

## SensoriMotor Education

# Exploring the Vleeming Subsystems

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### Course Description

In this three-part series, we look at the Vleeming subsystems, and how to integrate them into a manual therapy or fitness practice. For each subsystem, we discuss the components/anatomy, function, signs things aren't functioning so well, methods to assess the subsystem and ways to create change, including movement drills to help reinforce healthy motor control. The last session will include discussion about how to bring the subsystems into practice, link them to fascial relationships, antagonists and synergists, and how they can inform approach to treatment/training. Each session is 2 hours in length, for a total of 6 hours, over three weeks. Attendees are provided with summarized notes/worksheets for the sessions, and have access to the recordings whenever they would like to review the content.

At the end of the 3 week series, those who attended the live session (registered before March 1 2022) will be invited to a 1-hour Zoom session to get questions answered, chat about how to apply concepts. This will allow attendees to interact live, see and demonstrate where they may be having challenges with the content, and get assistance.

### Course Goals

- Learn the origin and intention behind understanding the Vleeming subsystems.
- Understand the anatomy of each subsystem, including muscle attachments, innervation, actions, relationships to other soft tissues, and how each component is linked to the next.
- Understand the joints, ligaments, aponeuroses that also become part of these subsystems, and how changes in these tissues may lead to compensation patterns.
- Identify the signs of a well-functioning subsystems, and the indicators of when there may be issues.
- Learn multiple assessment techniques for testing the functionality of each subsystem.
- Explore strategies for improving function through soft tissue techniques, and movement drills specific to each subsystem.
- Practice linking the components of each subsystem to fascial lines and structures at a distance, with the intention of using this to help build a more holistic view of the function of the body.
- Explore ways to address issues with the functionality of individual subsystems, and also multiple subsystem dysfunctions.

### Course Grading

There will be no formal examination related to this course.

## Session Outline & Relevance to IJPCPIs

	<i>Topic</i>	<i>Relevance based on IJPCs/PIs</i>
Session 1 – 2 hours	Introduction to Vleeming The Intrinsic Core The Deep Longitudinal Subsystem	2.k, l, n, r; 3.3 a, b, c, e, f.  Including discussion of relevance to: stress, pain, anxiety, inflammation, scars, movement restrictions, conditions of the CNS/PNS, general neurological conditions, conditions of muscle, tendon, fascia, joints, ligaments, and systemic conditions including digestive, gastrointestinal, lymphatic, respiratory, urinary, reproductive.
Session 2 – 2 hours	The Lateral Subsystem The Anterior Oblique Subsystem	
Session 3 – 2 hours	The Posterior Oblique Subsystem Integrating the Subsystems	
Zoom Session – 1 hour	Q & A	

## References

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Van Oosterwijck, Jessica & Ridder, Eline & Vleeming, Andry & Vanderstraeten, Guy & Schoupe, Stijn & Danneels, Lieven. (2017). Applying an active lumbopelvic control strategy during lumbar extension exercises: Effect on muscle recruitment patterns of the lumbopelvic region. Human movement science. 54. 24-33. 10.1016/j.humov.2017.03.002.

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