In speaking with numerous clinicians around the country about our ConnecTX postgraduate program, we found that most were very interested in putting ConnecTX therapy to work in their practices; however, when it came to the training requirements, well ... it seems we were asking too much.

It was tough to hear, but the feedback inspired us and we spent this long, harsh winter with our noses to the grindstone, working hard to give you what you asked for. You told us you wanted a new training structure that is less time-consuming: check! More convenient: check! And more affordable: check!

**Spring has finally sprung, and we’re very excited to unveil what we’ve come up with!**

Our newly structured postgraduate training program – twenty hours in all – is designed to better accommodate your busy schedule. The complete program now consists of eight hours of convenient online instruction that you’ll have up to thirty days to complete, followed by just twelve hours of on-site classroom instruction. During the online portion, you will receive an introduction to the ConnecTX Instrument, plus nutritional and research information, giving you the solid foundation you’ll need for the on-site class.

The on-site classroom training is now just one weekend! Yup, you read that right. In twelve hours, over a single weekend, our ConnecTX instructor will provide comprehensive hands-on training. On Monday morning, you’ll be ready to start implementing ConnecTX therapy in your practice! Oh, and don’t forget: You’ll also be earning up to 20 CEU credits!

ConnecTX practitioners are offered an abundance of ongoing support, including immediate access to hundreds of educational videos. Plus, the fully illustrated, color manuals you received at training are at your fingertips for quick reference. New patient brochures, available for purchase, keep your patients well-informed about their ConnecTX therapy treatment.

The new ConnecTX program is a win win! And since our instructors now spend less time on the road, we are passing the savings on to you. The total program cost – all of your training, a full-sized ConnecTX Instrument, ConnecTX emollient, fully illustrated color manuals, access to all of our educational videos, and up to 20 CEU credits – is just $975!

**We know you’re busy, but ... your research is important to us!!**

ConnecTX was founded upon the principle that trained clinicians should be key players in the development and advancement of the therapy. In order to live up to that, we need your input.

Participation in ConnecTX research just got easier – and it’s now optional. We’ve clarified the research instructions and reduced the number of patient studies required. But here’s the best part: With just three complete and comprehensive studies, you will be entered to win a free ConnecTX Mini Instrument valued at $319!! The first drawing will be held in September 2015, with drawings annually thereafter.

Scheduled courses will be filling up fast, so don’t wait! Go to [http://www.connectxtherapy.com/education/register](http://www.connectxtherapy.com/education/register) to register now for a course near you.
Your mother was right about sitting up. Here's why we cannot always do so.

With today’s sedentary lifestyle, we find ourselves in seated positions for extended periods. Many of our patients have long commutes followed by extended hours seated at their work stations. Then, at the end of a long day, many retire to the couch for yet more sitting. It’s been said by many of our great contemporaries including Cook and Liebenson that “sitting is a national epidemic” and that “sitting is the new smoking.” The slouch is a protective posture used as a default by the body when postural muscles fatigue. In very short durations, improper weight bearing isn’t an issue. However, slouched posture is typically the rule and not the exception.

Vladimir Janda identified distinct postural syndromes with predictable patterns of facilitated and inhibited muscle groups that are at the heart of many common musculo-skeletal conditions. Identifying these muscles is crucial to improving postural syndromes and formulating comprehensive strategies. The facilitated groups, from greatest to least contribution are the pectorals, upper trapezius, sternocleidomastoids and sub-occipitals. The inhibited groups include the deep neck flexors, the levator scapulæ, and the middle and lower trapezius. Common musculoskeletal problems that may arise from an upper crossed syndrome would include degenerative processes of the cervical spine, acromioclavicular eburnation, biceps tendon and rotator cuff tendonitis, sub-occipital neuritis, tempromandibular dysfunction, and tension headaches.

Many of the aforementioned dysfunctions are chronic problems that are not self limiting. Lasting solutions that address the short-term symptoms as well as long-term underlying factors are critical in successful outcomes. Short-term symptoms can be effectively treated with a superior instrument assisted soft tissue device such as ConnecTX. What makes it superior? Education and research. Since functional examination forms the basis of ConnecTX therapy, the program makes sure the practitioner has a comprehensive grasp of postural syndromes and provides tools to identify them. ConnecTX therapy applied to the pectorals and sternocleidomastoid has proven very beneficial in muscle lengthening and all dysfunctions that include a forward posture and rounded shoulders.

Keeping in mind Boyle’s joint by joint approach, thoracic spine mobility and lower cervical spine stability must also be addressed.

As chiropractors we are the masters of mobility. Diversified Chiropractic Manipulative Therapy (CMT), if tolerated, is a very effective way to restore motion. The wall angel exercise is a great way to rehabilitate the “mirror image” in upper cross syndromes. This activity acts as both a screen and a rehabilitative technique that promotes lower cervical spine stability and thoracic mobility.

Self-care in the form of corner stretching to the pectorals and self PIR would be very helpful to continue progress attained in the office environment. Once proper mechanics and pain free range of motion is achieved, the patient is ready to initiate active care. Active care should address areas of substitution in movement patterns as well as instabilities in tonic (stabilizer) muscle groups.

Active rehabilitation is yet another treatment phase in which ConnecTX proves useful. Chronic changes to muscle length occur with long standing cases of postural imbalance. ConnecTX is well suited to handle the myofacial adhesions commonplace in adaptive muscle shortening. While changing adaptive muscle shortening is a bigger challenge, I’ve noted impressive changes in the clinical environment.

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Dr. Julie Scarano became a Certified ConnecTX Practitioner in March of 2013 and has been using the technique with her patients ever since. She finds it particularly effective for patients with chronic repetitive stress conditions and those with chronically inhibited or painful functional movements due to previous trauma that was not properly treated or rehabilitated. She also mentions particular success in the treatment of TMJ dysfunction.

“ConnecTX treatments have added another dimension to my office visits, and I do feel they have been exceedingly effective,” says Scarano, noting that it is not uncommon for patients to see improvements either immediately following or even during the very first treatment. Helping her patients understand that their progress depends on proper rehab exercise following treatment increases their tendency to hold themselves accountable to exercise these areas. “This level of compliance creates a patient with more active involvement in their care and only enhances patient outcomes,” she explains.

Scarano finds her patients are generally very excited to experience it. “They are curious to feel the areas where they may have adhesions,” she says, “and I always sense a certain eagerness to return to report back their progress and follow up with a second treatment to identify if improvements have been made.”

When asked if she would recommend becoming trained in ConnecTX, Scarano points to the research and to her own personal experience, both of which suggest that primary connective tissue lesions and even secondary tissue adhesions related to joint dysfunction simply cannot be ignored if the desired result is long-term maximum patient benefit. And, while there are numerous options available, she feels having instrument-assisted connective-tissue mobilization (IACTM) in one’s toolbox is a must. Not only can it be the best option for a particular condition, but as the technique becomes more mainstream some patients – athletes especially – are seeking out practitioners certified in IACTM. “I choose to use ConnecTX in our office because I like that this instrument is utilized exclusively by chiropractors, because I like that between the original and the mini I can treat any area of the body, and because the hands-on training that I received helped to clearly define outcome integrated treatment protocols.”

A native of Little Falls, New York, Dr. Scarano graduated from chiropractic college in 2009. She has obtained credentialing as an Internationally Certified Chiropractic Sports Physician (ICCSP) as well as a Certified Chiropractic Wellness Practitioner. An active participant with the ACA Sports Council’s Public Relations and Symposium committees, she also serves on the International Federation of Sports Chiropractic’s Communications Commission. Dr. Scarano has co-authored an article published in the Journal of the Canadian Chiropractic Association and is a certified instructor for the ConnecTX Therapy technique. She is currently in practice at Santiago Chiropractic Associates in Lake Hiawatha, New Jersey.

Visit Dr. Scarano’s web site at www.santiagochiropractic.com.
Posture and Upper Cross Syndromes

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In summary, identification and understating of Janda’s postural syndromes saves time in assessment and treatment. Diversified CMT, instrument-assisted soft tissue manipulation (preferably ConnecTX) and stability training all play a major role in short-term and long-term protocols in maladies associated with imbalanced postures of the neck and upper quarter.