

The Osteopathic Approach to the Lymphatics  
Preliminary Program

Dr Hugh Ettlinger D.O., FAAO, FCA

*Approccio Osteopatico al Sistema Linfatico*  
Programma Preliminare  
*Dr Hugh Ettlinger D.O., FAAO, FCA*

Friday, June 3, 2022  
Venerdì 3 Giugno 2022

09.00		Introduction <i>Introduzione</i>
09.15	Lecture Teoria	Introduction to Balanced Ligamentous Tension <i>Introduzione al Bilanciamento delle Tensioni Ligamentose</i>
10.15		Practical Application <i>Sessione Pratica</i>
10.45		Discussion <i>Discussione</i>
11.00	Lecture Teoria	Inflammation, Fluid and Lymphatics <i>Inflammazione, Fluidi e Linfatici</i>
11.45	Lab Pratica	Palpating Fluid <i>Palpazione dei Fluidi</i>
12.15	Lecture Teoria	Sacrum & Pelvis <i>Sacro &amp; Pelvi</i>
13.15		LUNCH <i>PRANZO</i>
14.15	Lab Pratica	Sacrum & Pelvis <i>Sacro &amp; Pelvi</i>
15.00	Lecture Teoria	Lumbar Region & Hip <i>Regione Lombare &amp; Anca</i>
15.30	Lab Pratica	Lumbar Region & Hip <i>Regione Lombare &amp; Anca</i>
16.10		Discussion <i>Discussione</i>
16.25	Lecture Teoria	Knee <i>Ginocchio</i>
16.55	Lab Pratica	Knee <i>Ginocchio</i>
17.35	Lecture Teoria	Foot & Ankle <i>Caviglia &amp; Piede</i>
18.05	Lab Pratica	Foot & Ankle <i>Caviglia &amp; Piede</i>
18.45		Adjourn <i>Fine lavori</i>

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Saturday, June 4, 2022  
Sabato 4 Giugno 2022

08.30		Review (optional) <i>Revisione (facoltativa)</i>
09.00	Lecture Teoria	Spine – Thoracic, Lumbar <i>Colonna – Dorsale, Lombare</i>
09.30	Lecture Teoria	Spine-Thoracic, Lumbar <i>Colonna – Dorsale, Lombare</i>
10.10	Lecture Teoria	Cervical Spine <i>Colonna Cervicale</i>
10.30	Lab Pratica	Cervical Spine <i>Colonna Cervicale</i>
11.00		Discussion <i>Discussione</i>
11.15	Lecture Teoria	Sacral Sag/Fascial Drag <i>Sacral Sag/Fascial Drag</i>
12.15	Lab Pratica	Ant Sacral ALA, Pelvic Floor <i>Sacro Anteriore, Pavimento Pelvico</i>
13.00		LUNCH <i>PRANZO</i>
14.00	Lecture Teoria	Lumbocostal arches, Diaphragm, Mesenteries <i>Archi Lombocostali, Diaframma, Mesentere</i>
14.45	Lab Pratica	Lumbocostal arches, Diaphragm, Mesenteries <i>Archi Lombocostali, Diaframma, Mesentere</i>
15.25	Lecture Teoria	Ribs <i>Coste</i>
15.55	Lab Pratica	Ribs (with brief lecture) <i>Coste (con breve teoria)</i>
16.40		Discussion <i>Discussione</i>
16.55	Lecture Teoria	Cervico-Thoracic Junction, Fascias <i>Passaggio Cervico-Dorsale, Fasce</i>
17.25	Lab Pratica	1st Rib, Clavicles, Sternal Lift <i>Prima Costa, Clavicole, Sollevamento dello Sterno</i>
18.05	Lab Pratica	Midline C7-T1, Ant. Cervical Fascia Lift, Suboccipital Release/Condylar Decompression <i>C7-T1 Midline, Sollevamento della Fascia Cervicale Anteriore, Tecnica di Rilasciamento Sub-Occipitale e Decompressione Condilare</i>
18.45		Adjourn <i>Fine lavori</i>



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Sunday, June 5, 2022  
Domenica 5 Giugno 2022

08.30		Review (optional) <i>Revisione (facoltativa)</i>
09.00	Lecture Teoria	Lymphatic Anatomy and Physiology <i>Anatomia e Fisiologia dei Linfatici</i>
10.00	Lab Pratica	Lymphatic Syphon Techniques <i>Lymphatic Syphon Techniques</i>
10.45		Discussion <i>Discussione</i>
11.00	Lab Pratica	Fluid in Periphery <i>Fluid in Periphery</i>
12.00	Lab Pratica	Management of CSF <i>Management del Liquido Cerebro-Spinale</i>
13.00		LUNCH <i>PRANZO</i>
14.00	Lecture Teoria	Cranio-Cervical Junction <i>Passaggio Cranio-Cervicale</i>
13.30	Lab Pratica	OA <i>C0-C1</i>
15.00	Lecture Teoria	Dura, Post Cranial Fossa, Pineal <i>Dura Madre, Fossa Cranica Posteriore, Ghiandola Pineale</i>
15.30	Lab Pratica	Posterior Parietal Lift <i>Sollevamento Posteriore delle Ossa Parietali</i>
16.10	Lab Pratica	C2-C3/Tent <i>C2-C3/Tentorio</i>
16.30		End <i>Fine Corso</i>

