



“Small Changes Resulting in Disproportionately Large Effects”

About L.A.S.T.

L.A.S.T. is based on current scientific research.

Ruptured or injured ligaments are a source of mechanical problems. Ligamentous Articular Strain Technique™© (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 centre 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.



L.A.S.T incorporates aspects of myofascial release techniques, positional release techniques, biodynamic craniosacral techniques, visceral manipulation and periosteal release techniques.

L.A.S.T. is one form of treatment which attempts to help stimulate the innate self correcting healing properties of the body in order to return it to its pre-injured homeostatic state.

L.A.S.T. Course List

Upper Body & Extremities

This course is taught over 2.5 days.

In this course, we explore the fascial-ligamentous & membranous connections from the cervical region to the shoulder, elbow, wrist, thoracic cage and abdomen.

Learn new techniques to incorporate into your tendonitis, sprain/strain & frozen shoulder treatments.



Thorax, Abdomen & Pelvis

This course is taught over 3 days.

In this course, we explore the fascial-ligamentous & membranous connections from the cervical region to the shoulder, elbow, wrist, thoracic cage and abdomen.



Learn to treat the anterior body to help treat poor posture, respiratory problems and pelvis misalignment issues.

Lower Body & Extremities

This course is taught over 2.5 days.

In this course we explore the fascial-ligamentous & membranous connections from the thorax to the feet.

Treating alignment issues from the feet to the pelvis will keep your patients functioning more efficient and improve their quality of life!



Bowstring & Diaphragms

This course is taught over 2 days.

In this course, we explore the fascial-ligamentous & membranous connections of the Bowstring and how it relates to the anterior, longitudinal, interconnected fasciae that help maintain the anterior-posterior balance of the body.



This course looks at incorporating all the aspects of the previous courses. Here we look at the fluid dynamics of the interstitial fluid and the role it has in creating homeostasis in a patients body

About Robert Libbey, RMT

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 – 2008 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 10 years, adding up to over 14,000hrs, researching, learning, developing and updating L.A.S.T.

Robert believes Massage 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 bring greater awareness to how the ligamentous system plays a larger part in neuromusculoskeletal injuries and disorders, and to provide practitioners with a safe and effective skill to enhance their regular treatment techniques.

L.A.S.T. is approved for Continuing Education Credits by the following:



To arrange for one of our courses to be taught in your area please contact us!

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