



©Andrzej Puchta  
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## **A New Take on Tradition: SIMA – Somatic Integration through Manual Application**

**Course Date: TBC**

**Location: Crescent Town Club, Toronto, Ontario**

**Course Fee: \$700 (that includes HST)**

Join classical osteopath Andrzej Puchta as he breaks down the traditional practices of classical osteopathy and invites you to expand your theoretical knowledge and practical skill in the art, science and practice of classical osteopathy.

“Through Mr. Wernham I understood the powerful effects of classical osteopathy. A student of Martin Little John, Mr. Wernham mastered the Body Adjustment, which to this day is the only treatment that places integration above all other principles. And I dare say, it is the most successful treatment in providing permanent improvement. I’m well aware this contradicts the current trends of isolating techniques and specializing in the focal treatment of somatic lesions. It is unfortunate that this short-sightedness has become popular as it reduces the effectiveness of the osteopathic treatment. The classical osteopathic practitioner is fluent in all techniques and applies them as needed. It is my life’s work to help fellow practitioners excel at their craft and understand that all modern techniques serve the greater goal of integration.”

Andrzej Puchta  
Dip. O.M.P.T., M.T., M. Phys. Ed.

SIMA offers a comprehensive approach to classical osteopathy by looking at it through a contemporary lens. The two-day course consists of both theory (30%) and practice (70%). Starting with a thorough review of osteopathic laws and principles, participants are encouraged to understand the correlation between structure and function and the invaluable principle of integration. The course stresses the idea that assessment is an ongoing process throughout the treatment. The goal is to help the practitioner move away from premature conclusions and the excessive focus on singular techniques.

The practical component is a complete investigation of Mr. Wernham’s Body Adjustment. It requires the practitioner’s mastery of all modern techniques (MET, SCS/PRT, Functional Techniques, Mobilization, Craniosacral Techniques) as well as the ability to apply these techniques as needed. Discernment, specificity, and fluid mechanics will be practiced over the

course of the three days. Laws of execution, applications and the concept of barriers will help the participants to finetune their craft. The aim is to bring anatomical excellence and craftsmanship into harmony until the osteopathic treatment becomes one fluid experience.

### **Learning Outcomes**

- 1) Participants will be able to assess and define somatic dysfunctions in the OA joint, cervical, thoracic, lumbar and pelvic region as well as the upper and lower extremities.
- 2) Participants will understand the concept of ongoing assessment.
- 3) Participants will be able to identify somatic dysfunctions
- 4) Participants will be able to identify and differentiate between primary, secondary and key lesions
- 4) Participants will be able to apply modern techniques as needed and within the context of integration.
- 5) Participants will be exposed to Mr. Wernham's Body Adjustment.
- 6) Participants will be able to apply post-evaluation to assess the effectiveness of their treatment.