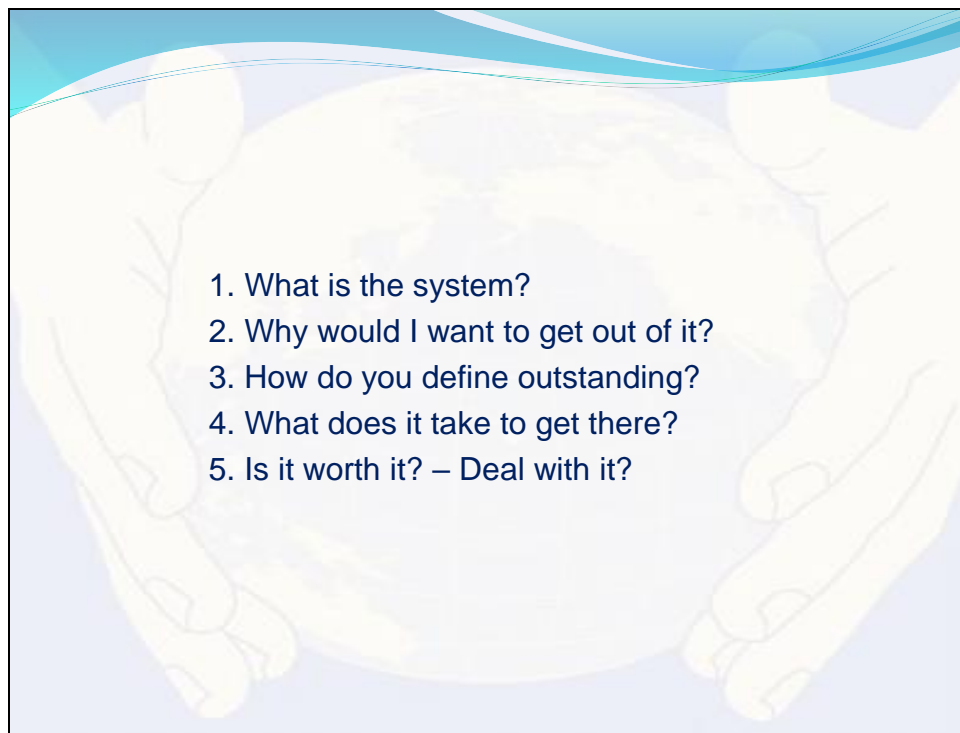
The slide features a background of two hands holding a globe. On the left, a white box contains the quote: "Get good at what you do and get out of the system". To the right is a portrait of Loren (Bear) Rex, a man with a beard and glasses wearing a purple polo shirt. Below the portrait is the text: "Loren (Bear) Rex 1943 - 2019". At the bottom of the slide, the text reads: "Get outstanding at what you do and get out of the system... ... or learn to deal with the system".

“Get good at what you do and get out of the system”

Loren (Bear) Rex
1943 - 2019

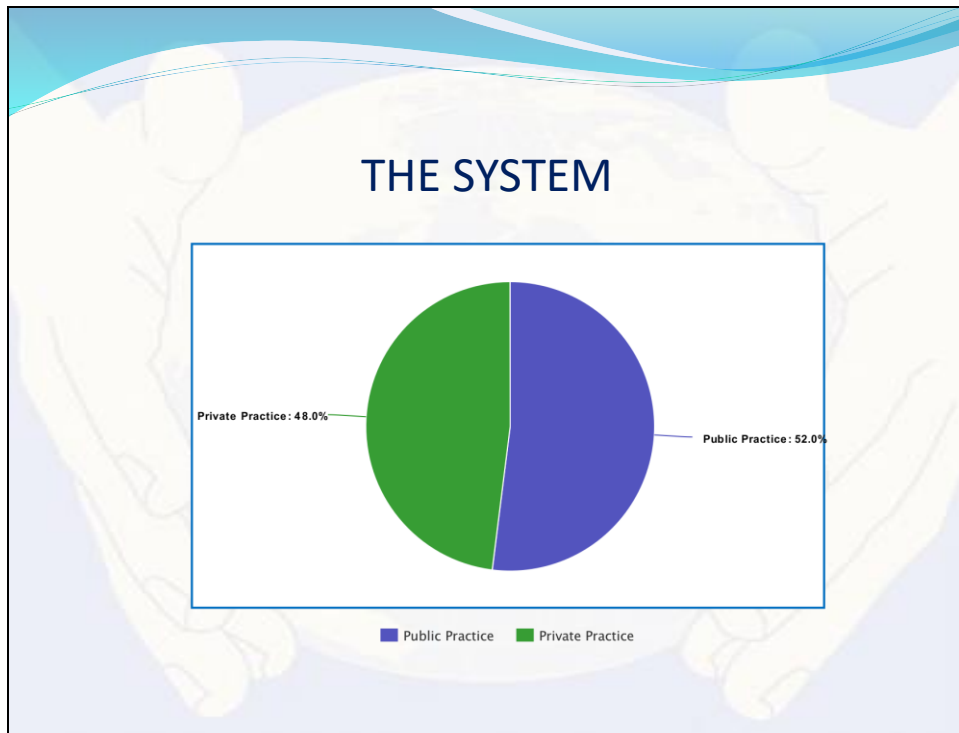
**“Get *outstanding* at what you do and get out of the system...
... or learn to deal with the system”.**

Slide 6

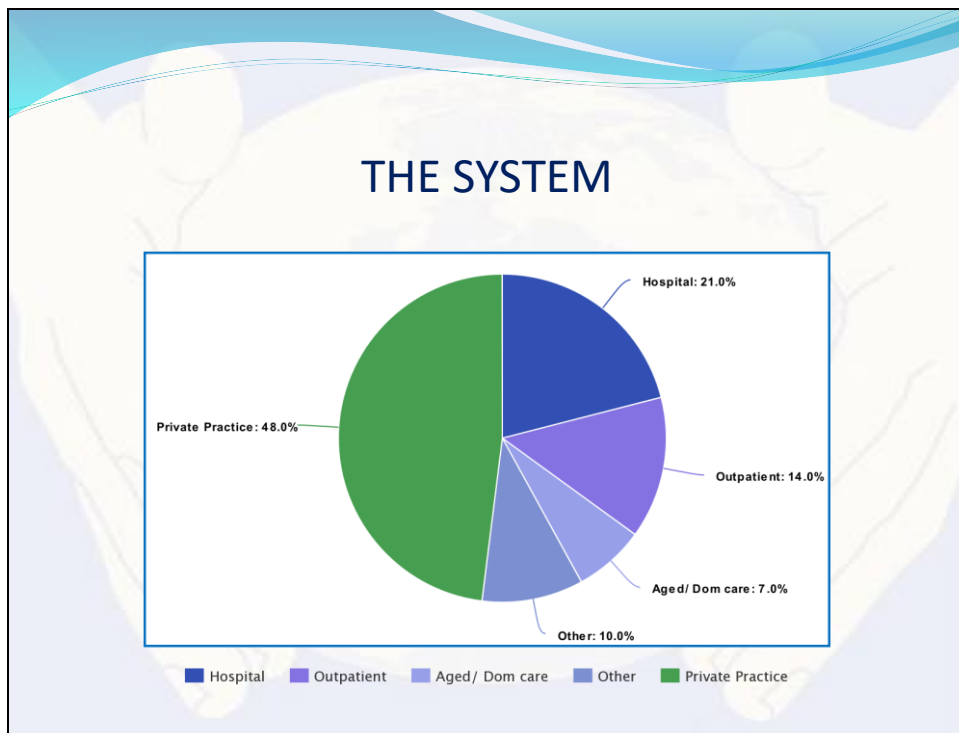
The slide features a background of two hands holding a globe. In the center, a white box contains a numbered list of five questions.

1. What is the system?
2. Why would I want to get out of it?
3. How do you define outstanding?
4. What does it take to get there?
5. Is it worth it? – Deal with it?

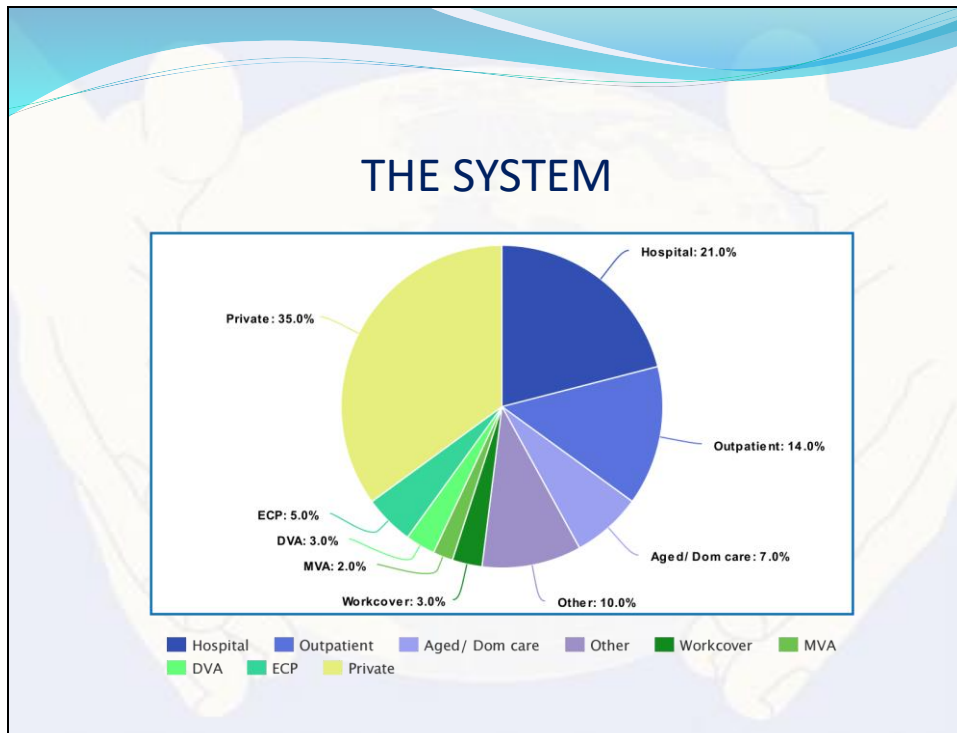
Slide 7



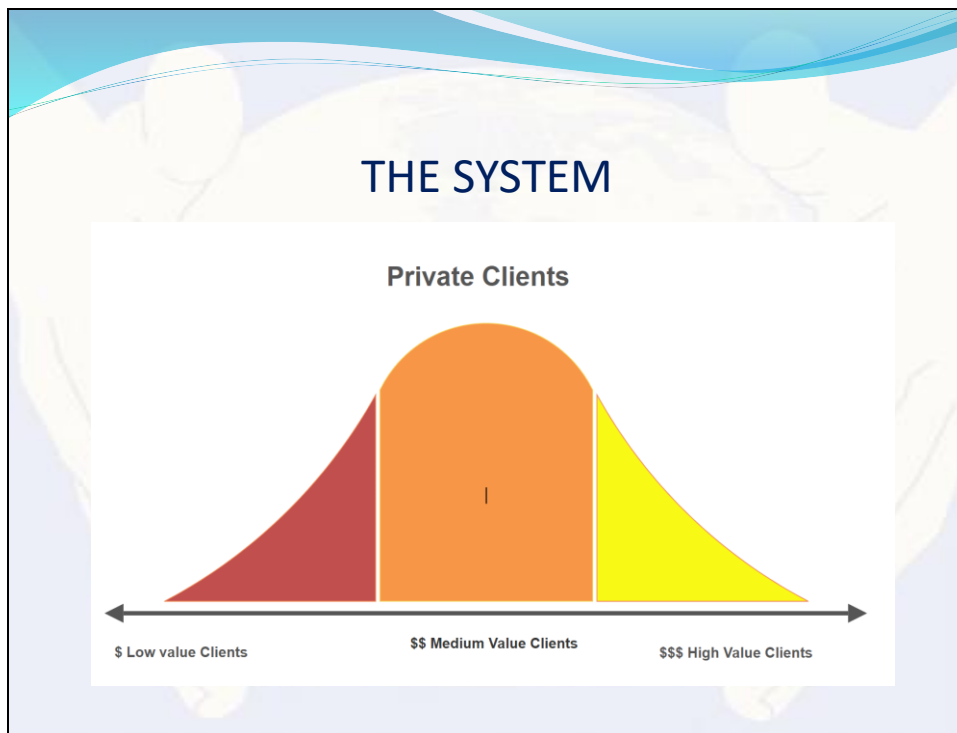
Slide 8

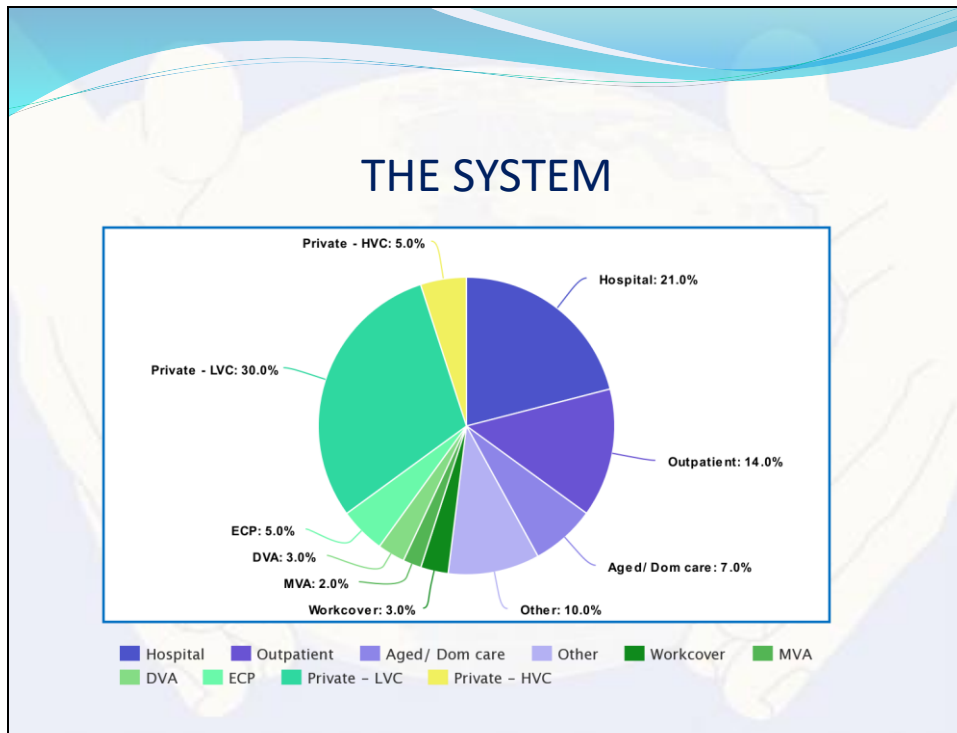


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Slide 10





WHY GET OUT?

Physio attrition rate is 3.5%¹

Graduate Physio's predict a career of less than 10 years²

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WHY GET OUT?

New graduates are underprepared to work in private practice and modifications to the delivery of peer support, mentoring and professional development is required³.

Lack of support and financial pressures were of concern³.

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WHY GET OUT?

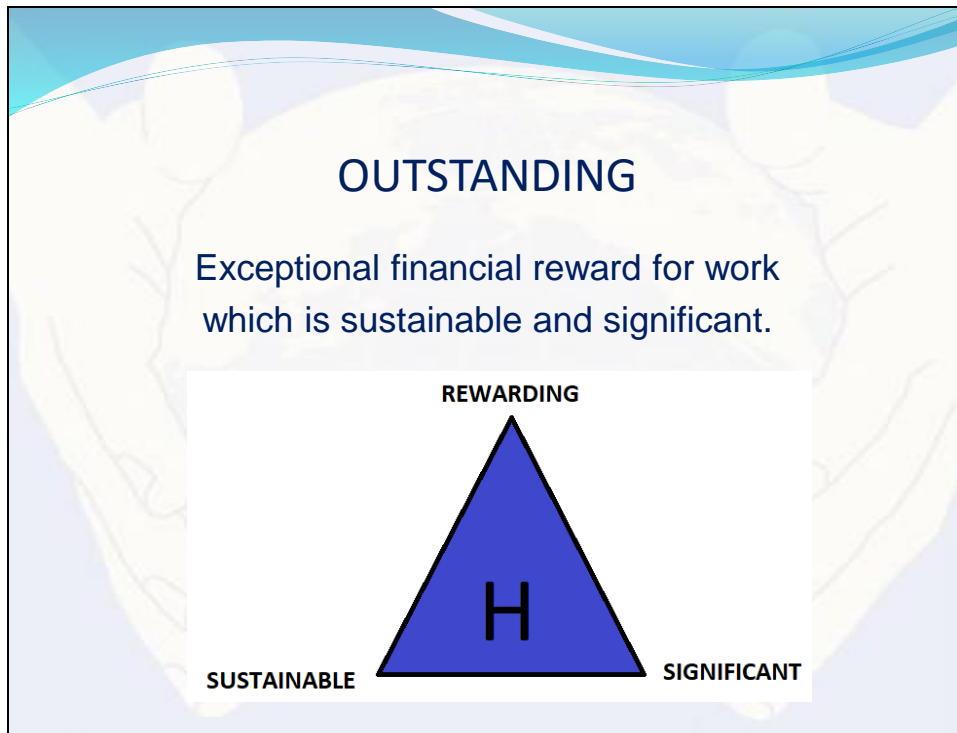
Internal ← → External

Boredom/ limited scope
Injury Frustration
Burnout/ Stress
Compassion Fatigue

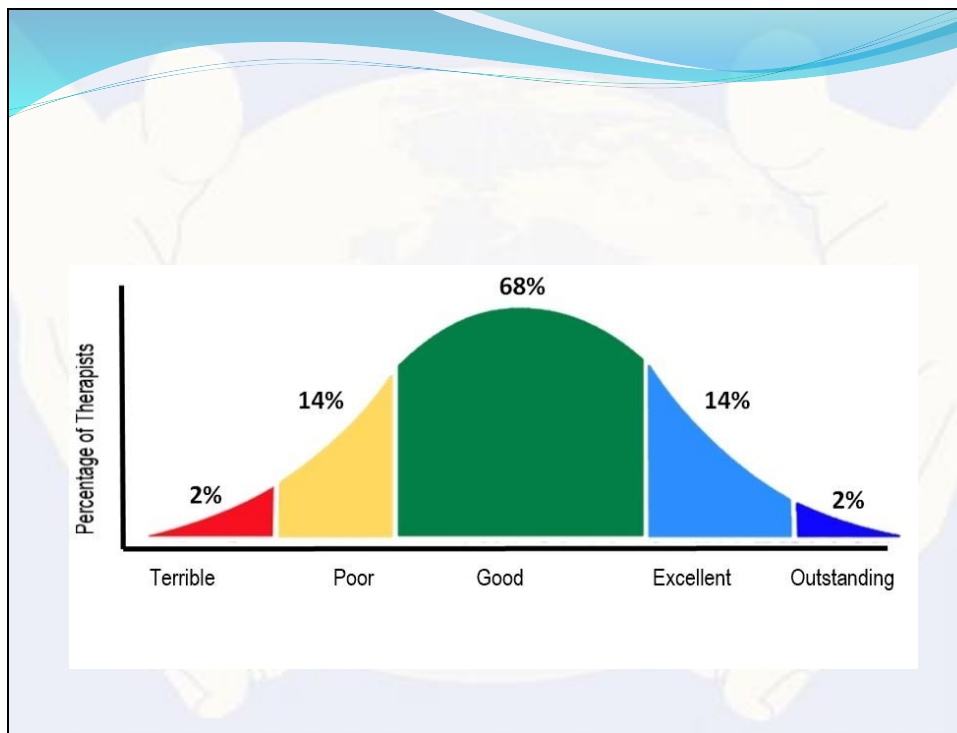
Family
Career step

\$\$\$

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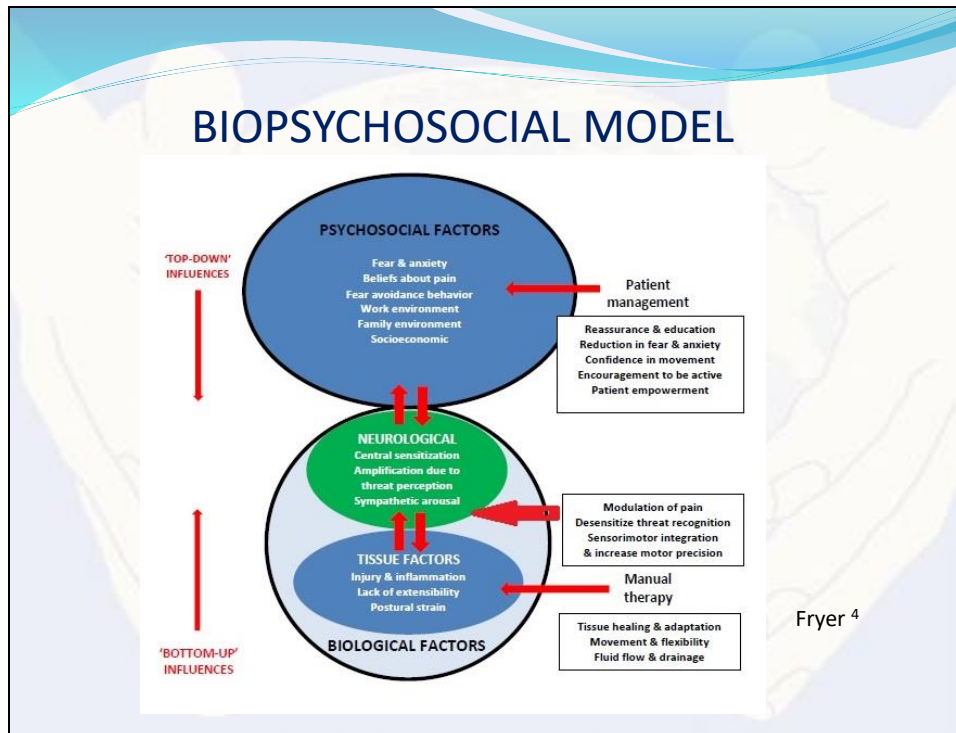


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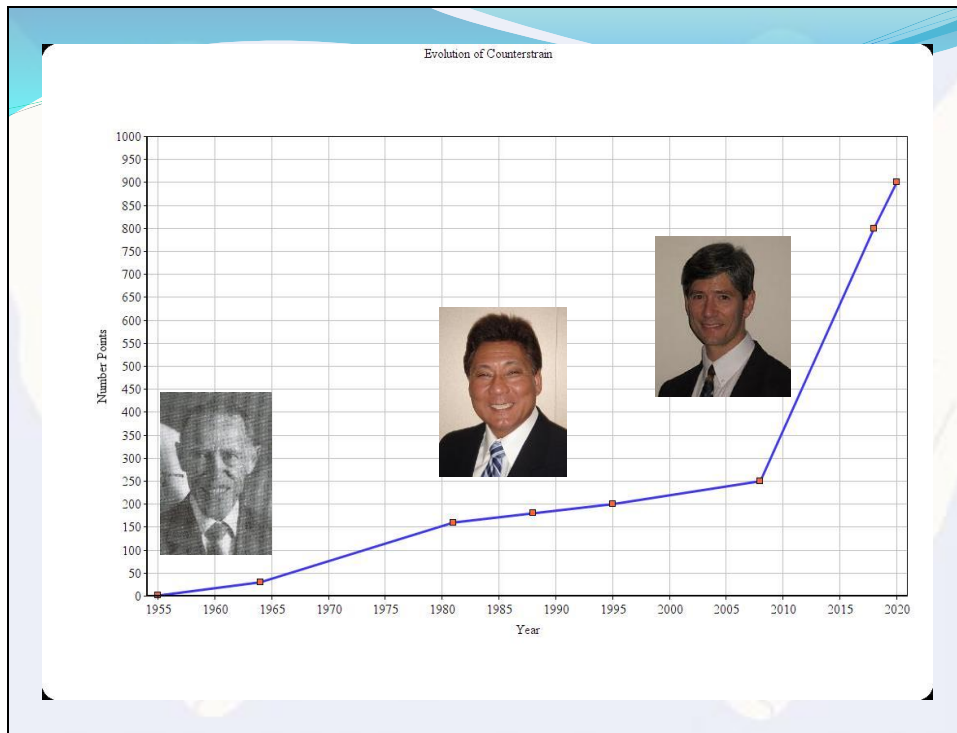
HOW DO I GET THERE?

Conventional path gaps include:

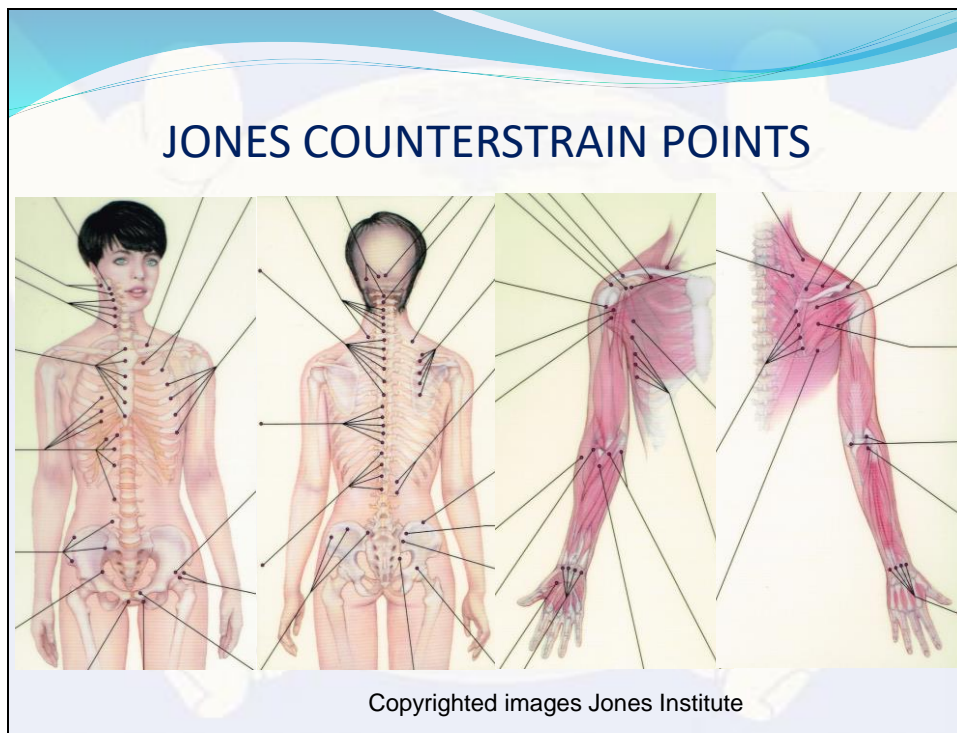
- Only treat where it hurts
- Only treat in the system of the symptoms
- Only treat directly
- Increasingly hands off with EBP/BPS

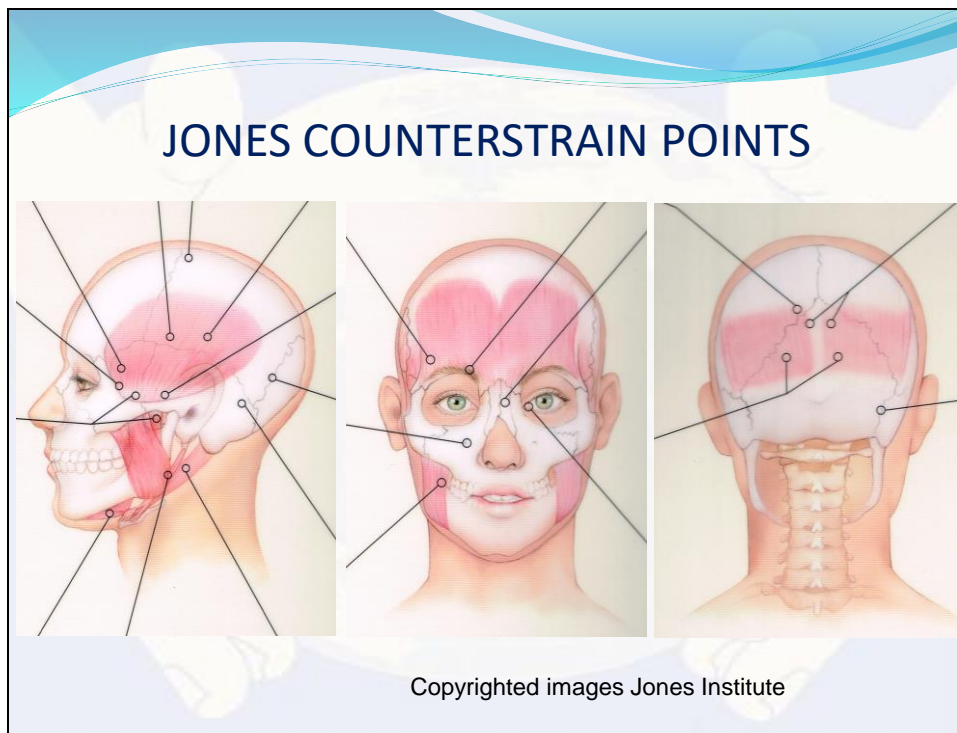
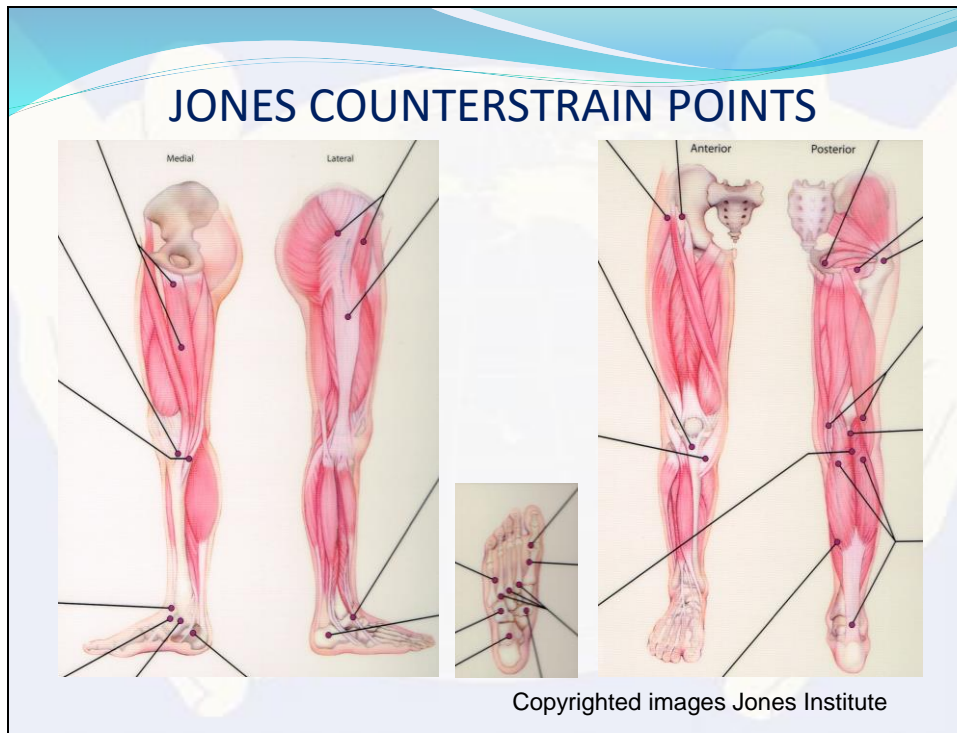


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JONES COUNTERSTRAIN

A passive positional procedure that places the body in a position of greatest comfort which relieves pain and dysfunction by eliminating the inappropriate proprioceptor activity that maintains somatic dysfunction⁵.

JONES COUNTERSTRAIN

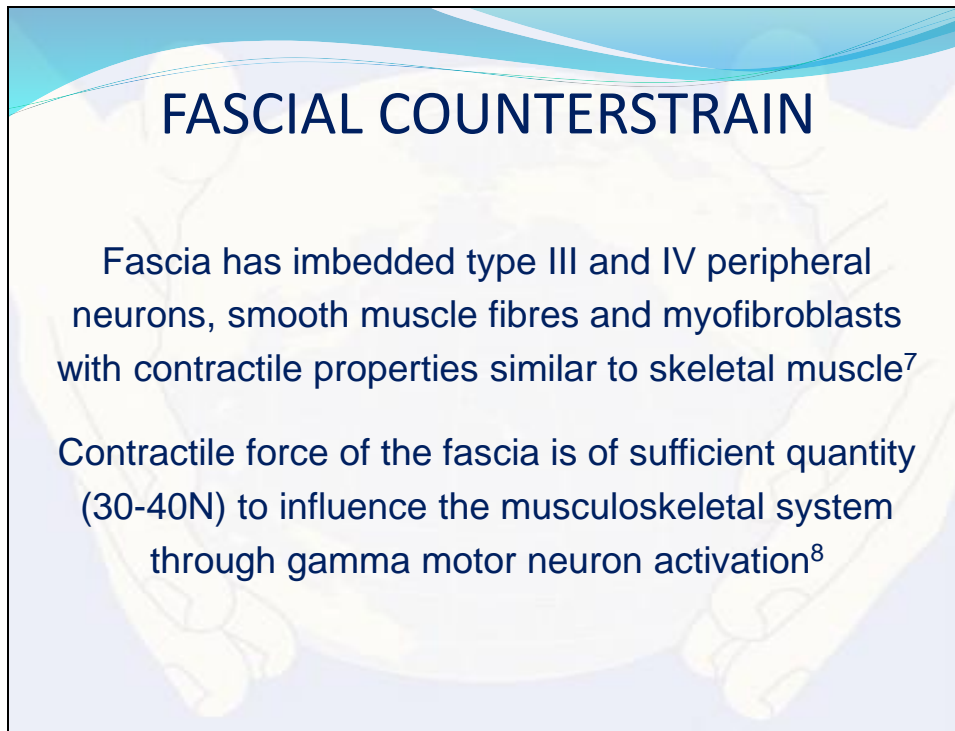
The diagram illustrates the neural circuitry of a muscle spindle. A tendon is attached to intrafusil muscle fibers. Sensory afferents from the tendon include the Annulospiral Ending (Ia afferent), Flower-Spore Ending (II afferent), and Gamma Motoneuron. These afferents enter the spinal cord via the dorsal root. In the spinal cord, the Annulospiral Ending synapses with an Inhibitory Interneuron, which in turn synapses with an Alpha Motoneuron. The Alpha Motoneuron then innervates the extrafusil muscle fibers. The diagram is labeled with 'TENDON', 'Intrafusil Muscle Fibers', 'DORSAL ROOT', 'Alpha Motoneuron', 'Extrafusil Muscle Fibers', and 'Inhibitory Interneuron neuron'. The caption below the diagram reads: 'Figure 1.4 Muscle Spindle Apparatus (after E. K. Goering, DO)'. The text 'Image in 5' is located in the bottom right corner of the slide.

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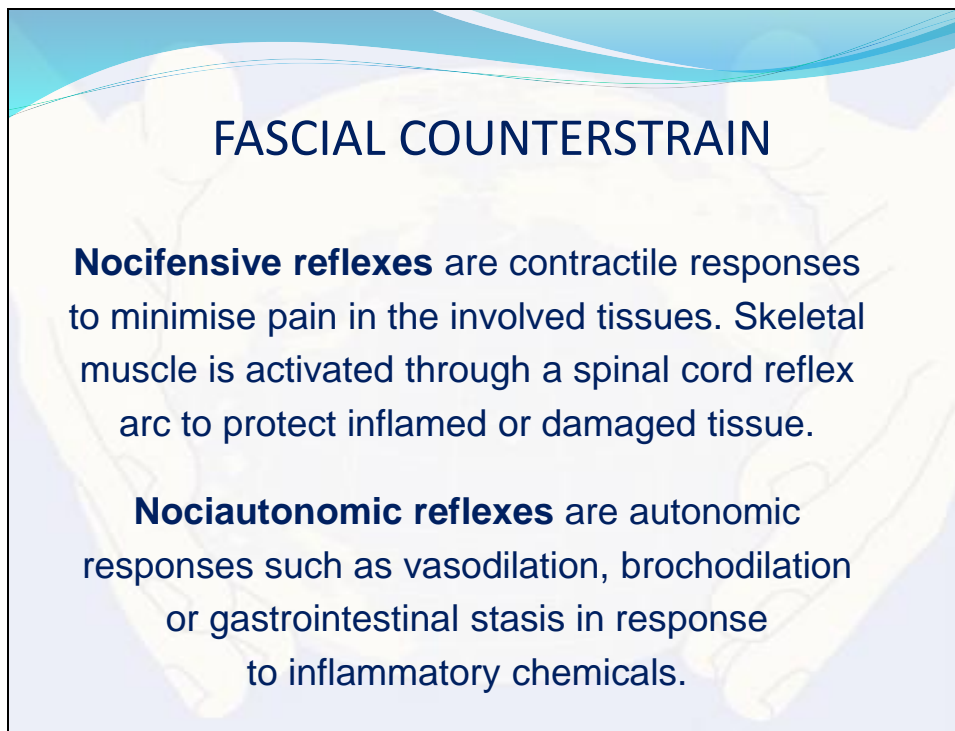


A slide titled "FASCIAL COUNTERSTRAIN" with a background image of two hands cupping a human torso. The text describes the composition and contractile force of fascia.

FASCIAL COUNTERSTRAIN

Fascia has imbedded type III and IV peripheral neurons, smooth muscle fibres and myofibroblasts with contractile properties similar to skeletal muscle⁷

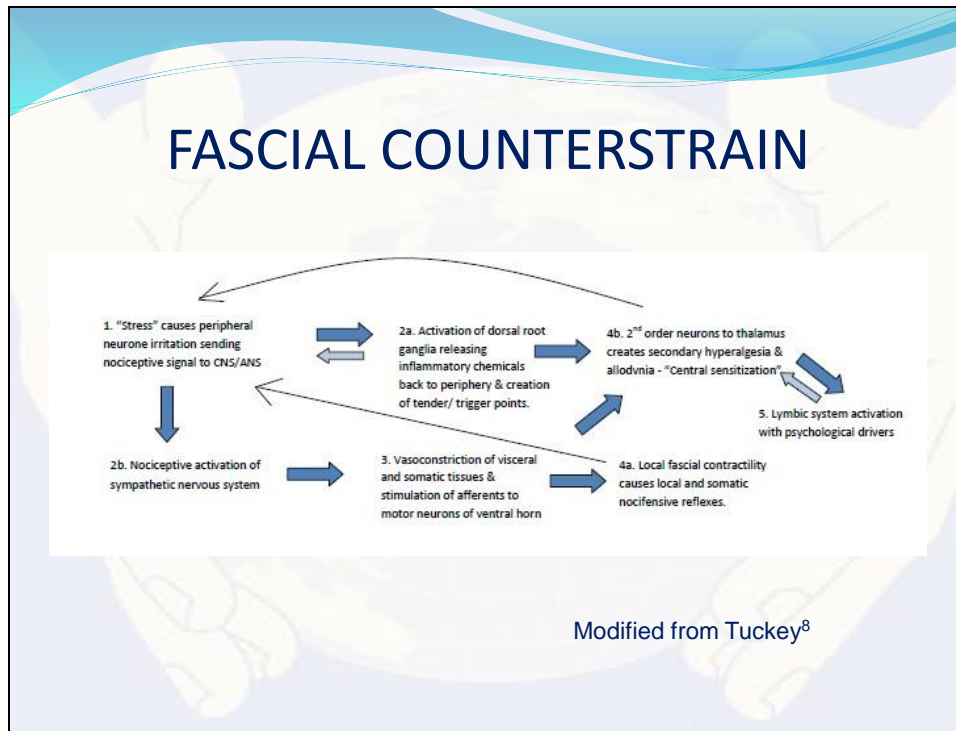
Contractile force of the fascia is of sufficient quantity (30-40N) to influence the musculoskeletal system through gamma motor neuron activation⁸

A slide titled "FASCIAL COUNTERSTRAIN" with a background image of two hands cupping a human torso. The text defines nocifensive and noci-autonomic reflexes.

FASCIAL COUNTERSTRAIN

Nocifensive reflexes are contractile responses to minimise pain in the involved tissues. Skeletal muscle is activated through a spinal cord reflex arc to protect inflamed or damaged tissue.

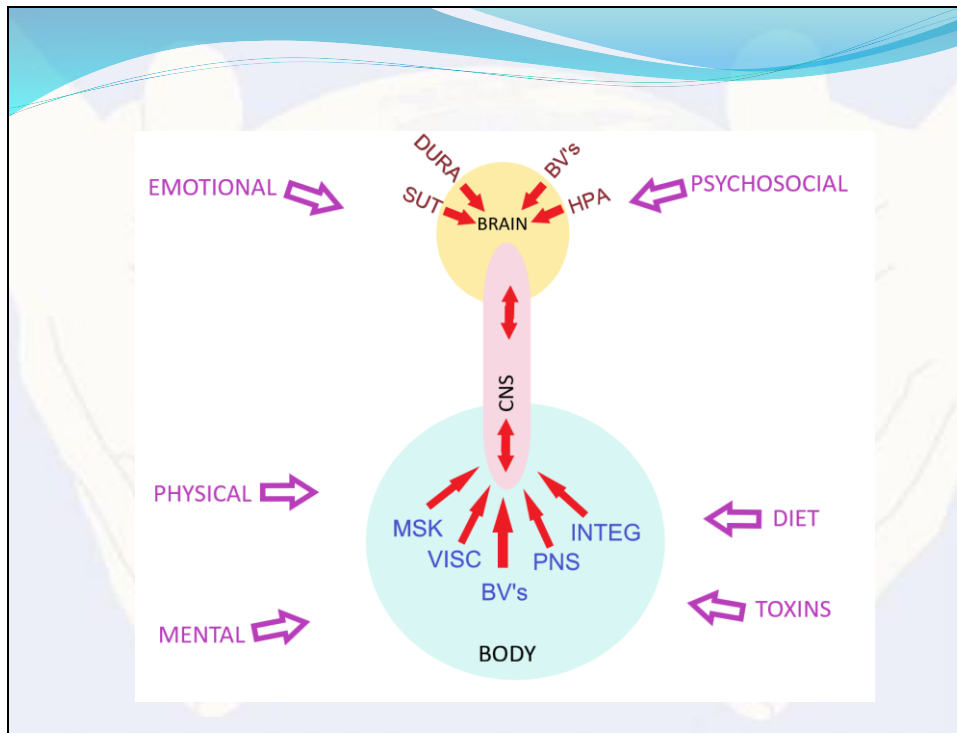
Noci-autonomic reflexes are autonomic responses such as vasodilation, bronchodilation or gastrointestinal stasis in response to inflammatory chemicals.



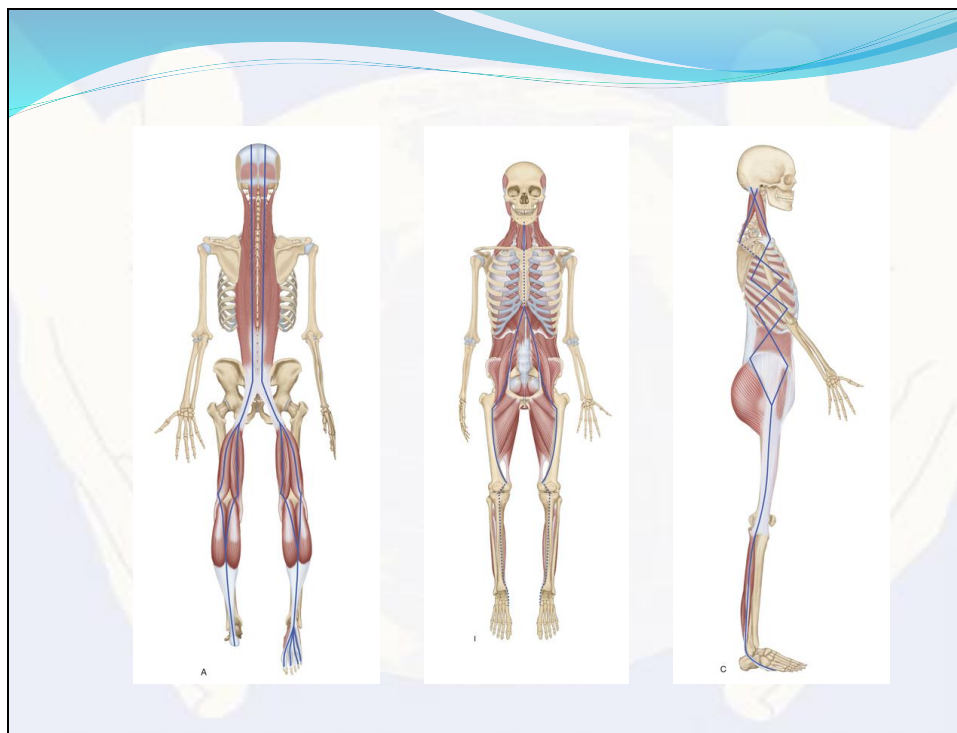
FASCIAL COUNTERSTRAIN

Tuckey⁹ postulates counterstrain technique decompresses the fascial tissue silencing the local nociceptors and their associated nocifensive and noci-autonomic reflexes and allowing the local venous and lymphatic tissues to open to drain the inflammatory metabolites from the region.

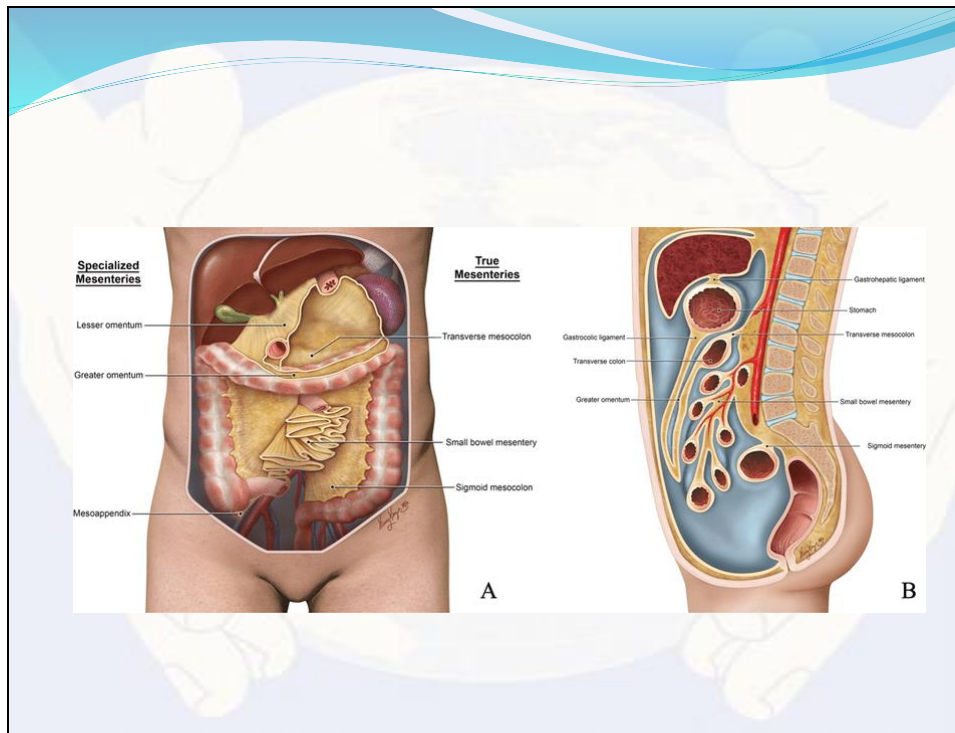
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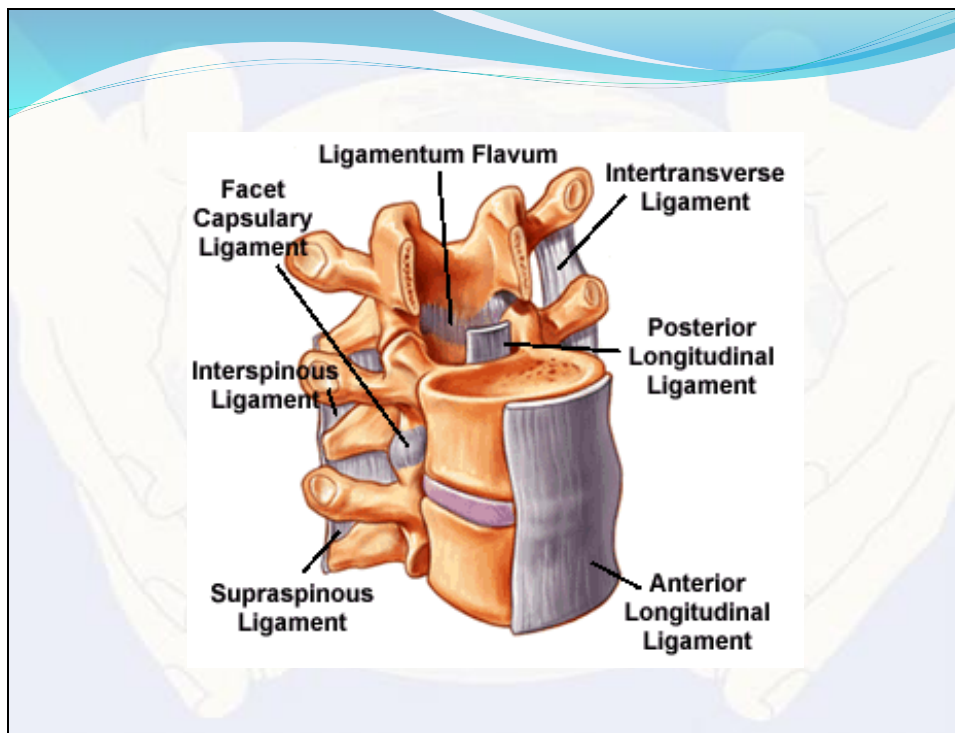
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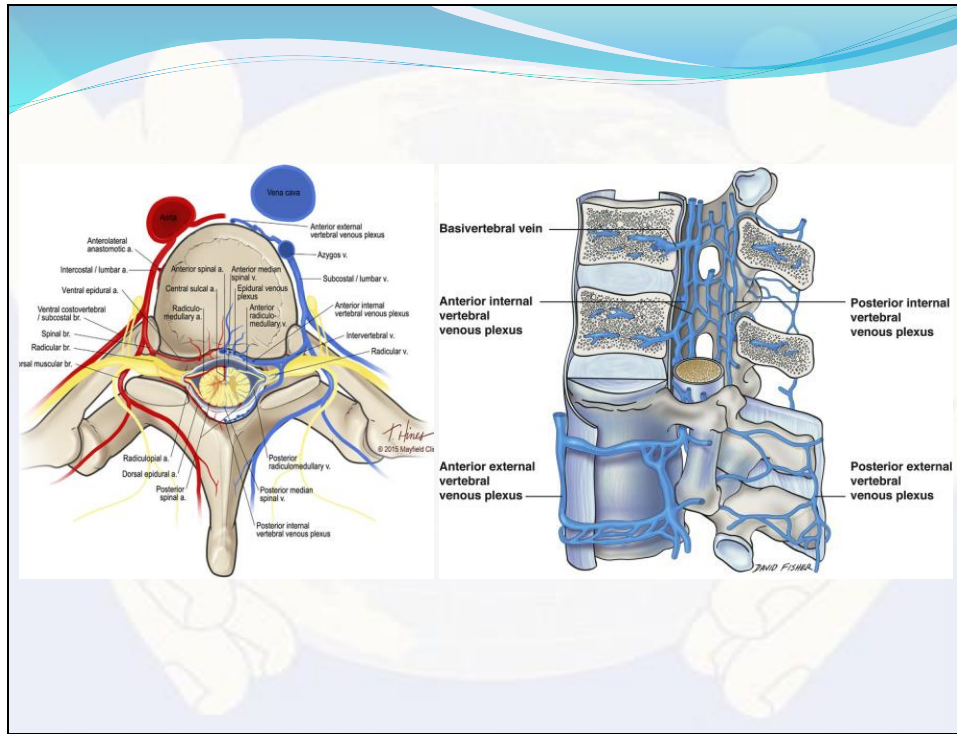
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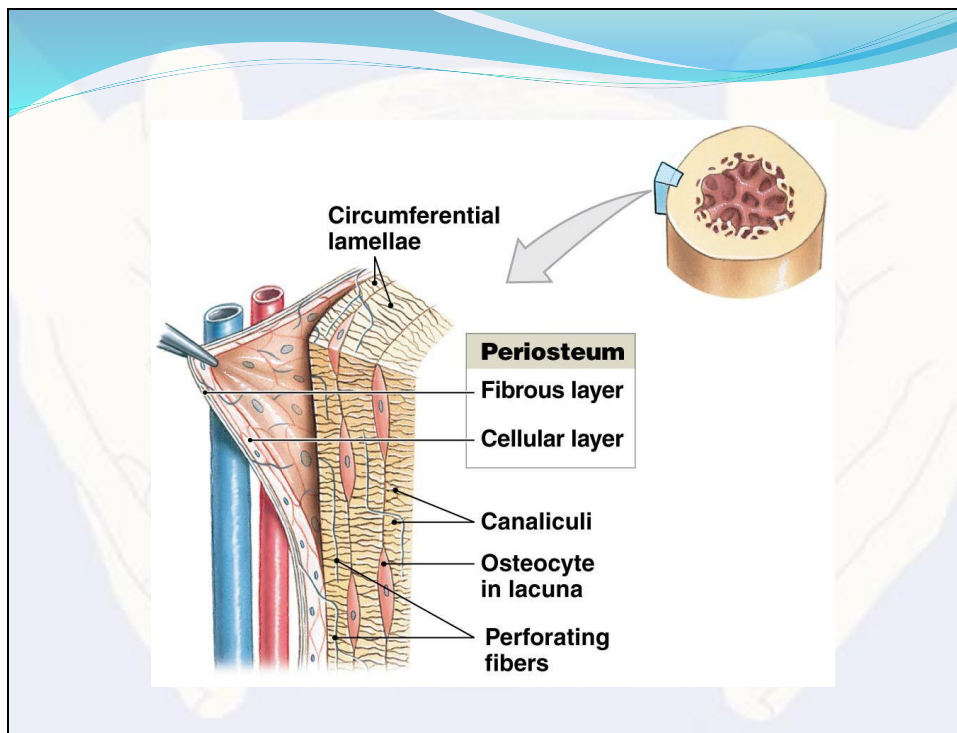
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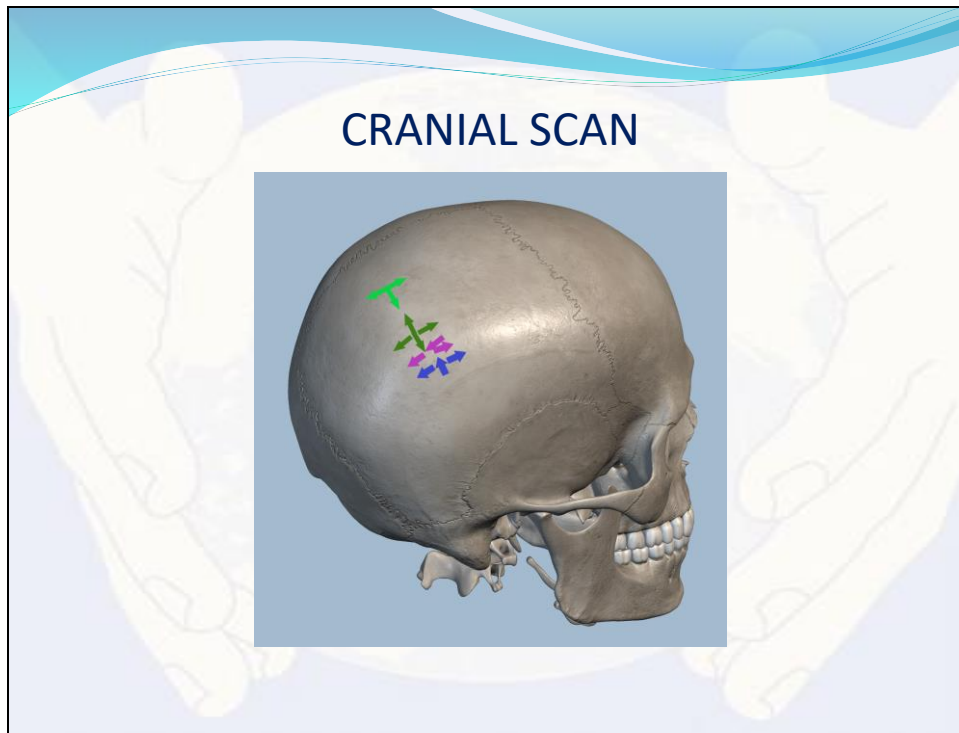
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Slide 39



Slide 40



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Percentage of Therapists

Category	Percentage
Terrible	2%
Poor	14%
Good	68%
Excellent	14%
Outstanding	2%

Choose your path

CPD courses ⇨ Masters/ Doctorate ⇨ Fellowship

MTI series ⇨ JCS series ⇨ FCS series ⇨ Academy Mastery

Mentorship 2 day Intro Course 6 day GTE Course

3 X 3 day Courses

10 X 3 day Courses

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IS IT WORTH IT?

“... deal with the system”.

New Graduate's Guide to
PHYSIOTHERAPY
AVOID REPELLENT AND UNDESIRABLE
RESULTS AND LOSSES
IN CLINICAL PRACTICE
ELIZABETH SAKOW



YOUR NEXT STEPS

1. Review Choose Your Path (and get an Intro course coupon)
2. Ask questions on the forum.
3. One day **New Graduate Conference**
4. Two day **Assessment & Counterstrain Treatment Intro**



NEW GRADUATE CONFERENCE

Conventional Wisdom : Alternative Viewpoints



James Schomburgk

Elizabeth Santos

James McEwan

Haydn Gambling

October 23rd, 2021 : Adelaide & online

The evidence supporting manual therapy

Starting strong: practical advice for building confidence, choosing your career pathway in physiotherapy & increasing your preparedness for clinical practice

Explaining fascial chains and their contribution to recurrent injuries and chronic dysfunction

Tips to survive and thrive in clinical practice & Counterstrain: manual therapy's best kept secret

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The screenshot shows the Manual Therapy Institute website. The header includes the logo and navigation links: LOGOUT, MY ACCOUNT, MY CART, CHECKOUT, PRIVACY POLICY, CONTACT US. The main navigation bar contains: HOME, ABOUT US, COURSES, TECHNIQUES, MENTORSHIP, HOST A COURSE, FORUMS, ONLINE COURSES. The breadcrumb trail is: Home | Course Schedule | Products | ASSESSMENT & COUNTERSTRAIN TREATMENT INTRO. The main content area features a course card for 'ASSESSMENT & COUNTERSTRAIN TREATMENT INTRO' with a 'Sale!' badge, a price range of \$595.00 - \$695.00, a 5-star rating from 41 reviews, and an earlybird price deadline. The lecturer is Haydn Gambling. A sidebar on the right lists 'COURSES' and 'UPCOMING COURSES & EVENTS', including 'CHOOSE YOUR PATH - ADELAIDE : AUGUST 23, 2021'.

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REFERENCES

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4. Fryer G. Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms. Part 1: The mechanisms. International Journal of Osteopathic Medicine 2017, 25. 10.1016/j.ijosm.2017.05.002.
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9. Tuckey B. et al A new rationale and treatment model for neuromuscular tender points. 2017. available at:
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