

Introduction to Barral Institute Visceral and Neural Manipulation

Peter Coppola, PT, BI-D, RYT

3:45 - 5:15pm

Pediatrics, Geriatrics, Cardiovascular Pulmonary, Private Practice: business strategies, marketing, Orthopedic, Manual Therapy, Sports Medicine, Neurology, Pain Management, Women and Men's Pelvic Health, Other

Introduction to Barral manual therapy including the Visceral Manipulation and Neural Manipulation curriculums. Discussion of how and when Barral manual therapy evaluation and techniques would be appropriate to enhance your clinical practice and how to blend them with your current skill sets. Demonstration and walk through of a Barral manual therapy focused treatment session.

Presentation Outline

I. Introductions

- a. Speaker's background
- b. Jean-Pierre Barral, DO
 - i. History and education
 - ii. His observations on the effect of Visceral Manipulation to his patient population

II. Basic concept of Visceral Manipulation

- a. An organ in good health has physiologic motion
- b. Viscero-Somatic relationship
- c. Pressure systems
- d. Explanation of organ mobility and motility
- e. Overview of abdominal, thoracic or pelvic anatomy (choice based on audience)
- f. Presentation of 2-3 case studies

III. Treatment considerations

- a. Organ movement
 - i. Mobilization to increase range of motion, position, tone and organ mechanics
 - ii. Motility balance for homeostasis

b. Relationship with the body

c. Observations of function

d. Observations in relationship to emotions

IV. Demonstration of Visceral Manipulation on participant

a. GL

b. LL

c. Inhibition

d. Mobility test

e. Motility test

V. Presentation of Liver lift on self - hands-on experience (whatever time allows);a. Shoulder ROM

b. Tx cage ROM or breathing restriction

VI. How Visceral Manipulation has influenced your practice

Upon completion of this session, the attendee will be able to:

1. Learn about Dr. Barral's approach to body work.

2. Understand visceral and neural driven compensation patterns.

3. Be able to identify a patient who would benefit from Barral Institute manual therapy.

Visceral mobilization can lyse and prevent peritoneal adhesions in a rat model. Bove, Geoffrey M., DC, PhD, Shapelle, Susan L., RMT. J Bodyw Mov Ther. 2012 Jan;16(1):76-82. doi: 10.1016/j.

jbmt.2011.02.004. Epub 2011 Apr 9.

<https://www.ncbi.nlm.nih.gov/pubmed/22196431>

Visceral Mobilization / Massage for Postoperative

Adhesions and Ileus Bove, Geoffrey M., DC, PhD, Shapelle, Susan L., RMT.

International Fascia Research Congress Proceedings Book.

(2012) Basic Science and Implications for Conventional and

Complementary Healthcare. Vancouver, Canada

http://www.barralinstitute.com/docs/research/visceral_mobilizationmassageforpostoperativeadhesionsandileus.pdf

Fascia research – A narrative review; *Journal of Bodywork and Movement Therapies* Findley, Thomas, MD, PhD, Chaudhry, Hans, PhD, Stecco, Antonio, MD, Roman, Max, PhD. (2012) Volume 16, number 1, January 2012, pages 76-82.
<https://www.ncbi.nlm.nih.gov/pubmed/22196430>

The Effectiveness of Neural Mobilization for Neuromusculoskeletal Condition: A Systematic Review and Meta-analysis
Analle Basson, PhD, Benita Olivier, PhD, Richard Ellis, PhD, Michel Coppieters, PhD, Aimee Stewart, PhD, Witness Mudzi, PhD.
Journal of Orthopaedic & Sports Physical Therapy,. 2017 Jul;47 (9):
Pages: 593–615.
<https://www.jospt.org/doi/abs/10.2519/jospt.2017.7117>

Negative Neurodynamic Tests Do Not Exclude Neural Dysfunction in Patients With Entrapment Neuropathies. Baselgia, L.T., Bennett, D.L., Silbiger, R.M., Schmid, A.B.
Arch Phys Med Rehabil. 2017 Mar;98(3):Pages: 480-486.
<https://www.ncbi.nlm.nih.gov/pubmed/27449322>

Stretching of roots contributes to the pathophysiology of radiculo-pathies. *Joint Bone Spine*.
Berthelot, J.M., Laredo, J.D., Darrietort-Laffite, C., Maugars, Y. *Joint Bone Spine*. 2018 Jan;85(1): Pages: 41-45. <https://www.ncbi.nlm.nih.gov/pubmed/28115269>

Peter is a Physical Therapist who has studied and specialized in Visceral Manipulation for 20 years. His practice focuses on a synthesis of manual therapy and movement-based approaches to help complicated clients achieve better results. Since 2009, he has been an instructor for the Barral Institute and is active in the Visceral, Neural, and Dissection programs. He is currently based in Wilton, CT.