

January 2024 – Facilitated Segments

Please note I have changed a few things with CST Mastery 2024. Our February zoom calls will be focused on our experiences evaluating and treating facilitated segments, without presenting a new video. It will be wonderful to follow up on this information and see how we all have integrated both the knowledge and how it feels in our hands.

**Professional and self-reflection questions are combined.
Questions and topics to consider when listening.**

Dr. Lisa Upledger Interview

1. What is the anatomical difference between subluxation and facilitation?
2. How do you address facilitation?
3. Have you ever worked with a restricted spine and/or meninges and knew it to be facilitation?
4. Do you have examples of how a long-standing facilitation affects the physiology of the area?
5. Do you know more about the issue of pathology when mitochondria have degenerated and how it affects the body? Anyone have time to do some research on this before group?

6. When treating a specific vertebra or restriction in the dural tube, how would you shift your focus to tune in to the nerve root and the dural sleeves?

7. Have you ever focused on 'unwinding' a vertebra on a client? Can you share an example or experience?

8. Do you have an example of a client you have helped with a history of an epidural or spinal tap?

9. Dr Lisa gave us the reminder to always access the spine and dura when treating a diaphragm. She also reminded us you can tune into the dura at any level of the spine. What are some of your experiences to support this idea?

10. Any comments on the angle of nerve roots you want to share?

11. To determine what is a true facilitated segment, Dr Lisa also mentioned there is pull into the dural tube, both up and/or down. More info was mentioned when I asked about the 'telescoping' I feel when treating the dural tube. Dr Lisa also described how to ask for more specifics when you work. ALL GEMS! Look for this with your clients this month for our February discussion.

Overview

What nuggets of information are you taking with you from this video and discussion?

Please use this knowledge with your clients. Our February zoom calls will be focused on our experiences evaluating and treating facilitated segments. It will be wonderful follow up on this information and see how we all have integrated it in our practice.