

**Beyond the Dura '03
International Research
Conference**

April 30-May 4, 2003
Jupiter Beach, Florida

Once every two years, Beyond the Dura brings together leaders in complementary and alternative medicine to share their discoveries in this promising arena of whole-body healthcare.

Come spend time with colleagues who share your commitment to using creative, innovative methods

of solving even the most complex healthcare challenges. And learn more about inventive yet commonsense approaches in a dynamic, free-thinking environment.

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Host John E. Upledger, DO, OMM
Developer of
CranioSacral Therapy



Keynote Speaker
Andrew Fryer, MD, FAAP
Pediatric Cardiologist



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UpDate

UPLEDGER

Fall 2002

Therapist Pedaling 1,500 Miles to Promote CranioSacral Therapy

A Michigan therapist is spinning a plan to promote CranioSacral Therapy Awareness Month in April 2003. Lauri Rowe, MA, CST, is mapping out a bike route that will take her from East Lansing, Michigan, to Palm Beach Gardens, Florida, to raise funds for a CranioSacral Therapy program that aids those suffering from post-traumatic stress disorder (PTSD).

Lauri became acquainted with PTSD years ago as a psychotherapist working with patients suffering from all types of trauma. Now a CranioSacral Therapist in private practice, she believes she's come across one of the most effective modalities in addressing children and adults with a variety of clinical conditions. "The results I've witnessed have convinced me," Lauri says. "CranioSacral Therapy is a profound healing modality, especially where conditions like PTSD are concerned."



Lauri Rowe, MA, CST, plans to bike from Michigan to Florida to promote CranioSacral Therapy.

The Upledger Institute first addressed the condition of PTSD in the 1980s, when staff members developed a successful intensive therapy program focusing on Vietnam veterans. Over a two-week period, the outpatient program was able to facilitate dramatic, measurable improvements in the lives of men and women who served in Vietnam. "There are good indications

that the veterans' families were positively influenced as well," Lauri adds.

The Institute has since taken those same techniques to New York City to aid victims of Sept. 11. [See "Upledger Program Provides CranioSacral Therapy to Victims of

September Attacks" at www.upledger.com.]

"With the trauma of the magnitude our nation

See "Therapist Pedaling 1,500 Miles" on page 3

PTSD Affects Americans by the Millions

Known in the past by terms such as shell-shock, battle fatigue, dissociative amnesia and psycho-neurosis, PTSD was first associated with battle-related responses. Since finding its way into the 1980 American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*, it's now recognized as a condition that can result from any traumatic experience, not just those on the battlefield.

"Whenever a person feels they're in a life-threatening or terrorizing situation, they can show symptoms of PTSD," Lauri says, adding that symptoms can also develop when a loved one is threatened.

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The Visceral Manipulation Report

Breathing Again...

by Gail Wetzler, RPT

Born in 1994, Lindsay Zorich was developing normally until 1996, when she went into the hospital for the treatment of earaches from recurrent ear infections. The procedure did not go well. Within two weeks the once lively toddler had lapsed into a coma.



Lindsay (center) celebrates her 2nd birthday on June 29, 1996.

Four months later Lindsay was diagnosed with a genetic metabolic disease. From that point on she has been ventilator-dependent. Her body has undergone constant UTIs, bowel problems, gallstones and lung infections. And according to her mother, she has come close to death several times.

Doctors later discovered that Lindsay had been misdiagnosed — she actually had spinal meningitis. Her health began to improve with appropriate medical care. Yet she continued to suffer acute attacks and began losing diaphragmatic function.

In May of 2002, Lindsay was referred to my clinic for Visceral Manipulation. The urgency from her mother, caregivers and doctor was clear: "Lindsay is going to have diaphragm surgery next month if this treatment doesn't help." By this time Lindsay had lost complete function of her (R) diaphragm and 40% function of her (L) diaphragm. The surgeon was planning an (R) diaphragm plication in which he would tie the diaphragm to the rib cage.

My evaluation found Lindsay's (R)>(L)

phrenic nerve dysfunctional with the tracheotomy scar being the primary restriction. The (R) phrenic maintained 0-10% motility, while the (L) phrenic had 20-25% motility. Her lung motility was at 20% inspir and 25% expir. The abdominal organs in general had 30% inspir and 40% expir. Her CRI was 5 with an extremely rigid dural tube throughout (like fibrosis).

My goal was to release the specific restrictions and increase the motility and function of Lindsay's phrenic nerve. But would motility function promote enough neurological impulse to the phrenic nerve to ultimately affect diaphragmatic and organ functions?

After three Visceral Manipulation sessions, Lindsay returned to her doctor for an ultrasound evaluation. The results were outstanding. Her (R) diaphragm was now at 40% function compared to complete paralysis. And the (L) side had improved to normal function. I was so excited I had to see the ultrasound for myself.

Lindsay is now off the ventilator two hours each day. Even her doctor is amazed. Her

last evaluation in my office on August 7th indicated her organs were generally at an inspir level of 50%, an expir level of 55%, phrenic motility of 60% and CRI of 8.

I am so thankful to know these techniques. Lindsay is now under the care of a team of manual practitioners. We are determined to help her regain function, and we hope she will be off the ventilator very soon.



Six years later, on her 8th birthday, Lindsay is slowly being weaned off the ventilator that helps her breathe.

A graduate of Long Beach State University, Gail Wetzler, PT, has maintained a physical therapy practice in California for 23 years. She is UT's Visceral Manipulation curriculum director as well as a certified instructor for classes in Visceral Manipulation, Mechanical Link, and Integrative Therapies in Animal Health. She has also lectured on healthcare topics at seminars around the world.

Visceral Manipulation IB

Expand on the functional anatomy, hand placements and techniques of VMIA to gain an in-depth understanding of the abdominal cavity and its relationship to the cranial, thoracic and pelvic cavities.

- Explore the deeper structures within the abdominal cavity, focusing on the kidneys, bladder, pancreas, spleen, peritoneum and their connective or suspensory tissues.
- Learn about the concept of restriction planes, mobility and motility.
- Begin to incorporate multiple long-lever techniques into your VM work.
- Participate in supervised, hands-on sessions that guide you through techniques for locating and evaluating each organ, along with the effects and contraindications.

4 Days, 24 Contact Hrs.

Prerequisite: Visceral Manipulation IA

Advance Reading Required: *Visceral Manipulation II and Urogenital Manipulation*, both by Jean-Pierre Barral, DO

Tuition: \$495 if paid 30 days in advance, \$595 thereafter

For class dates and locations, see the Course Calendar on page 8. To register call Education Services toll-free: 1-800-233-5880. Ask for priority code N0802. You're also welcome to e-mail upledger@upledger.com, or visit www.upledger.com.

Beyond the Dura '03 International Research Conference

Exploring New Trends in Complementary and Alternative Medicine

Sponsored by The Upledger Foundation

April 30-May 4, 2003 — Jupiter Beach, Florida

Every two years, Beyond the Dura, offers therapists just like you an abundance of educational and networking opportunities. Take part in workshops and lively panel discussions. And spoil yourself with just the right blend of relaxing fun at the Jupiter Beach Resort. Your amenities include a heated pool, fitness center, game room, tennis, sailing, jet skiing, wind-surfing, fishing, snorkeling and the blue-green Atlantic Ocean.

Of course, the traditional Saturday night costume dinner dance is always a draw. This year's theme? A razzzy, jazzy Beaux Arts Ball, à la Moulin Rouge. Come sway to the sounds of a live jazz band featuring guest musicians — like Dr. Upledger himself! Then treat yourself at a Silent/Live Auction and Wine Tasting to benefit The Upledger Foundation.

Location: The Jupiter Beach Resort in Jupiter,

Florida, just 10 miles from The Upledger Institute (UI) and UI HealthPlex Clinical Services. Special room rates are available in limited quantity when you book your room early. Please call the resort at 561-746-2511 and ask for the Upledger room block.

Schedule: The conference kicks off at 6 p.m. Wednesday with a reception and opening remarks. Thursday through Sunday will consist of lectures, demonstrations and panel discussions, with free time included for relaxation and fun. On Thursday evening you'll enjoy silent and live auctions and a wine tasting to benefit The Upledger Foundation. And Saturday night will come alive with the Beaux Arts Ball dinner dance.

Tuition: We're pleased to offer tuition discounts. (See chart at right.) Costs include all presentations plus the Saturday evening dinner dance.

It's Easy to Register for Beyond the Dura '03

- **Phone:** 1-800-233-5880 in North America; U.S. 561-622-4334 worldwide. Ask for priority code N0802.

Hours: 8 a.m. to 8 p.m. Mon.-Thurs., and 8 a.m. to 5 p.m. Fri. (U.S. Eastern Time)

- **Fax:** U.S. 561-622-4771
- **Internet:** www.upledger.com

Regular Tuition	\$595
Medallion Members, Upledger's International Association of Healthcare Practitioners	\$495
Previous BTID Participants	\$395
Qualified Full-Time Students	\$300

Full refund up to two weeks prior to conference; \$50 administrative processing fee thereafter.

Therapist Pedaling 1,500 Miles to Promote CranioSacral Therapy

continued from front cover

experienced this past year, we're seeing an exponential rise in PTSD," Lauri says. Just last May the Red Cross cited two-thirds of all New York City residents as exhibiting symptoms.

Those startling statistics — and a call to action from Dr. John Upledger — motivated Lauri to embark on her upcoming long-distance endeavor. "PTSD is so prevalent yet so little is known about treatment," Lauri adds. "I'm willing to do something dramatic to get people to sit up and take notice."

Trip to Kick Start at Michigan State University, Birthplace of CranioSacral Therapy

Lauri plans to launch her trip on April 1, 2003, in East Lansing, Mich., from the steps of the College of Osteopathic Medicine at Michigan State University. That's where Dr. Upledger first researched and created

Contribute Your Touch to a Worthy Cause

Are you a CranioSacral Therapist who works along Lauri's route? To find out visit www.upledger.com and click on "Where in the World is Lauri Rowe?" Then take this opportunity to promote your services — and help educate your local community about the value of CranioSacral Therapy.

E-mail Lauri at ljrowe@cbpu.com and let her know you'd like to help. She'll be enlisting therapists to give free mini-sessions at Veterans of Foreign Wars (VFW) centers along the way. You'll be educating the public and doing a world of good.

CranioSacral Therapy in the 1970s. From there she intends to accomplish three objectives by the time she reaches The Upledger Institute in Palm Beach Gardens, Fla., on April 30.

"First, I want to educate the public about the effects of PTSD," Lauri says. "We see it every day in the faces of our survivors. From school shootings. From bombings like the one in Oklahoma City. From parents with missing children. From 9-11 and from so many other tragedies. It's time we gain a full understanding of just how devastating a disorder this is.

"I also want to show people that there is hope. PTSD is not an incurable mental disorder. And CranioSacral Therapy has proven to be an effective tool in allowing people to work through it.

"Finally, I'm biking to raise money to make this type of treatment available to more people."

See "Therapist Pedaling 1,500 Miles" on page 5

The Upledger Foundation UpDate

Dear friends,

To add a twist to an old tune, what a long, strange year it's been. From terrorist tragedies to corporate trials, everything in our world seems turned upside down and sorely bent out of shape. Trends we once thought could be predicted with confidence now belie all common sense.

Where are we to look for help? I recommend we stay focused on each other. Now more than ever it is crucial that we continue reaching out to our neighbors, our colleagues, our friends. To lend a hand, both literally and figuratively, to those in need.

This has been our commitment all along here at The Upledger Foundation: to do our best to respond to each individual who reaches out to us for help. I am so grateful for the support you have given us this past year. By helping to fund our research projects and community-outreach programs, you have empowered us to forge new therapeutic avenues that have brought so many to higher levels of health, happiness and peace.

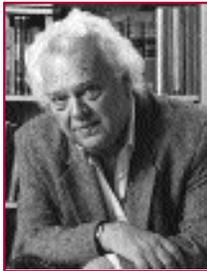
Unfortunately, our overall funding has still dropped by some 27% in the last year, and 38% in the last two years. Like you, I understand acutely what has been happening in the world around us. And that is precisely why I'm asking you to help us once again.

Especially in this time of turmoil, please remember us with your gifts this coming year. More than ever before your support makes a difference. Please join me in reaching out to our neighbors and friends and responding with help once again.

Sincerely,



John E. Upledger, DO, OMM



John E. Upledger, DO, OMM

Compassionate Touch Helping Hands Program

Good things are happening here. Our staff has produced a step-by-step "how-to" manual on this innovative program that aims to teach children the value of a healing touch. Our ultimate goal, as I have mentioned before, is to use the program as a tool to help raise self-esteem and lower potential threats of violence. We were blessed by the generosity of many dedicated individuals who took this manual and promoted the program at schools in their own hometowns. Ruth Peterson, Dottie Marvel, Karin Day, Chris Wheeler and Lauri Rowe, you are making a profound impact in the lives of young children, and that in turn impacts us all.

Two new schools signed on last year — Lanier Elementary in Tampa, Florida, and Henry Paderia Academy in Grand Rapids, Michigan. The feedback was overwhelmingly positive, with substantial data from 285 children from which to draw reliable conclusions.



Schoolchildren demonstrate how to use the Direction of Energy technique to convey a compassionate touch.

One school was so taken with the program they produced an entire video demonstrating how they implemented it there. They hired a professional musician who taped our Helping Hands songs to play for the children. And their teachers developed colorful posters of the songs to display in their classrooms. Remarkably, they gave us the rights to reproduce all these audio and visual aids for the benefit of other schools.

Today as you receive your dose of dread in the daily news, please take a moment to think about the positive impact of these schools. Consider their teachers, students and administrators with real vision. And know that there

is much good going on in the world, even now.

The annual costs associated with each school that hosts this program is \$2,500. To make a contribution, please call 561-624-3888. Ask to designate your donation to the Compassionate Touch Helping Hands Program.

Post-Traumatic Stress Disorder Program

Last year I reported that we were taking this intensive therapy program, which had proven so successful in treating Vietnam veterans, and bringing it to others suffering from PTSD. Never in my wildest dreams did I imagine that such a profound need would come so quickly and in such a devastating way.

In response to the tragic events of Sept. 11, a team of 37 volunteer CranioSacral Therapists from the United States, England and Ireland traveled to New York City to offer a six-day intensive therapy program to local residents suffering from post-traumatic stress. Held in December 2001 at the Swedish Institute, the sessions were offered free of charge to 130 people. Participants reported overwhelmingly positive responses, saying they experienced palpable relief from their pain and grief.

That's the good news. On another note, lack of funding forced us to cancel two PTSD programs for Vietnam veterans that had been scheduled in South Florida. Yet the need continues to be enormous. The Department of Veterans Affairs estimates nearly 1 million of those deployed in Vietnam continue to suffer from the myriad of symptoms that accompany PTSD: physical pain, pent-up trauma, depression, anxiety, isolation, aggression, anger and hostility.

Each PTSD program requires thousands of dollars to administer. Please consider the need for additional funding here to allow this beneficial work to go on. To make a contribution, please call 561-624-3888. Ask to designate your donation to the PTSD program.

BioAquatic Explorations

This year we saw a growing interest in our BioAquatic Exploration programs in the Bahamas. Therapists were not only taking the classes but writing about their experiences in trade publications.

By all accounts, interest in bioaquatic therapy remains high. We are continuing to offer four-day workshops designed to help therapists develop a cooperative relationship with the ocean and its healing resources. Each one begins with a structured dolphin swim, so therapists can explore the dynamics of dolphin-assisted therapy.

Costs for conducting each BioAquatic Exploration are understandably high. To make a contribution, please call 561-624-3888. Ask to designate your donation to BioAquatic Explorations.

The Upledger Foundation Nancy Schaffer Memorial Golf Classic and April Fundraising Tribute

Our first celebrity golf tournament along with an April fundraising tribute (*thank you*) helped raise both funds and awareness for our Foundation programs on a variety of fronts.

We're intent on keeping that interest high by holding a 2nd annual Golf Classic in April to celebrate CranioSacral Therapy Awareness Month. Scheduled for April 4-5, 2003, in South Florida, it's a fun way to join our extended family and show your support. Visit www.upledger.com in the coming months to register.

To make a contribution, please call 561-624-3888. Ask to designate your donation to The Upledger Foundation Nancy Schaffer Memorial Golf Classic.

Help Keep Our Community Strong

As therapists, we are part of a community that has undeniably committed itself to the greater good. And as caring professionals, we make the commitment every day to reach out to help others.

Please join me in my quest to bring the work we do to more people in our extended communities. I urge you, this year above all others, to make your contribution to The Upledger Foundation, no matter how large or how small. Every dollar is a treasure to those in need.

One easy way to help is to carry The Upledger Foundation credit card. Offered as part of a partnership with MBNA, the card benefits the Foundation with every purchase and approved application. Call 1-800-523-7666 for details.



A list of educational articles is also available to help you learn more about our research programs and community-outreach projects. For a copy — and to make your tax-deductible donation — please call 561-624-3888. Or visit the website at www.upledger.com.

Therapist Pedaling 1,500 Miles to Promote CranioSacral Therapy

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Her goal? "To raise \$50,000 before April 30, 2003," Lauri says. "That money will go to the education and the treatment of PTSD through Upledger Foundation intensive therapy programs."

Learn more about Lauri's trip and how CranioSacral Therapy can help those with PTSD. Visit www.upledger.com in the coming months.

Make Your Mark as a Sponsor Supporting Complementary Care

Help Lauri Rowe in her quest to raise funds to aid those suffering from PTSD. Simply donate \$25 or more to The Upledger Foundation. Your business will be gratefully acknowledged on the websites of both The Upledger Institute and The International Alliance of Healthcare Educators.

You're welcome to make your contribution by check or charge. Call Educational Services at 1-800-233-5880. Ask for priority code N0802. Or visit www.upledger.com.

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Advanced I CranioSacral Therapy

Palm Beach, Fla. - Jan. 21-25, 2002



l-r: Donna Spears, LMT, NMT, CST; Barbara Sikes, DC; Chas Perry, PhD, CST-D (instructor); Christine Bennett, LMT, NCTMB; Ali Lindsey, MS, LMT; Bettina Newmann, RPT, CST; Jennifer Fleming, OTR/L, BCP; Phyllis Childers, RN; Carol Short, LMT (preceptor); Jeanette Yoder, WRMT, NCTMB; Donna Kingsley, LMT, NMT, CST; Mary Lee Buschur, LMT, CST. Not pictured: Donna Soares, LMT (preceptor).

Lymph Drainage Therapy for Stroke Patient: A Case Profile

by Alain Duchene, CMT

Jack* is a 41-year-old male who suffered a stroke by thrombosis seven years ago and fully recovered. He later endured a stroke from pulmonary embolism that occurred in a



Alain Duchene, CMT

plane as he flew from Los Angeles to Amsterdam. After landing and being hospitalized for two weeks, he was sent back to L.A. where he spent another two weeks in a hospital. He went home with his right arm paralyzed, and very little voluntary motion in his right leg.

Because Jack's arm had not been put in a sling he had hyperextension of the ligaments of the articular capsule of his right shoulder, muscle dystrophy, and a very swollen right hand with total loss of function and very little sensation. He was also experiencing memory loss.

At this point Jack started physical therapy at his house for his arm and leg. After one week there was no visible improvement, nor any reduction in the swelling of his hand.

When I met him I explained the concept of Lymph Drainage Therapy (LDT). He was willing to give some sessions a try, so we contacted his physician who indicated that very light massage could be administered.

I decided to do only 20 minutes of LDT — I was very cautious and aware of his contraindications due to circulatory problems and the filter placed in his leg to stop/filter blood clots. Taking into consideration that Jack was taking anticoagulants, I also made sure he had no cuts.

Gentle Techniques Help Reduce Swelling

I began with very gentle effleurage to gain Jack's confidence, relax him, and get a feel for his swollen and paralyzed body. I also noticed a subnormal temperature in his right arm.

I started the Lymph Drainage Therapy on his neck. Then I moved on to the chest and arm,

where I could feel a lot of engorged lymph vessels. When I worked on his leg I again felt some congestion of lymph.

I ended the session according to regular procedure. Before Jack left I advised him to eat light, avoid alcohol and stay hydrated.

The next evening he said he did not feel any different except for tingling at the shoulder joint. I repeated the same treatment, spending more time on his arm and hand and extending the session to 40 minutes. While he had a difficult time sleeping that night, he woke up the next morning with barely any swelling left.

He also said he could feel more tingling in his arm and shoulder, and the physical therapy exercises that day visibly improved.

It's been over a month now since my treatment with Jack. The swelling in his hand has never reoccurred. He has recovered 20% of his

arm function, his leg motion is better and he has more control with his fingers. While he's still in the process of recovery, his speech ability is now normal, he has gained self-confidence and is able to play with his 8-year-old daughter.

Jack says he has full trust in the benefits of Lymph Drainage Therapy. And after seven years of practicing massage I experienced some of the best feelings a therapist can have in the "rewards of achievement." Thank you, Dr. Chikly.

Nationally certified in massage therapy, Alain Duchene maintains a private practice in Redwood, Calif., where he focuses on Myofascial Therapy, Neuromuscular Therapy and Lymph Drainage Therapy.

*Name changed to protect confidentiality.

UI Lymph Drainage Therapy Curriculum



Learn more about The Upledger Institute's Lymph Drainage Therapy program designed by modality developer Bruno Chikly, MD, DO (hon.). Call Educational Services toll-free at 1-800-233-5880. Ask for priority code N0802. E-mail upledger@upledger.com. Or visit www.upledger.com.

Mechanical Link Pre- and Post-Surgery: A Case Profile

by Elizabeth Derringer, PT

Mrs. B was scheduled for a bunionectomy that was complicated by allergies to all pain medication. At her request I agreed to help her through the process.



Elizabeth Derringer, PT

I began by using the Mechanical Link (ML) pre-surgery protocol. I did a complete evaluation of her body, including an ML treatment the day before surgery. Later, in the recovery room, I began with the ML Treatment and Self-Treatment protocol, using phase 1 of the Recoil technique to work with the lines of force, arteries and skin. I applied this very gentle technique over the surgical bandages.

Mrs. B said the discomfort was lessening even as she was coming out of the anesthesia. She returned home where I continued to treat her for the next 10 days.

Mrs. B was instructed to keep her feet elevated with a bag of frozen corn on the surgery site. The first 24 hours post-surgery were extremely painful, she said, but that lessened with each ML treatment. After 48 hours she was nearly pain-free and progressing nicely.

Five days later Mrs. B reported no pain at all. Surprisingly, she also had complete range of motion of her great toe, foot and ankle, and no swelling.

Mechanical Link Techniques Help Accelerate Recovery

I continued working with Mrs. B using the lines of force, arteries, skin, viscera, spine, sternum, ribs and cranium, along with the peripheral joints. At a follow-up visit with her doctor 10 days post-surgery, there were no bruises or swelling and she was still pain-free. She was able to wear her own shoes and bear weight while using a cane three weeks later.

Eight weeks after the surgery Mrs. B was walking without any assistive device. She had a normal gait pattern and only slight discomfort when she became fatigued.

What a change this was from the normal physical therapy nightmare of seeing a patient six weeks post-surgery with sausage toes, no range of motion, extreme pain and a need for numbing narcotics. Most of these people cannot even think about getting back into their own shoes for nine months to a year. It would take months to progress as far as Mrs. B advanced in just days. And to her delight she was able to walk in her own shoes without using a cane.

Mrs. B is a fine example of how the Mechanical Link protocol effectively and efficiently assists patients pre- and post-surgery on the road to recovery.

With more than 25 years of experience, Elizabeth Derringer is a physical therapist in private practice in Falls Church, Va. She is also a certified Mechanical Link teaching assistant with The Upledger Institute where she works with Paul Chauffour, DO.

*Name changed to protect confidentiality.

UI Refocuses Mechanical Link I to Emphasize Immediate Applications

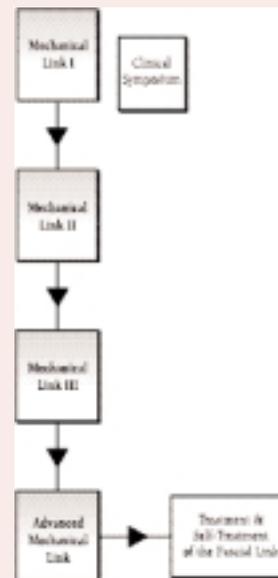
The Upledger Institute has refocused its Mechanical Link I workshop to offer practical applications therapists can put to work right away. The new emphasis is on "giving practitioners specific tools they can use to immediately treat locally and globally," says UI-certified instructor Monique Bureau, PT, DO (Can.).

"In the past the curriculum was structured so that all four levels of training were needed to effectively address patients," Monique says. "Now you get results right from the start. Then when you put all the classes together you get a more refined global perspective."

UI is offering alumni added incentive to explore the new format: It only costs \$100 to repeat Mechanical Link I. For dates and locations see the Course Calendar on page 8.

To register for a course call Educational Services toll-free: 1-800-233-5880. Ask for priority code N0802. You're also welcome to e-mail upledger@upledger.com, or visit www.upledger.com.

UI Mechanical Link Curriculum



Learn more about The Upledger Institute's Mechanical Link program designed by modality developer Paul Chauffour, DO. Call Educational Services toll-free at 1-800-233-5880. Ask for priority code N0802. E-mail upledger@upledger.com. Or visit www.upledger.com.