

LCFS-FM: LDT Applications to Chronic Fatigue Syndrome, Fibromyalgia, MS & Chronic Neuroinflammations

Venue: Faculty of Physical Therapy, Saint Louis College, Sathon, Bangkok, Thailand

Monday 17th to Wednesday 19th October 2022 (3 days)

Day One (TIME: AM & PM)

- 09:00 - 11:00 Introduction, teachers, students, teaching assistants and facilitator. Teaching material
Prevalence, symptomatology & diagnostic of CFS/FM
New international criteria for CFS
The 6 main lesions of Dr. Chikly
- 11:00 - 11:15 Break / group discussion
- 11:15 - 12:15 The 5 points assessment of Dr. Perrin
CFS/FM Clinical cases in the classroom: evaluation, treatment and discussion
- 12:15 - 1:45 Lunch
- 01:45 - 02:30 Applied Anatomy & Physiology of the Lymphatic System
Demonstration and drainage of the locations of lymph nodes and vessels
Specific drainage of the lymphatic system of the neck
- 02:30 - 03:30 Specific drainage of axillae and anterior thorax
- 03:30 - 03:45 Break / group discussion
- 03:45 - 05:30 Manual Lymphatic Mapping: Participants need to determine on their own superficial horizontal lymphatic watershed of the body

Day Two (TIME: AM & PM)

- 09:00 - 9:30 Questions and answers – Review
Lympho-Fascia Release (LFR): Applications to Viscera
- 09:30 - 10:30 Lympho-Fascia Release (LFR): Applications to Liver
- 10:30 - 10:45 Break / group discussion
- 10:45 - 11:45 Applications to small intestine (SI), root of the mesentery, loops of the intestines
- 11:45 - 01:15 Lunch
- 01:15 - 03:15 Lympho-Fascia Release (LFR): Applications to Pericardium/Heart
Lympho-Fascia Release (LFR): Applications to Pancreas
- 03:15 - 03:30 Break / group discussion
- 03:30 - 04:30 Lympho-Fascia Release (LFR): Applications to broncho-mediastinal membrane / interpleural ligaments
- 04:30 - 05:30 Lympho-Fascia Release (LFR): Applications to phreno-pericardic ligaments, vertebro-pericardic ligaments

Day Three (TIME: AM & PM)

- 09:00 - 10:30 Questions and answers – Review
The specific sacral lesion of CFS-FM: hemi-sacral somatic dysfunctions
- 10:30 - 10:45 Break / group discussion
- 10:45 - 12:45 Release dysfunctions of cerebellum peduncles / brainstem / pons / midbrain
- 12:45 - 02:00 Lunch
- 02:00 - 03:00 Release Meninges of the CNS: a curved tensegrity model
- 03:00 - 03:30 Final questions and answers. Review. Take home Protocol.
Self-Reflection and identification of changes for practitioner's practice.