

**A New Take on Tradition:
SIMA – Somatic Integration through Manual Application**

Day 1

- 9:00 – 10:00 **PowerPoint Presentation: Introduction to SIMA**
- Founders of Classical Osteopathy: video
What is SIMA
Osteopathic Laws and Principles
Somatic Dysfunction / Osteopathic Lesion
Assessment 1: A.R.T.(S.): Assessment Tools
Assessment 2: Global – Local – Focal:
Assessment 3: Static and Kinetic: interrelationship of structures
- 10:00 – 10:30 **Demonstration of Assessments 1-3 by Andrzej Puchta**
- 10:30 – 11:30 **Practical: Application of Assessment 1-3**
Participants work in pairs to assess and find osteopathic lesions:
identify primary, secondary and key lesion.
- 11:30 – 12:30 **PowerPoint Presentation: Polygon of Forces (PoF) by
Littlejohn and Wernham, Postural Types (PT) by T.E. Hall**
Relevance of PoF and PT for the osteopathic assessment and
treatment
- SIMA Approaches: Lever, Fulcrum, Force
Concept of Barriers
Understanding Modern Techniques through the lens of SIMA such
as lever, fulcrum and barriers
- 12:30 – 1:30 *Lunch*
- 1:30 – 2:00 **Demonstration by Andrzej Puchta of the application of Modern
Techniques in one semi-automatic concept through SIMA.
Example: Upper Extremity Dysfunction**
- 2:00 – 3:00 **Practical: Modern Techniques (MT)**
Participants work in pairs to assess and apply MT as needed

- 3:00 – 3:15 *Break*
- 3:15 – 3:45. **PowerPoint Presentation: Scoliotic Pattern, Zynk Pattern**
Scoliotic Pattern by Mr. Wernham versus Zynk Pattern
Cascade effect on musculoskeletal and fascial
expression created by ascending lesion coming from
pelvic dysfunction
Interpretation of these patterns within osteopathic assessment
and treatment
- 3:45 – 4:45 **Practical: Assessment and Treatment of Scoliotic Pattern**
Participants work in pairs: how to deal with scoliotic pattern. How
does it relate to Zynk pattern: what do we do? How do we position
the patient? Approaching Mr. Wernham's Body Adjustment through
supine, prone and lateral position
- 4:45 – 5:00 End of Day 1

Day 2

- 9:00 – 9:30 **PowerPoint Presentation: Anatomy and Assessment of
Four Major Regions**
Pelvic Region
Lumbar Region
Thoracic Region
Cervical Region
- 9:30 – 10:00 **Demonstration by Andrzej Puchta: Assessment of Pelvis**
Sacral and Innominate Dysfunctions
- 10:00 – 10:30 **Practical: Assessment of Pelvis**
Participants work in pairs to assess the pelvis
- 10:30 – 11:00 **Demonstration by Andrzej Puchta: Assessment of
Lumbar Region**
Fryette Law 1 & 2
- 11:00 – 11:30 **Practical: Assessment of Lumbar Region**
Participants work in pairs to assess the lumbar region
- 11:30 – 12:00 **Demonstration by Andrzej Puchta: Assessment of
Thoracic Region**

- 12:00 – 12:30 **Practical: Assessment of Thoracic Region**
Participants work in pairs to assess the thoracic region
- 12:30 – 1:30 *Lunch*
- 1:30 – 2:00 **Demonstration by Andrzej Puchta: Assessment of Cervical Region**
Atypical Fryette 1 & 2
- 2:00: - 2:30 **Practical: Assessment of Cervical Region**
Participants work in pairs to assess the cervical region and cranium
- 2:30 – 3:00 **PowerPoint Presentation: Total Body Adjustment by Mr. Wernham**
Concept of Osteopathic Lesions
Concept of Osteopathic and Physiological Centres
Integration of all body parts through pathways of communication. Semi-automatic techniques put into one thought: a fluid application of all techniques as needed
- 3:00 – 3:30 **Demonstration by Andrzej Puchta: Body Adjustment Assessment and Treatment**
- 3:30 – 3:45 *Break*
- 3:45 – 5:00 **Practical: Total Body Adjustment**
Participants work in rotating pairs to perform Total Body Adjustment. Supervision by Andrzej Puchta