



LYNO SPORT STUDIOS CC

NEW SPORTS INJURY COURSE

Biomechanical imbalance is the main cause of recurring sport injuries.

It is crucial to correct your athlete's biomechanical structure before attempting any therapy or rehabilitation.

Lyno Sport Studios is presenting a new course for physiotherapists, chiropractors, biokineticists and massage therapists, who focus on the treatment of sports injuries.

The Lyno Method® is based on finding and eliminating the cause of spontaneous and recurring injuries in athletes i.e. Piriformis Syndrome, ITB syndrome, runner's knee, shin splints, chronic muscle tears, Achilles Tendinitis etc.:

The method was developed over a period of 12 years by physiotherapist and Runner's World columnist, Benita de Witt.

Benita developed 2 tests to determine the areas of 'locked-long' and 'locked-short' fascia. A specific technique is used to release the fascia in order to achieve perfect alignment of the connective tissue. Since this method achieves alignment of the whole body, all the muscles and joints are able to function in the optimum neutral position, which eliminates recurring and chronic injuries. Benita has been using this method on both professional and recreational athletes with huge success. If you see sportsmen with spontaneous, recurring or chronic injuries, this is the course for you.

She presented the method at the First International Fascia Conference held at Harvard Medical School in 2007 and has published a paper on this method in the British Journal of Bodyworks and MovementTherapy in 2009.

The course is divided in 2 Units.

Unit 1 15 hours (15 CPD points) includes:

- The Stretch Test - testing for 'locked-short' fascia
- The Lyno technique - releasing of 'locked' fascia

Unit 2 15 hours (15 CPD points) includes:

- The Bunkie Test - testing for 'locked-long' fascia
- The Wedge Test – activation of muscles
- Treatment Plan
- Conditioning of the neutral athlete
- Maintenance of the injury-free athlete

Both courses include a lot of practical work. **For more information or to book for these courses, visit www.lynosport.co.za or contact Benita at courses@lynosport.co.za**

