Course Outline
Injury and the VSRA – Viscero Somatic Reflex Arc
John P. Tortu, DO, C-NMM/OMM
November 7-8, 2014

Friday November 7, 2014

9am – 10:30am
Opening Remarks and Opening Lecture

Core Concept
Distal extremity injuries create spinal, segmental somatic dysfunctions that are mediated via the Viscero-Somatic Reflex Arc (VSRA).

Mechanisms at work during an extremity injury
Extremity injury (shockwave phenomenon) follows fascial-ligamentous continuity across multiple body regions.

Fascia, its continuity and ability to restrict somatic structures related to injured visceral structures from within.

Traditional Chinese Acupuncture concepts of the meridian and the VSRA.

Concept Example: Extremity Injury, referred to organ via meridian and fascial continuity, causing increased VSRA tone across the associated spinal segment, to dermatomally-related overlying somatic structures.

Common Injuries
Description of the myriad injuries suffered in our lifetimes, multiple and repetitive, old, unremembered extremity injuries.

Osteopathic Principles
Description of Osteopathic Principles as they apply to this expanded concept.

The Ankle Supination Injury
Effects on the NMS system, the unseen extension of this injury pattern to fascially and TCM meridian-related organ system(s).

Evaluation and Treatment of a common and easily palpated injury pattern
Description of the injury pattern’s effects on the VRSA and the organ-related somatic findings as well as treatment of same.

10:30am – 10:45am - small group discussion

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Table Training: individual injury patterns and associated organ systems – Upper Extremity

10:45am – 11:45am
Pericardium – Lecture and Workshop

11:45am – 12:45pm
Heart – Lecture and Workshop

12:45pm – 1:45pm
Lunch

1:45pm – 2:45pm
Lungs – Lecture and workshop

2:45pm – 3:45pm
Small Intestine – Lecture and workshop

3:45pm – 4:45pm
Large Intestine – Lecture and workshop

4:45pm – 5pm
Questions and END DAY 1
Saturday, November 8, 2014

Table Training individual injury patterns and associated organ systems – Lower Extremity

9:00am – 10:00am
Liver – Lecture and Workshop

10:00am – 11:00am
Gallbladder – Lecture and Workshop

11:00am – 12:00pm
Lunch

12:00pm – 1:00pm
Kidney - Lecture and Workshop

1:00pm – 2:00pm
Urinary Bladder – Lecture and Workshop

2:00pm – 2:15pm
Small group discussion

2:15pm – 3:15pm
Spleen – Lecture and Workshop

3:15pm – 4:15pm
Stomach – Lecture and Workshop

4:15pm – 5:00pm
Questions and Wrap-up
END DAY 2

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