

Onsen Muscle Therapy™ for the Therapist

Onsen is a Japanese word which literally translates to “Hot Springs” .

Students of Rich Phaigh reported that it felt like you had just come out of the Hot Springs when they had a complete session of his Treatment of Pain™ known as Onsen Muscle Therapy®

The Treatment of Pain™, also known as the Onsen Techniques®, Onsen Therapy™, or just plain Onsen® is a very gentle method; it is very easy for both therapist and client.

These techniques focus on methods to assess and correct pain causing structural and functional deviations in order to provide long term relief.

Rich Phaigh, LMT, DMT, from Eugene, Oregon, USA developed these techniques while he was on the world class NIKE team as their masseuse in the 1980's.

His Onsen® DVD, video clinic, text/workbooks offers an in home study training program that includes 150 assessments, corrections and exercises

The purpose of The Treatment of Pain™ is to provide you with precious tools that will improve your clinical success. These will fit smoothly into your existing methods of treatment.

Who can Attend?

RMT's, Massage workers,
Athletic Trainers,
Body workers,
Personal Trainers
Chiropractors

Who can Certify?

Massage Therapists,
Athletic Trainers,
Personal Trainers
Chiropractors
Body workers
with
Anatomy & Physiology

Why Certify?

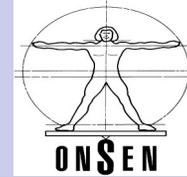
The General Public looks for Therapists who can actually take their pain away when no one else can.

Certification gives them the confidence to refer you to their friends and family.

www.onsentherapy.com

Australia: 0427 310510
USA: (208) 870-0919
Toll Free: 1-877-717-1210
USA and Canada only

The Treatment of Pain™ known as



Muscle Therapy™

Rich Phaigh's
Onsen Techniques® courses
may become available at
a Massage College near you as
their Second year : 500 hour course

Currently it is divided into
4 volumes which are taught in
weekend courses in 72-80 hours.

The rest you study at home with
the matching volume of
Onsen® DVD, Textbook,
**NEW Workbook,
& Study Exam**

These volumes take you
step by step
through the
Structural and Functional
Assessment and Correction
of the
Upper and Lower body.
Structural and Functional
Dysfunctions are also addressed.

Understanding Onsen® principles
will help you to move towards a
complete and long lasting change in
the relief of pain &
the clients you treat.

**Certify to be an
Effective Assessment Detective!
Find and treat
the source of pain™**

Onsen® Course Structure 4 volumes * 4 Weekends

Onsen® Volume I:

Structural Assessment and Correction of the Thoracolumbar, sacral & pelvic regions.

Volume I will address lower body deviations in pelvic rotations, upslops of SI joint, Symphysis pubis misalignment and the ten axis of torsion and rotation of the sacrum.



It will also address type I & type II deviations in the lumbar vertebrae, & follow up with detailed clinic.

Onsen® Volume 2:

Functional Assessment and Correction of the Thoracolumbar, Sacral & Pelvic Regions.

Volume II will take the therapist through a specific set of assessment protocols for testing muscles which cause problems in the structural components of the lower body & Clinic: 2 Volumes

During this volume the therapist will learn active, passive, resisted, strength and fatigue assessments of muscles affecting the pelvic region. We will also address specific testing, treatment of inert and contractile tissues, anatomical & pathological testing.



Onsen® Volume 3:

Structural Assessment and Correction of the Cervical & Thoracic Spinal Regions.

Volume III will address Type I dysfunctions which cause deviations of the upper spine, shoulder neck, and scapula.

It will also address Type II dysfunctions resulting in facet joint closure creating a side bend and rotation of the affected vertebra to the side of the closure.



We will address very specific conditions relating to the Occipital/Atlanteal, Atlanteal/Axial, C2/3 to C4/5 joints and the transitional vertebrae in the cervicothoracic and thoracolumbar regions with their very important three phase corrections. Plus Clinic Volume 3.

Onsen® Volume 4:

Functional Assessment and Correction of the Cervical & Thoracic Regions.

Volume IV will take you through a specific set of assessment protocols for testing muscles which cause problems in the structural components of the cervical, thoracic, scapular and shoulder regions.

We will learn functional testing protocols and includes a pictorial Shoulder Chart to find source of pain.

Clinic: 4 volumes. Certification Exam is available same weekend if time reserved.



Onsen Muscle Therapy™ is rapidly gaining popularity among massage therapists & other modalities.

The principles in our combination of a **specialized** form of **Muscle Energy Technique, Isometric Exercises, and Transverse Friction Massage** in **The Treatment of Pain™** have proven to be far reaching in therapeutic value. Onsen® gives us tools we never had before:

- Accurate assessment
- Skeletal repositioning – little effort
- Simple and painless correction
- Provision of long term relief
- Addresses individual spinal segments
- Correction of larger regional spinal curves
- Many new corrective techniques

The purpose of Onsen Therapy™ is to provide valuable tools that will enhance your clinical success and fit smoothly into your existing methods of treatment.

The amazing part of this treatment is that the therapist can physically see and feel changes in the client's condition.

Sports Injury wont be the same

Neither will chronic pain
www.onsentherapy.com

