



Onsen  
International

# Onsen Muscle Therapy™ for the Therapist

The purpose of Onsen Therapy™ is to provide valuable tools that will enhance your clinical success and fit smoothly into your existing methods of treatment.

The principles in our combination of a specialized form of Muscle Energy Technique, Isometric Exercises, and Transverse Friction Massage in The Treatment of Pain™ have proven to be far reaching in therapeutic value. Onsen® gives us tools we never had before:

- Accurate assessment
- Skeletal repositioning – little effort
- Simple and painless correction
- Provision of long term relief
- Addresses individual spinal segments
- Correction of larger regional spinal curves
- Many new corrective techniques

@reallygreatsite

Find a Trainer

[onsentherapy.com](http://onsentherapy.com)



# Onsen Muscle Therapy™ is rapidly gaining popularity among massage therapists & other modalities.

The amazing part of this treatment is that the therapist can physically see and feel changes in the client's condition.

## What is Onsen®

*Onsen is a Japanese word which literally translates to "Hot Springs". Students first reported that it felt like you had just come out of the Hot Springs when they had a complete session of our founder's work.*

The Treatment of Pain™, also known as the Onsen Techniques®, Onsen Therapy™, or just plain Onsen® is a very gentle method - it is very easy for both therapist and client.

Rich Phaigh, LMT, DMT, from Eugene, Oregon, USA developed these techniques while he was on the world class NIKE team as their masseuse in the 1980's. His Onsen® DVD, video clinic, text/workbooks offers an in home study training program that includes 150 assessments, corrections and exercises.

These techniques focus on methods to assess and correct pain causing structural and functional deviations in order to provide long term relief.

## Why Onsen®

Understanding Onsen® principles will help you to move towards a complete and long lasting change in the relief of pain & the clients you treat.

## Attending Courses

### Who can Attend?

- RMT's
- Massage workers
- Athletic Trainers
- Body workers
- Personal Trainers
- Chiropractors

### Who can Certify?

- Massage Therapists
- Athletic Trainers
- Personal Trainers
- Chiropractors
- Body workers with Anatomy & Physiology

### Why Certify?

- The General Public looks for Therapists who can actually take their pain away when no one else can
- Certification gives them the confidence to refer you to their friends and family

**Find courses near you – or a trainer who will travel to you – on [onsentherapy.com](http://onsentherapy.com)**





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# Onsen Muscle Therapy™ Courses

## Onsen® Volume I

Structural Assessment and Correction of the Thoracolumbar, sacral & pelvic regions

Volume I will address lower body deviations in pelvic rotations, upslips of SI joint, Symphysis pubis misalignment and the ten axis of torsion and rotation of the sacrum.

It will also address type I & type II deviations in the lumbar vertebrae, & follow up with detailed clinic.

## Onsen® Volume 2

Functional Assessment and Correction of the Thoracolumbar, Sacral & Pelvic Regions

Volume II will take the therapist through a specific set of assessment protocols for testing muscles which cause problems in the structural components of the lower body & Clinic: 2 Volumes During this volume the therapist will learn active, passive, resisted, strength and fatigue assessments of muscles affecting the pelvic region. We will also address specific testing, treatment of inert and contractile tissues, anatomical & pathological testing

## Onsen® Volume 3

Structural Assessment and Correction of the Cervical & Thoracic Spinal Regions

Volume III will address Type I dysfunctions which cause deviations of the upper spine, shoulder neck, and scapula. It will also address Type II dysfunctions resulting in facet joint closure creating a side bend and rotation of the affected vertebra to the side of the closure.

We will address very specific conditions relating to the Occipital/Atlanteal, Atlanteal/Axial, C2/3 to C4/5 joints and the transitional vertebrae in the cervicothoracic and thoracolumbar regions with their very important three phase corrections. Plus Clinic Volume 3.

## Onsen® Volume 4

Functional Assessment and Correction of the Cervical & Thoracic Regions

Volume IV will take you through a specific set of assessment protocols for testing muscles which cause problems in the structural components of the cervical, thoracic, scapular and shoulder regions. We will learn functional testing protocols and includes a pictorial Shoulder Chart to find source of pain.

Clinic: 4 volumes. Certification Exam is available same weekend if time reserved.

## About the Courses

Rich Phaigh's Onsen Techniques® courses may become available at a Massage College near you as their Second year : 500 hour course; Currently it is divided into 4 volumes which are taught in weekend courses in 72-80 hours. The rest you study at home with the matching volume of Onsen® DVD, Textbook, NEW Workbook, & Study Exam. These volumes take you step by step through the Structural and Functional Assessment and Correction of the Upper and Lower body. Structural and Functional Dysfunctions are also addressed.