



L.A.S.T. Techniques for the Shoulder

Stop chasing the lateral shoulder pain. Learn how dysfunctions medially can contribute to and cause issues in the tissues elsewhere.

A Course designed to enhance your competence, confidence and skill level treating Shoulder complaints.

In this Online Course you'll learn:

- Sternoclavicular Ligaments
- Costoclavicular Ligaments
- Coracoid Process Ligaments and musculature
- Glenohumoral Capsule and more...
- How to be more specific and precise with your palpation
- Treat forced coupling dysfunctions
- How to treat the Respiratory Diaphragm
- About the ligamentomuscular reflex
- How to explain "Referred Pain" according to the Neurophysiological Model
- The typical Ligament Pain Referral Patterns of the Shoulder

Learn more or Enroll at:

www.lastsite.ca/online-courses/techniques-for-the-shoulder



L.A.S.T. Ligament Pain Referral Patterns

FREE BONUS COURSE with your purchase of any LAST Online Courses!

In this course you'll learn about the various mechanoreceptors of the ligaments/joint capsules and their influences of the ligamentomuscular reflex and connections to the CNS.



L.A.S.T. Compilation Course

Learn my 10 most effective and easy to implement techniques.

In this course you'll learn my most effective and LASTing techniques for each area of the body.



LIGAMENOUS ARTICULAR STRAIN TECHNIQUE
TREATMENT | EDUCATION | REHABILITATION

We believe that injury resolution and effective management of conditions are best accomplished by using innovative, evidence informed techniques and patient education.

Robert Libbey RMT

www.lastsite.ca





L.A.S.T.
**Techniques for
the Hip & Pelvis**

NEW strategies for treating a common area of complaints!

This Course is designed to enhance your competence, confidence and skill level treating Hip & Pelvis Complaints.

In this Online Course you'll learn:

- How to be more specific and precise with your palpation
- How to recognize and effectively treat forced coupling dysfunction that are greatly effecting the hip & pelvis
- About the ligamentomuscular reflex
- How treatment of the femoroacetabular capsule can influence and dramatically change hip & pelvis dysfunctions
- Why you should include and how to effectively and logically treat the Iliacus muscle in your hip & pelvis treatments
- How to explain "Referred Pain" to your patients according to the Neurophysiological Model
- The typical Ligament Pain Referral Patterns of the hip & pelvis

Learn more or Enroll at:

www.lastsite.ca/online-courses/techniques-for-the-hip-pelvis



L.A.S.T.
**Techniques for
the Leg & Foot**

**Let's create some "Happy Feet!"
Achieve a sense of lightness and
let's put some spring back into
your patients feet and lower legs.**

A Course designed to enhance your competence, confidence and skill level treating the Leg & Foot complex.

In this Online Course you'll learn:

- Calcaneus & Talus Dysfunctions
- Tarsal and Metatarsal Dysfunctions
- Interosseous Membrane Issues
- Anterior and Posterior Compartment Issues
- Plantar Tissue complaints and more...
- How to be more specific and precise with your palpation
- How to recognize and effectively treat forced coupling dysfunction that greatly effecting the Leg and Foot
- How treatment of the Meniscus can influence and dramatically change Leg and Foot dysfunctions
- Why you should include and how to effectively and logically treat the Talus in your Leg and Foot treatments

Learn more or Enroll at:

www.lastsite.ca/online-courses/techniques-leg-foot



L.A.S.T.
**Techniques for
the Knee**

**With all the different kinds of
knee injuries, it can feel
daunting to know how to treat
them all.**

In this course you'll learn my most effective and LASTing techniques for the Knee.

In this Online Course you'll learn:

- Medial & Lateral Collateral Ligaments
- Anterior & Posterior Cruciate Ligaments
- Medial and Lateral Meniscus
- Articularis Genu and Popliteus Muscles
- Patellar Ligament and more...
- How to be more specific and precise with your palpation
- How to recognize and effectively treat forced coupling dysfunction that are greatly effecting the Knee
- How treatment of the Meniscus can influence and dramatically change knee dysfunctions
- Why you should include and how to effectively and logically treat the Popliteus Muscle in your Knee treatments

Learn more or Enroll at:

www.lastsite.ca/online-courses/techniques-knee