



MYOFASCIAL WORKSHOP

July 7 - 9
€499

DELOS
INSTITUTE

 delosinstitute.com

There is something missing in the conventional approach

Delos Therapy® is a precise and innovative solution for a muscular problem that has gone unidentified and misdiagnosed in conventional medicine. The missing link in understanding muscular health is pliability.

Based on the science of three-dimensional micro-stretching of muscular fibers and fascia with systematic, precise, oscillating pressure, Delos Therapy reverses the process that leads to muscle dysfunction. Unlike any traditional myofascial techniques, this unique therapy targets the root cause to eliminate pain, stiffness, restrictions, and limited mobility.

LIVING WITHOUT LIMITATIONS



What's in a Name?

Delos / (del'-ohs) / noun.

Birthplace of Apollo (god of healing and wellness) and Artemis (goddess of the hunt) in Greek mythology; a Greek island in the Aegean Sea said to have healing powers.

Welcome to Delos Institute

Delos Institute is a detailed, science and research-based instruction on the health of muscles and fascia, based on innovative principles from Delos Therapy® and engagements with globally-renowned myofascial leaders.

What Delos Institute Offers

- + Extraordinary access to an education with an innovative perspective that delivers the most well rounded and in-depth understanding of the myofascial system
- + Rare combination of knowledge and experience that offers answers and solutions
- + The full package—academic knowledge, access to the latest research in the field, the utilization of this research in a practical way using a one-of-a-kind therapy, and years of clinical casework to deliver unparalleled results

Our Curriculum is Designed to Support:

- + Physical Therapists
- + Athletic Trainers
- + Chiropractors
- + Wellness Professionals
- + Physicians



Instructor - Eric Owens

Eric's passions in anti-aging, longevity, myofascial health, wellness, fitness, meditation, and fasting is complemented by his entrepreneurship drive. He graduated magna cum laude from Texas Wesleyan University (Fort Worth, TX) with a Bachelors in Biochemistry and minor in Physics; completed his Masters degree in Biomedical Science (researching pain and inflammatory conditions); and furthered his training in medical school at Midwestern University (Downers Grove, IL).

Eric's background is of a lifelong professional table tennis athlete—accomplishments include three-time US National champion, Pan American Games gold and bronze medalist, USA Athlete of the Year, nine-time National Team member, and inducted into USA Table Tennis Hall of Fame—and now as a co-founder of Delos Therapy®, Delos Robotics, and Delos Institute.

Discover a new way of thinking about soft tissue health, anti-aging and how longevity can be achieved.

Go beyond the conventional

A mix of lecture and hands-on training, our workshop is a live program that will enable you to expand your myofascial knowledge and then apply it. It includes hands-on training that will enable you to introduce a proven, effective, and unique myofascial therapy to your clients.



WORKSHOP OUTLINE

Part 1

Section A - Fascia Structure, Function and Dysfunction

Develop an advanced and comprehensive understanding of cutting-edge discoveries in myofascial anatomy, including macroscopic, cellular, and microscopic structures. You'll take a deep dive into the extra-cellular matrix, and the various mechano, biochemical and hormonal receptors and their functional roles. The lecture explores the latest medical research findings and views modern imaging for common pathophysiological changes such as fascial densification, irregular fiber arrangement, advanced glycation end products and the effects of pain and inflammation.

Section B - Application and introduction to 3-dimensional oscillating pressure and shear. A detailed history of Delos Institute and deeper understanding of structure and function with an emphasis on the pathophysiology of fascia and current treatment options of the myofascial system. Participants will discuss the limitations of these options and explore the basics of Delos Institute Myofascial Therapy combining multi-directional oscillating pressure and shearing forces and their effects on the cellular and neurological elements of fascia remodeling.

Upon completion of Part 1, you'll have the foundational knowledge needed and start developing your therapeutic skills in order to produce general, 3-dimensional myofascial pliability.

WORKSHOP OUTLINE (cont.)

Part 2

This section focuses on the **Regional Anatomy Series**—training that is divided into five functional regions of the body. By combining the latest research in myofascial science with our trademarked technique, you'll gain a thorough understanding of the relationships of various systemic structures within each region. You'll be able to identify fascial adhesions and densifications, muscles, neurovascular bundles, as well as functions and dysfunctions common to each region. Our focus is empowering you to utilize the therapeutic benefits of orientation, pressure, and shearing. We will also introduce pre-stretching positions and combining PNF stretching with our technique.

Upon completion of Part 2, you will have honed your therapeutic skills in order to produce 3-dimensional myofascial pliability, understand how to apply oscillating pressure and shear to specific regions, and remodel myofascial structures in a regionally specific manner.



"The information at Delos Institute is the most cutting edge of the industry. The combination of technique and technical understanding completely transformed my approach to helping clients achieve their goals. The success rate of the therapy and the confidence my clients develop speaks for itself."

– Kate P.



Course Schedule

Day 1

Morning Lecture: Anatomy of fascia

- What is muscle pliability?
- What changes as we age?
- Architecture of densification and fibrosis

Afternoon Practical Application:

- Introduction to oscillating pressure and shear
- Why is pressure and shear useful?
- Why do we oscillate through the tissues?
- Core intentions & principles of the technique
- Standard body positioning
- Elbow placement
- Pressure weight, pressure scale/ client pressure feedback
- Pressure sharpness
- Angle to tissue
- Body positioning to adjust pressure or angle
- Shear, spacing, and length of shear
- Cadence
- Basic patient positioning

Review and Q&A



Day 2

Morning Lecture: Pathology review and understanding the remodeling process

- Science of stretching
- Strength training and fascia
- Delos methodology

Afternoon Practical Application:

- Posterior and Anterior chain
- Introduction to the pre-stretch
- Refine technique
- Begin to understand treatment timing
- More advanced patient positioning

Review and Q&A

Day 3

Morning Lecture: Common myofascial dysfunctions

- Organizing a treatment
- Organizing a treatment plan
- Troubleshooting tough cases

Afternoon Practical Application:

- Arms, forearms, legs and feet
- Posterior and anterior shoulders
- Hips
- Timed segments
- Putting it all together

Review and Q&A

Final thoughts