



**Deep Anatomy of SP2, a Home Study Class, Part 1:
Iliacus Release, Gluteal Release, Adductor Magnus Release**

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Class format: home study

Hours/CE credits: 3 Academy credits

Tuition: \$80 including a downloadable manual

Prerequisite: Module 11

I. Rationale

No two clients are alike; they all have an individual story and physical history. As a result, there are no hard-and-fast protocols for addressing a specific condition. Yet, with a deeper understanding of the muscles, nerves, lymphatic vessels, and fascia underlying our moves, we can develop our intelligence in choosing appropriate procedures.

In each part of Deep Anatomy of SP2, a Home Study Class, we will review a few Module 11/12 procedures with an eye to the additional structures we affect with each move; we will also explore how non-obvious procedures may contribute to the resolution of certain conditions.

II. Presentation Aims and Outcomes

Aims

In this class, participants will take an in-depth dive into the often-ignored Iliacus, learning how dysfunction in this muscle can influence the entire body. Other Bowenwork procedures can help normalize the tension patterns related to a tight Iliacus, and we will explore the interplay between these procedures and the muscles they address.

Specific Learning Outcomes

At the end of Part 1 of Deep Anatomy of SP2 (Iliacus Release, Gluteal Release, Adductor Magnus Release), participants will be able to:

- State the differences between the parts of the body affected by a tight Iliacus and a tight Psoas
- List the cascade of effects on the body that arise from a tight Iliacus
- List the organ or body system dysfunctions that can occur from a tight Iliacus
- List the synergists to the Iliacus, and explain why they are essential to release
- Lists the antagonists to the Iliacus and explain why they are important to release

- Define locked on/off, and locked long/short
- List the types of sports that contribute to an overused Iliacus
- Explain how the anatomy of the hip bones can influence the degree of muscular stabilization required
- Describe the effect of hypermobility on the load put on the Iliacus
- Describe the effect of pregnancy on the load put on the Iliacus
- Describe the effect of fear and other emotions on the load put on the Iliacus
- Describe how the Gluteal Release supports the normalization of the Iliacus
- Describe how the Adductor Magnus Release supports the normalization of the Iliacus
- Feel the application of the Iliacus Release on a prone client

III. Presentation Requirements

Deep Anatomy of SP2, a Home Study Class, Part 1 is held on the online platform Ruzuku. This class has no fixed cohort; each portion of this course is self-paced, with no specific starting or ending date or time.

The format will be: reading on your own from the provided manual; participating in the discussion topics on the interactive online platform Ruzuku; taking a quiz on the reading material and on the application of the reading material to Bowenwork; and experimenting with using the Iliacus Release on a client in a prone position.

You must go through the material and discussions in order to complete all the assignments and must obtain an 80% on the quiz to pass and thus get credit for the class. Completion of an online evaluation form within one week of the end of class is also required.

IV. Time Allocation

It is expected that the average participant will spend three hours in completing the class.

V. Resource Readings

Koch, Liz: *The Psoas Book*, Guinea Pig Publications.

Koth, Christine: *Tight Hip, Twisted Core: the Key to Unresolved Pain*, self published.

Murphy, LB et al.: "One in Four People May Develop Symptomatic Hip Osteoarthritis in His or Her Lifetime," *Osteoarthritis and Cartilage* 18:11, November 2010.

Myers, Thomas: *Anatomy Trains*, Churchill Livingstone.

Travell, Janet, MD, et. al.: *Myofascial Pain and Dysfunction: The Lower Extremities*, Lippincott.

Travell, Janet, MD, et. al.: *Myofascial Pain and Dysfunction: The Upper Extremities*, Lippincott.