

FCS - CSSII (Central Sensitization Series Course II)

CSSII teaches the skills necessary to address **global inflammation, spinal cord dysfunction** and **widespread chronic pain**. Techniques include treatment of the Vagus inflammatory reflex, spinal astrocyte dysfunction, and spinal cord sulcal artery/vein treatments that can alleviate neurogenic weakness, hypertonicity, and cord-level chronic pain. Additionally, CSSII will prepare students for the CSSIII (brain series) by instructing practitioners in assessment and treatment of **cardiac valves, cardiac myofascia, mediastinal vascular fascia, manubriosternal periosteal structures and the heart intrinsic conduction system (HICS.)** This class teaches techniques to address multiple types of chronic pain and will dramatically shorten the number of treatments necessary to successfully address global inflammatory disorders including inflammatory bowel disease and fibromyalgia.

Outline:

- Understand the relationship of spinal astrocytes to chronic pain
- Understand the Vagus Inflammatory Reflex
- Learn the anatomy of the heart and mediastinum
- Understand the causes of global inflammation
- Understand the impact of sulcal artery/vein dysfunction

Goals/Objectives:

- Learn to evaluate and treat spinal astrocytes
- Learn to evaluate and treat the VIR
- Evaluate and treat the mediastinal structures
- Evaluate/treat sulcal arteries/veins

Course Schedule:

Day One:	Day Two:	Day Three:
8:30 - 9:00 Registration	8:00 - 8:30 Mediastinum lecture	8:30 - 10:00 MED valve dysfunction
9:00 - 10:00 Astrocyte Lecture and Scan demo	8:30 - 9:45 MED veins	10:00 - 12:00 Spinal Sulcal Veins
10:00 - 12:00 Astrocyte demo/ lab 1 cervical locations	9:45 - 11:15 MED arteries	
12:00 - 1:00 Lunch	11:15 - 12:00 HICS lecture & demo only	12:00 - 12:15 Break
1:00 - 3:00 Astrocyte demo/ lab 2 thoracolumbar & eye locations	12:00 - 1:00 Lunch	12:15 - 2:15 Spinal Sulcal Arteries
3:00 - 3:30 VIR Lecture/ scan demo	1:00 - 1:45 HICS lab	2:15 - 3:00 Scar Scans Demo only
3:30 - 5:00 VIR techniques demo / lab	1:45 - 3:00 Sternal / manubrial dysfunction	3 - 3:30 Wind down CSSIII preview

	3:00 - 5:00 MED myofascial dysfunction	
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