



# THE OSTEOPATHIC

# Athlete

## EXCITING NEW COURSE

For all manual therapists

This course will show you how to approach your structural technique like an athlete approaches their event, in order to deliver the high performance you expect of yourself.

This requires you to train and sharpen your skills like an athlete, so that you will stand out from the crowd, attract more patients and become better than you ever imagined.

Becoming an Osteopathic Athlete is the most powerful way to raise your performance, enhance your reputation and grow your practice.



*'Skill is only developed by  
hours and hours of work'  
Usain Bolt*



## Your Teacher

Jamie Archer offers over 25 years of clinical experience, has taught manipulative technique globally for over 20 years, is a Registered Osteopath, Applied Clinical Anatomist and UKSCA Accredited Strength and Conditioning Coach. He brings his vast knowledge and experience together to present an unique and different approach to becoming an elite manipulator.



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# THE OSTEOPATHIC

## Athlete

For all manual therapists

**ELEVATE YOUR  
MANIPULATION  
PERFORMANCE**



### Day 1

- Raising your Game: The Manipulation Training Circle
- It's all Connected: Nail your Anatomy
- A Different Class: Embrace the Lever
- Lightning Bolt: The Need for Speed

#### **Eat. Sleep. Train. Manipulate**

Techniques / Applied Clinical Anatomy / Training Drills

- Pelvis: SIJ, ISJ: side lying, seated
- Lumbar spine: L1-L5/S1: side lying, seated
- Thoraco Lumbar Junction: T12-L1: side lying, seated
- Thoracic Spine: T1-T12: prone, supine, seated



### Day 2

#### **Eat. Sleep. Train. Manipulate**

Techniques / Applied Clinical Anatomy / Training Drills

- Ribs: 1-12: supine, prone, side lying, standing
- Cervico Thoracic Junction: C7-T1: supine, prone, seated
- Cervical spine C2-C7: supine, seated, supine, prone
- OA, AA: prone, seated, side lying
- Recap of day 1



### Day 3

#### **Eat. Sleep. Train. Manipulate**

Techniques / Applied Clinical Anatomy / Training Drills

- Lower Extremity: Hip, knee, foot, ankle: supine, prone, side lying
- Upper Extremity: GH, scapulo-thoracic, AC, SC, elbow, wrist, hand: Side lying, seated, supine, prone
- Recap of Day 1/2

This course can be adapted to a 1 day or 2 day course if preferred - the techniques /body areas covered would be bespoke for your needs.

**CONTACT US**

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