

Postural Reeducation & Biomechanics

Musculoskeletal Biomechanics: Diagnosis and Treatment The Mezieres Method

https://aifimm.it/en/cc/musculoskeletal-biomechanics-diagnosis-and-treatment

DESCRIPTION

Scientific Therapeutic Model Scientific Therapeutic Model

While many orthopedic disorders appear disconnected—like scoliosis, flat feet, joint misalignments, and disc compressions—they may share a common origin: muscular shortening and postural compensation.

Françoise Mézières' pioneering insight revealed that connective tissue within muscles tends to shorten over time. This leads to adaptive changes in joint sequences and compressive forces across the skeleton, producing dysfunction.

Key Principles of the Method:

- In the absence of major skeletal deformity, the skeleton adapts to muscular shortening—causing joint overload and misalignment
- In the presence of structural deformity, the muscular system compensates often creating secondary issues elsewhere in the body

Therapeutic Strategy:

By re-establishing muscular elasticity and length through guided postures and breathing, the method reverses these maladaptations—unlocking proper joint spacing, decompressing nerves, and resolving symptoms at their source.

Why Choose This Course?

Scientifically Grounded

This course is built on robust physical and biomechanical laws, offering an evidence-based framework to understand and treat posture-related disorders.

✓ Active, Patient-Centered Approach

Unlike passive therapies, the Mézières Method involves the patient as an active participant. Guided movements and specific postural exercises stimulate neuromuscular integration and improve functional outcomes.

🗹 Measurable Results

Outcomes are tracked via objective, pre- and post-intervention assessments, allowing practitioners to tailor treatments and monitor real progress.

Vorld-Class Instruction

Learn from Dr. Laura Manni and Dr. Mauro Lastrico—direct disciples of Françoise Mézières, trained at the Mézières Center in Paris. Their decades of clinical expertise ensure an authentic, high-level learning experience.

V Learn at Your Own Pace

Includes 18 professionally filmed video lessons (38 hours total) with English voiceover. Content is available on-demand, accessible anytime for 12 months.

🧠 What You'll Learn

 \checkmark How to assess posture and joint function through both static and dynamic evaluations

 \checkmark How to identify dysfunctional muscular patterns using biomechanical principles

 \checkmark How to differentiate myofascial conditions from other musculoskeletal disorders

 \checkmark How to apply Mézières-based therapeutic protocols to restore joint integrity, decompression, and optimal alignment

Clinical Applications

The Mézières Method has proven effective in a wide range of fields:

- **Rehabilitation**: Spinal deviations, joint compressions, discopathy, radiculopathy, impingement syndromes, and myofascial imbalances
- **Injury Prevention**: Corrects compensatory postures before they become symptomatic pathologies
- **Sports Performance**: Enhances biomechanical efficiency, coordination, and athletic durability

Ideal for: Physiotherapists • Osteopaths • Chiropractors • Medical Doctors • Manual Therapists • Sports Rehabilitation Experts

Course Overview

- Format: 100% online
- **Content**: 18 asynchronous video lessons
- **Duration**: 38 hours
- Access: 12 months unlimited streaming
- Language: English voiceover (originally filmed in Italian)
- **Price**: €590.48 (tax included)
- Certification: Issued by AIFiMM recognized by the Italian Ministry of Italian Health (ECM Provider No. 1701)

Each lesson includes theory, illustrated examples, and hands-on demonstrations.

📚 The Mézières Method: A Scientific Therapeutic Model

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p about the Instructors

Dr. Laura Manni and Dr. Mauro Lastrico studied directly under Mézières between 1988 and her final refinements of the method. As senior educators of AIFiMM, they have:

- Rationalized Mézières' empirical discoveries into a rigorous clinical model
- Integrated modern findings in posturology and functional biomechanics
- Taught thousands of therapists across Europe
- Continued to develop the method in line with scientific standards and clinical efficacy

Their instruction ensures that students not only learn Mézières' original method but also its latest and most validated form.

💡 Skills You'll Gain

- Mastery of full-body biomechanical assessments
- Clinical reasoning to identify postural dysfunctions
- Design and delivery of individualized therapeutic protocols
- Ability to address complex musculoskeletal issues like:
 - Scoliosis, kyphosis, and hyperlordosis
 - Shoulder impingement and osteoarthritis
 - Sciatica, cervicobrachialgia, and radiculopathy
 - Genu varum/valgum, hallux valgus, flatfoot/high arch

You'll complete the course with the competence to apply the Mézières Method confidently and independently.

Certification

Graduates receive a certificate from **AIFiMM** (Italian Association of Physiotherapists for the Study and Development of the Mézières Method), authorized by the Italian Ministry of Health as an official provider of Continuing Professional Development (ECM).

🌍 Join a Global Network

Take part in a legacy of therapeutic excellence. This is more than a course—it's an entry point into a community of forward-thinking clinicians who understand that **real healing begins with restoring postural harmony**.

Enroll now and transform the way you approach musculoskeletal care.

PROGRAM

A comprehensive training program that integrates theoretical foundations, clinical assessment, and hands-on therapeutic techniques based on the Mézières Method.

MODULE 1: Scientific Foundations of Postural Rebalancing

- Introduction to the Mézières Method: History, principles, and therapeutic relevance
- The physics of the human body: linear/non-linear dynamics and vectorial forces
- Muscular chain theory and systemic compensation patterns
- Complex systems and body symmetry: causes and consequences of dysfunction
- Functional anatomy and the sinusoidal structure of the spine
- The "ideal posture" according to neuromyofascial balance

Outcome: Understand the biomechanical logic behind postural dysfunctions and the scientific rationale for the Mézières approach.

MODULE 2: Clinical Evaluation of Postural Disorders

- Static and dynamic postural assessments: standing, seated, and supine positions
- Visual and palpatory diagnostic tools for myofascial restrictions
- Sagittal, frontal, and rotational plane analysis
- Torque forces and compensatory antalgic reflexes
- Identification of dysfunction origins through differential analysis
- Integration of findings into a clinical reasoning process

Outcome: Learn to detect primary postural imbalances and differentiate between structural and functional causes.

MODULE 3: Therapeutic Application – Global Rebalancing Techniques

- Supine therapeutic protocols (sagittal plane):
 - Cranium, hyoid bone, cervical and lumbar lordosis
 - Thoracic kyphosis, scapulothoracic and glenohumeral rhythms
 - Pelvic alignment and lower limb influence
- Supine with leg elevation: decompression strategies
- Sitting protocols for postural adaptation
- Integration of diaphragmatic and therapeutic breathing

Outcome: Gain practical mastery of core Mézières techniques to reduce joint compression and restore global alignment.

- Cranio-vertebro-sacral axis: analysis and correction
- Hyoid-vertebro-scapular and scapulocostal rhythms
- Glenohumeral and upper extremity vector control
- Hip-knee-foot kinetic chain assessment and intervention
- Temporomandibular joint (TMJ) and its impact on global posture

Outcome: Treat specific anatomical areas with integrated neuromyofascial strategies for improved functional movement.

MODULE 5: Advanced Clinical Applications

- Management of: Scoliosis and spinal orthopedic conditions
 TMJ dysfunctions and craniofacial compensation
 - Sternoclavicular and shoulder subluxations
- Deep tissue manual techniques and myofascial harmonization
- Postural breathing as a regulatory and therapeutic tool

Outcome: Apply the Mézières Method to complex cases involving multiple compensatory layers and chronic dysfunction.

MODULE 6: From Assessment to Treatment Planning

- Comprehensive Mézières-style evaluation
- Treatment sequencing: how to identify and prioritize therapeutic goals
- Individualized intervention planning based on biomechanical findings
- Integration of the entire methodology for full-body functional restoration

Outcome: Build personalized treatment plans that address the root of postural dysfunctions, not just symptoms.

In Skills You Will Develop

- Biomechanical reasoning and diagnostic precision
- Full-body myofascial assessment and clinical palpation
- Therapeutic protocols for postural reprogramming
- Management of common and complex musculoskeletal pathologies
- Functional recovery strategies rooted in neuromyofascial balance

Selectional Approach

Each module combines:

- Theoretical insights
- Visual anatomical models
- Demonstrative techniques
- Step-by-step clinical reasoning

Video lessons are delivered asynchronously, allowing learners to watch and rewatch content at their own pace for up to 12 months.

Video 1: Introduction – Part 1

Topics Covered:

- Françoise Mézières and the origins of the method
- Core principles and scientific foundations
- Physics and muscle vector analysis
- Musculo-fascial biomechanics
- Static and dynamic balance
- Vertebral sinusoid and muscular segmentation
- Postural modeling and structure-function interaction
- Sagittal plane vector analysis (cranio-vertebro-sacral axis, scapular relations)
- Postural assessment (visual and palpatory, standing and supine)
 - **V** Includes live demonstration

Graphics Suggested: Mézières portrait, vertebral sinusoid diagram, sagittal posture comparison

Video 2: Introduction – Part 2

Topics Covered:

- Linear and nonlinear physics in biomechanics
- Complex systems and muscular chains
- Causes of postural asymmetry
- Antalgic reflexes (predictive and reactive)
- Force couples
- Dynamic assessment (visual/palpatory in multiple positions)
 - ✓ Includes live demonstration
 - *Graphics Suggested*: muscle chains, short muscle patterns

Wideo 3: Static Postural Assessment

Topics Covered:

- Frontal and rotational assessments in:
 - Standing
 - Forward flexion
 - Supine position
 Includes live demonstration
 Graphics Suggested: assessment grid overlay on human body, photos of postural tests

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Topics Covered:

- Muscle force couples and functional units
- Treatment goals
- Myofascial massage
- Therapeutic breathing setup
 - **V** Includes live demonstration

Graphics Suggested: breathing diagrams, Mézières posture model

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Correction Targets:

- Skull, hyoid bone, cervical/thoracic/lumbar curves
 - Pelvis, scapulo-thoracic and scapulo-humeral relationships
 Includes live demonstration
 Graphics Suggested: sagittal corrections before/after, hyoid bone sketch

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Topics Covered:

- Muscular actions on spinal and scapular structures
- Rotational/lateral deviations
- Upper limb and pelvic analysis
 - V Includes live demonstration

Graphics Suggested: 3D muscle planes, latissimus dorsi map

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Topics Covered:

- Physiological skeletal reactions
- Passive mobilizations: thoracic/lumbar vertebrae
 - ✓ Includes live demonstration
 - *Graphics Suggested*: scapular movement sequences

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Application to:

- Cranio-sacral axis, cervical, thoracic, lumbar vertebrae
- Hyoid-scapular-spinal and scapular joints
- Upper limb, pelvis
 - ✓ Includes live demonstration
 - *Graphics Suggested*: directional correction arrows over anatomy

Wideo 9: Clinical Application of Corrections

Topics Covered:

- Treatment strategy selection
- Skeletal and myofascial corrections
- Managing aggravating compensations
 - ✓ Includes simulation and demonstration
 - *Graphics Suggested*: treatment flowchart

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Focus Areas:

- Work angles, quadratus lumborum
- Postural correction from legs-elevated position
 - **V** Includes live demonstration
 - *Graphics Suggested*: therapy table angles, pelvic tilt diagrams

W Video 11: Hip & Knee Pathologies – Legs Elevated Work

Topics Covered:

• Coxo-femoral and knee joint vector analysis

Treatment of related dysfunctions
 Includes live demonstration
 Graphics Suggested: hip/knee anatomical layers

Weighter Seated Corrections & Foot Disorders

Topics Covered:

- Postural corrections in seated position
- Tibio-tarsal and foot biomechanics
- Treatment of lower limb and foot pathologies
 ✓ Includes live demonstration
 ☑ Graphics Suggested: foot arch analysis, seated posture image

Video 13: Temporomandibular Joint (TMJ)

Topics Covered:

- Primary vs. secondary muscular shortening
- Differential diagnosis of postural dysfunctions (occlusal, ocular, visceral, emotional, neurological)
- TMJ anatomy, posture link, treatment
 - **V** Includes live demonstration
 - *Graphics Suggested*: TMJ-posture correlation chart

W Video 14: Dynamic Assessment

Topics Covered:

- Active and passive dynamic testing
- Gait analysis
- Physiological vs. non-physiological skeletal responses
 - V Includes live demonstration
 - *Graphics Suggested*: gait cycle analysis, dynamic postural change

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Focus Areas:

• Humeral head, sternoclavicular, scapular subluxations

Mono-dysfunctional vertebrae
 Includes live demonstration
 Graphics Suggested: joint kinematic sketches

W Video 16: Clinical Reasoning

Topics Covered:

- Symptomatic vs. causal approaches
- Local vs. referred pain
- Differential tools: dermatomes, innervation, dynamic and static tests
- From assessment to treatment plan
 - ✓ Includes live demonstration
 - *Graphics Suggested*: clinical decision tree, nerve maps

Wideo 17: Scoliosis

Topics Covered:

- Scoliosis classification
- Evaluation and treatment strategies
 - V Includes live demonstration
 - Graphics Suggested: scoliosis types side-by-side

W Video 18: Case Studies & Final Insights

Topics Covered:

- Treatment evolution over time
- First consultation protocols
- Use of clinical photography
- Case discussions and take-home messages
 Graphics Suggested: photo sequence of clinical progress