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## Learning Objectives

MedBridge

*Graston Technique®: Treating the Sensitive Nervous System Part 2 - Manual Therapy and Complimentary Interventions*

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### Course Objectives:

Upon completion of this course, learners will be able to:

### Chapter 1: Graston Technique and Other Manual Therapy Techniques for the Sensitive Nervous System

- Identify the mechanisms and physiological effects of manual therapy (proposed & empirical)
- Discuss the physiological effects & benefits of the Graston Technique (GT) as it is applied to a patient with a sensitive nervous system
- Identify the altered dosage parameters when applying manual therapy via the Graston Technique for this patient population
- Demonstrate selected GT treatment techniques for this patient population

### Chapter 2: Therapeutic Exercise & Other Complimentary Interventions for the Sensitive Nervous System

- Identify & demonstrate effective therapeutic exercises for patients with a sensitive nervous system based on current literature & evidence
- Identify & complementary interventions for this patient population to include: aerobic exercise, sleep hygiene, stress management, relaxation, meditation, yoga, affirmations/positive thinking, joy/laughter