



MOLINARI INSTITUTE of HEALTH

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The Containers and their Environs **Christian Fossum**

This course will examine the role of the two major “containers” (pelvis and thorax) and their multidimensional interaction with the body as a whole in function and dysfunction. It is divided into multiple parts which will all follow with theoretical and practical sessions.

Part one starts with exploring the pelvic girdle and its biomechanical function in response of forces acting on it, as well as integration with the lower extremities. It will then continue with the organization of the fascia through the endopelvic planes and the connective tissue pillars organizing the fluid and neural pathways to and from the organs of the pelvis. This is followed by a discourse on the pelvic bowl as a visceral compartment, including their mechanical, neurological and fluid links, and how they respond to alterations in the distribution of intraabdominal pressure. The next step is the neuroanatomy of pelvic pain. This includes the myofascial and articular components as well as the role of the autonomic innervation of the organs. The concept of visceral cross-sensitization between the bladder, uterus and other abdominal organs, which is a clinically relevant in practice, will also be highlighted for better understanding symptomatology relevant to women’s health issues. The last part of the course will highlight an endocrine interpretation of pelvic function through the PTA – Syndrome (Pelvic-Thyroid-Adrenal Syndrome) and the HPA – Axis (“Sacral sags and fascia drags make chronic rags”).

Part two continues with an exploration of the thorax, divided into a set of cylinders: the pulmonary and mediastinal cylinders, within the bony and myofascial container of the thorax. Discussions will include the autonomic axis of the thorax, before continuing with respiratory and fluid dynamics. For the mediastinum much focus will be given to the anatomical details and continuity and its relationship with the cranium, as well as its role as both a pressure and pump-chamber. From a mechanical point of view the role of the mediastinum in respiration will be highlighted. For the pulmonary cylinders there will be a focus on the medial restraining system and the lateral tension and expansion system, and their integrated role and function in respiration. The final section of part two will discuss the integrated role of the thorax in clinical conditions.

The course will also include a discussion on osteopathic considerations in post-covid complications, including pathophysiology and treatment strategies.

Assessment, screening, treatment and clinical integration will run through all parts of the course.