



# Scottish Massage Therapists Organisation presents

## Ligamentous Articular Strain Technique (L.A.S.T.)

### Techniques for the Thorax & Shoulder

**Robert Libbey, RMT**

**Edinburgh ~ 25<sup>th</sup> & 26<sup>th</sup> March 2017**

The ligamentous system is part of the connective tissue referred to as the Multimicrovacular Collagenic Dynamic Absorbing System. The role of this rubbery elastic shock absorbing system, found everywhere in our organism, is to avoid reaching a threshold of resistance at which the collagen might shear, leading to injury. Ruptured or injured ligaments are a source of mechanical problems. L.A.S.T. affects mainly ligaments, joint capsules, fascia, muscles, tendons, and indirectly, lymphatic and blood flow.

Ligamentous Articular Strain most accurately describes the somatic dysfunction that occurs in the ligamentous structures that surround a joint. The tension in all of the ligaments, capsule and surrounding fascial tissue of a normal joint is balanced and is used to center adjacent bones in their articular grooves and spaces. This suspension system keeps the bones from being positioned too close together, pulled too far apart, shifted from one side to the other, twisted or bent sideways. When an injury occurs, the joint becomes displaced beyond this physiologic position, and some, if not all, of the surrounding ligaments become stressed and un-balanced.

Ligamentous Articular Strain Technique is a historically innovative (originating in the late 1800's), precise, evidence informed technique that is simple to understand and can be implemented into your practice immediately. The techniques target the ligamentous and capsular tissues, meniscus and the entheses of tissue attachments. Current research has shown that techniques, which target areas of high concentration of mechanoreceptors (entheses), have longer lasting effects. Current research has also shown that combining LAST with other techniques such as MET significantly improved treatment outcomes.

Each course provides the RMT with information obtained from research pertaining to Fascia, Mechanoreceptors, Ligamento-muscular reflexes and the physiological effects manual therapies such as LAST have on the body. Therapists will be able to educate and inform their patients on the reasoning for, the effects of, and expected outcomes of incorporating and utilizing LAST.



*"I have a passion for advancing our education, encouraging innovation in our manual skills and inspiring our profession to achieve a greater vision and sense of purpose. Every day I see the opportunity that has been afforded to me to help make a difference and make a change in someone's life."*



The days will be divided into segments of lecture, demonstration by tutor, then work in partnerships with supervision by tutor and assistants. Handouts will include appropriate illustrations and instructions. Time for questions and answers will be provided.



Robert has been a Registered Massage Therapist (RMT) with the College of Massage Therapists of British Columbia (CMTBC) and the Massage Therapists Association of British Columbia (MTABC) since 1994. From 2001-8 he was on faculty at the West Coast College of Massage Therapy (WCCMT) instructing in their Orthopedic and Neurological Examination departments.

He was also a Senior Clinical Supervisor examining students preparing for their Provincial Regulatory Board Examinations. Robert upgraded his education to the current 3000hr standard for Registration set by the CMTBC.

Robert has spent the last 15 years, adding up to over 15,000hrs, researching, learning, developing and updating L.A.S.T. Robert believes Manual Therapists have a great opportunity to improve the quality of life in their patients. He has always felt that the training and understanding of the ligamentous articular system has been in a diminished state.

Roberts's goal is to provide practitioners with a safe and effective skill to enhance their treatments.

Trade Exhibition will be open to all both days with Songbird Naturals (wax), Bodywork Professional Development (courses, books and DVDs), Scottish Massage Schools (courses, poloshirts, oils, consultation & treatment packs), Hedgetables (herbal chocolate, confectionary & skincare) & many more.....

**Title:** Ligamentous Articular Strain Technique (L.A.S.T.) – The Thorax & Shoulder  
**Venue:** Edinburgh Academy Junior School, 10 Arboretum Road, **EDINBURGH EH3 5PL**  
**Investment:** £200 (SMTO members)/£250 (non) *£100 non-refundable deposit.*  
Early bird £175 (SMTO)/£225 (non) paid in full by 31 Dec 2016,  
**Dates:** **25<sup>th</sup> & 26<sup>th</sup> March 2017;** Saturday & Sunday 9am – 5pm  
**Contact:** SMTO, 27 Craigs Ave, Edinburgh EH12 8HS. [info@scotmass.co.uk](mailto:info@scotmass.co.uk) 08454-638852 or 07715-663852



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## SMTO CONFERENCE 2017 BOOKING FORM

I wish to book a place for the SMTO Conference 2017 with Robert Libbey (Thorax & Shoulder)

<b>Name:</b>	<b>Signature:</b>
<b>Address:</b>	
<b>City:</b>	<b>Postcode:</b>
<b>Tel no:</b>	<b>Email:</b>
<b>Amount £</b>	<b>SMTO Member:</b> <input type="checkbox"/> YES, Member no: _____ <input type="checkbox"/> NO

<i>Date</i>	<i>Workshops to be attended</i>	<i>Cost</i>	
25 <sup>th</sup> /26 <sup>th</sup> March 2017	SMTO Conference 2017 with Robert Libbey  [Non-refundable deposit of £100]	<input type="checkbox"/>	£100 SMS & Affiliated Students
		<input type="checkbox"/>	£175 SMTO Early Bird pre 31/12/16
		<input type="checkbox"/>	£185 SMTO Early Bird pre 31/01/17
		<input type="checkbox"/>	£200 SMTO post 31/01/17
		<input type="checkbox"/>	£225 Non-SMTO Early Bird pre 31/12/16
		<input type="checkbox"/>	£_____ Other

<b>Please note:</b>  (please tick all that apply)	<input type="checkbox"/>	<b>I am bringing a massage couch</b>
	<input type="checkbox"/>	<b>I am bringing couch cover, pillows and towels.</b>
	<input type="checkbox"/>	<b>I wish to attend the meal on Saturday evening 6pm</b>
	<input type="checkbox"/>	<b>I am a vegetarian (for organizing lunches)</b>
	<input type="checkbox"/>	<b>I require B&amp;B information</b>

Please make cheques payable to Scottish Massage Therapists Organisation (SMTO) or payment can be sent direct to the SMTO's bank account no: 17001395, sort code: 83-51-00.

Please add a reference 'CONF-your surname' so we can identify your money.

To make payment over the telephone, please call SMTO on 08454-638852 or 07715-663852

### To make payment by credit / debit card:

	Please debit my credit / debit card with the sum of £_____
	Card No: _____ - _____ - _____ - _____
	Expiry date: __/__/3-digit CVV (reverse): ___ Signature: _____

*Please note that all deposits are non-refundable. Also student discounted places (only applicable to SMTO affiliated schools) must be paid in full at time of booking and are also non-refundable.*