



嘉衡健康事業  
股份有限公司  
Well Balanced healthcare co.,Ltd.



Well Balanced Healthcare Co.,Ltd.  
高雄市左營區自由二路 230 號 3 樓台灣  
3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)  
Tel : 886 7 5581026

## BI 內臟筋膜鬆動術：腹部第一階段

### Visceral Manipulation : Abdomen 1 (VM1)

總時數 : 25 hrs

預定計畫 : 9:00 a.m. to 5:00 p.m. Days 1-3

9:00 a.m. to 3:30 p.m. Day 4

日期 : 2021/6/12~2021/6/15

語言 : 中英文講義、英文演講、中文口譯

#### 一、研討會簡介 Course Description :

「內臟筋膜鬆動術」是一種輕巧、精準的手療法，目的是將內臟、結締組織及生理運動之身體部位的活動度及張力正常化。「運動」是生命本身的象徵，宇宙中所有的東西都在運動。一切都在時間和空間中移動，人類也不例外。我們的身體需要運動來維持健康，同樣的原理可以運用在我們體內的所有結構上，包括臟器。臟器需要活動來維持健康與最佳功能。

Visceral Manipulation is a manual therapy consisting of gentle, specifically placed manual forces that encourage normal mobility, tone and inherent tissue motion of viscera, their connective tissue and other areas of the body where physiologic motion has been impaired. Motion is a sign of life itself. Everything in the universe is in motion. Everything moves in space and time and humans are no exception to this rule. Our bodies need

movement to be healthy. This same principle applies to every structures in our bodies including the viscera. For an organ to be healthy and have optimal function there needs to be motion.

當組織發炎的時候會失去該有的正常運動。自然復原的過程中包含局部正常組織纖維崩解，並且被相對無彈性的顆粒組織取代。我們可以想成受影響的組織「乾掉」了，其中，許多因素會使組織發炎：感染、直接創傷、重複性動作、飲食、環境毒素及情緒壓力。

Tissues lose their normal motion when they become inflamed. The natural healing process involves local disruption of normal tissue fibers and their replacement with relatively inelastic granular tissue. It can be conceptualized as a localized drying-out of the affected tissue. Many factors can cause tissue inflammation including: infections, direct trauma, repetitious movement, diet, environmental toxins and emotional stress.

身為內臟筋膜鬆動術的學員，您將學會如何評估臟器的運動，運動主要分為兩種：一種是臟器被周圍組織推擠造成的運動，稱為「活動度(mobility)」，另一種則是臟器本身固有、主動的「蠕動度(motility)」。除此之外，您還會學到如何治療這些減少/改變的運動，使臟器恢復良好生理運動，進而達到內臟功能促進的效果。

As student of Visceral Manipulation you will learn tools for evaluating organ motion, in particular, two types of movement: one motion caused by the pushes and pulls of surrounding tissue(mobility) and the other, the organs own intrinsic, active motion(motility). You will also learn techniques to treat these areas of decreased/altered motion, thereby restoring better physiologic motion, which in turn will improve the function of the organ.

### **研討會重點 Course Highlight :**

- 學會如何去定位、評估及正常化腹腔內主要功能障礙的部位。  
Learn manual skills to locate, evaluate and normalize primary areas of dysfunction within the abdominal cavity.
- 探索臟器與相關支持系統、薄膜及韌帶之間的動態關係。  
Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.
- 檢查臟器與結構(神經-肌肉-骨骼)功能障礙之間的關係  
Examine the relationship of organs and structural or neuro-musculo-skeletal dysfunction.
- 評估功能性活動的品質和身體結構的狀態，因為這些都和整個人體息息相關。  
Assess the quality of functional activity and somatic structures as they relate to an overall pattern.

### **研討會前參考資料 Required Advance Reading: :**

*Visceral Manipulation*, 作者 Jean-Pierre Barral, PRT, DO (本書 **WB 健康學苑**有販售, 歡迎洽詢)

*Atlas of Human Anatomy*, 作者 Frank Netter, MD 或 *A Regional Atlas of the Human Body*, 作者 Carmine Clemente

### 講師介紹 **Instructor: Pierre VEY**



Pierre Vey是一位法籍的骨病學醫師同時也是物理治療師,目前在法國BRON的私人診所執業。自1999年以來便投入骨病學派系統及相關技術的教學,並在法國多家骨病學院教授課程,成為Barral Institute講師後便活耀於歐亞各地進行教學。

### 課程表 **Class Outline :**

#### 第一天 **Day One**

09:00 - 12:00

*15 minute break mid-way through*  
Introduction, Concept and Theory

- The history and foundation of the visceral concept and its importance in manual therapy.
- The general anatomy and physiology of the thoracic and abdominal organs, their relationship to the musculoskeletal systems, the nervous systems, the vascular systems, the respiratory system and the digestive system.

- The principles of connective tissue (fascia) as the mechanical attachment system for the organs.
- The principles of visceral techniques - organ specific fascia mobilization. Discussion and explanation of contraindications.
- Present the latest research on internal body pressures and their effect upon visceral motion and subsequent soft tissue restrictions.

12:00 - 13:30  
13:30 - 17:00

Lunch

*15 minute break mid-way through*

Liver

Presentation of the liver, it's attachments to the diaphragm and to other viscera.

- Anatomical landmarks
- Sliding surfaces
- Normal liver mobility in reference to the three anatomical planes

Present hepatic fixations

Present concepts of mobility and motility

Present correction techniques for hepatic fixation and/or improper motion

## 第二天 Day Two

09:00 - 12:30

*15 minute break mid-way through*

Stomach

- Anatomical description
- General description of stomach mobility
- Manipulative techniques for the stomach
  1. Direct techniques
  2. Indirect techniques

Present stomach motility

Palpate and manually listen to the pylorus

12:30 - 14:00  
14:00 - 17:00

Lunch

*15 minute break mid-way through*

Listening Skills:

1. General Listening
2. Local Listening
3. Inhibition

Stomach

1. Manual evaluation
2. Treatment

Stomach Ptosis

1. Manual evaluation
2. Treatment

Stomach Ulcer

1. Manual evaluation
2. Treatment

## 第三天 Day Three

09:00 - 12:30

*15 minute break mid-way through*  
Iliocecal

- Duodenojejunal junction
- ODDI
- Pylorus
- Cardiac

Duodenum

Present (D1) and its relationship to the liver

Present (D2) and its relationship to the common bile duct and the sphincter of ODDI.

Sphincters

Present (D-3) and its relationship to mesenteric root of small intestine.

Duodenojejunal junction

1. Evaluation by palpation and manual listening
2. Treatment

12:30 - 14:00

14:00 - 17:00

Lunch

*15 minute break mid-way through*

Root of the Mesentery and Small Intestine

- Mobility testing and evaluation
- Treatment

Gall Bladder

Precise anatomical description of the gall bladder and its duct system including the common bile duct and the Sphincter of ODDI.

The three stages of gall bladder manipulation.

1. Gall bladder fundus/body, neck
2. Cystic duct
3. Common bile duct stretching

Evaluation by listening with the hands to the sphincter and to the body of the gall bladder.

Differentiating between the liver and the gall bladder.

## 第四天 Day Four

08:30 - 12:30

*15 minute break mid-way through*

Small Intestine

Large Intestine

- **Cecum**

12:30 - 13:30

13:30 - 16:00

Lunch

Large Intestine

- Ascending
- Descending
- Hepatic Flexure
- Splenic Flexure
- Transverse Colon
- Sigmoid Colon

## **二、主辦單位 The Organizer :**

嘉衡健康事業股份有限公司

Well Balanced Healthcare Co.Ltd.

## **三、協辦單位 TheCo-organizer :**

脊康物理治療所、嘉衡健康研究中心

## **四、地點 Meeting Site:**

嘉衡健康研究中心：高雄市左營區自由二路 230 號 3 樓

Well Balanced Institute : 3F., No.230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813,

Taiwan (R.O.C.)

## **五、日期與時間 Date:**

BI 內臟筋膜鬆動術第一階段：2021/6/12 ~ 2021/6/15

6/12~14 9:00 a.m. to 5:00 p.m. (可能因為需翻譯延後)

6/15 9:00 a.m. to 3:30 p.m. (可能因為需翻譯延後)

## **六、上課人數限制與繼續教育時數認證 Maximum number of participate :**

**32 人。**

本課程歡迎所有相關醫事人員、身體工作者參與。

將依報名之醫事人員申請教育積分

## 七、報名方式與費用 Course Fee - Regulations and Preferential Programs :

早鳥第一期優惠：即日起至 2021 年 5/10 前報名者，早鳥價 **28000** 元

原價：2021 年 5/11 至 6/11，原價 **33000** 元

Core-Pak 方案：VM1 與 VM2 合報者，50000 元

(Core-Pak Total for VM1-VM2: NT\$50000)

\* 費用不包括午餐，課間休息時間提供茶水飲料及小點心，可現場另行代訂中餐)

(The fee does not include lunch. Tea drinks and snacks are available during breaks, and lunch can be ordered on the spot.)



完成匯款或 ATM 轉帳後，請至 WB 學苑線上報名系統完成最後報名程序，並將收據後五碼註記至線上報名表中，WB 學苑將會盡快為您新增至錄取名單中完成課程報名程序。

**匯款帳號：台新銀行(812)古亭分行，帳號 2040-01-0000338-4**

**戶名：嘉衡健康事業股份有限公司**

**\*成功報名本課程者，將會在 3-5 個工作天之內新增到錄取名單中。**

\*匯款前請至 WB 學苑網站 <http://wellbalanced0001.weebly.com/schedule.html> 查詢是否尚有名額，若已額滿請勿匯款；如需候補請備註在報名表上會將您排入候補名單中。若有其它事項將於此處公告。

After the confirmation has been made, you may make a bank transfer to:

**Bank transfer information:**

Bank: Taishin International Bank, Taipei, Taiwan

Swift Code: TSIBTWTP

Bank Address: 6F.,No.17, Sec. 2, Jianguo N. Rd.,JhongshanDistrict,Taipei City 104,  
Taiwan (R.O.C)

Account Name : Well Balanced Healthcare Co.Ltd.

Account A/C No. : 040-75-602979-3

After the successful transfer, please fill up the registration form on our website and mark the last 5 digits of your bank account number.

If payment has been made, but there is no spot for the course , WB will inform you by email or phone and refund the full fee as soon as possible.

## 八、住宿資訊 Hotel Information :

**1. 世奇商旅**：地址：高雄市左營區裕誠路 450 號 / 電話：07 557 2299 , **步行 500 公尺。**

(Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299)

**2. 理歐 111 計時空間**：地址：高雄市左營區立信路 111 號/ 電話：0982 170 885 , **步行 500 公尺。**

**3. 帕可麗酒店**：地址：高雄市鼓山區文信路 192 號/電話：07 962 8800 , **步行 750 公尺。**

(Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800)

**4. 巨蛋旅店**：地址：高雄市鼓山區文忠路 1 號 / 電話：07 586 8388 , **步行 800 公尺。**

**5. 單人房高雄站前館**：地址：高雄市新興區八德一路 392 號 / 電話：07 236 3256 , **千元有找 , 需坐捷運。**

(SingleInn - Kaohsiung Station : No.392, Bade 1st Rd., Xinxing Dist., Kaohsiung City 800, Taiwan (R.O.C.)/ +886 7 236 3256)

## 九、注意事項：

1. 若遇天災達停課標準以簡訊及 e-mail 通知。主辦單位電話:04-22080050，傳真:04-22080072

### 2. 轉班.保留.退費辦理規章

**轉班：**開課三十日前，可辦理轉班，費用多退少補，轉班以一次為限。開課 30 日至開課前 7 日，辦理轉班須繳交行政費用 2000 元，開課 6 日至開課前 1 日，辦理轉班須繳交行政費用 10000 元，課程費用多退少補。開課第 1 日起恕無法辦理轉班。轉讓其他人不在此限。

**保留：**條件等同轉班，但暫不指定課程。

**退費：**依繳費後因故離班者，退費規定如下：

A. 開課 60 日前提出退費申請者，酌收行政作業費用 2000 元

B. 開課前第 59 日至 30 日提出退費申請者，退還當期開班約定繳納費用總額 80%。

C. 開課前第 30 日至第 7 日提出退費申請者，退還當期開班約定繳納費用總額 50%。

D. 開課前第 6 天到前 1 天提出退費申請者，退還當期開班約定繳納費用總額 30%。

E. 實際開課第一日（包含第一日）後，恕不退費。

F. 若無法於課程間完成所有應完成時數，按各協會條文規定，恕無法給予完課證書。詳細辦法

請參考 WB 學苑網站。

3. 錄取名單中如遇取消報名者將由位備取名單中依順序遞補

4. 為避免觸犯 BI 總部著作權之規定，上課中請勿拍照及錄影。

5. 上課時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

6. 本課程每日四次簽到與簽退，請勿代理簽名、遲到早退，經發現將取消 BI 認證與教育積分時數。

7. 請著輕薄寬鬆服裝，女性學員建議內穿小可愛及短褲以利練習。研討會場地有空調，請視個人狀況攜帶外套。
8. 主辦單位提供茶水及小點心，請自備環保杯。

### **Supplementary notes:**

1. If the natural disaster reaches the suspension criteria, we will notify you by SMS and e-mail. Phone number: +886-4-22080050. E-mail: wellbalanced0001@gmail.com

### **2. Cancellation and Refund Policy :**

#### **Class Transfer:**

Transfer can be proposed 30 days before the commence date.

NT\$2000 administrative fee will be charged if the transfer is applied 30 ~ 7 day before the commencement. NT\$10000 administrative fee will be charged if the transfer is applied 6 ~ 1 day before the commencement. We refund the overcharge and demand payment of the shortage. Class Transfer can only be issued once. Once the course starts, no transfer could be made.

**Reservation:** Same condition with Class Transfer, but no course specified temporarily.

#### **Refund-Refund rate depends on the date of proposal:**

- A. 60 days before the commencement, NT\$2000 administrative fee will be charged.
- B. 59~30 days before the commencement, 80% of the tuition fee can be refund.
- C. 30~7 days before the commencement, 50% of the tuition fee can be refund.
- D. 6~1 day before the commencement, 30% of the tuition fee can be refund.

- E. Once the course starts, the intuition fee is nonrefundable.
  - F. Only with full attendance will the apprentice be certificated.
3. If there is a participant canceling the registration, it will be supplemented by the order in the list.
  4. In order to avoid breaking the BI headquarters copyright regulations, please do not take pictures and video during the class.
  5. The time and place of the class will be changed if there is any change. Please be sure to fill in the contact information in the registration form.
  6. This course is signed and signed four times a day. Please do not sign the agent, go back early and leave early. After the discovery, BI certification and education credits will be cancelled.
  7. Wear loose, comfortable clothing (preferably no jeans.) A light jacket is recommended because temperature can be difficult to control.
  8. The organizer provides tea and snacks, please bring your own cup.