

# *Visceral Manipulation*

**Listening Techniques;  
An Osteopathic Approach  
to Evaluation (LT)**



# LISTENING OVERVIEW

To properly perform Visceral Manipulation, you need to continually acknowledge and experience dynamic anatomy and develop a deeper understanding of the theories and principles of visceral motion. Unlike many other body systems, the anatomy and biomechanics of the visceral system can vary due to numerous possible internal and external influences.

In Visceral Listening Techniques, you'll reinforce the powerful "Listening" skills you learned in the Visceral Manipulation core classes. These palpation procedures help guide you to the proper manipulation site, indicate which body structures are involved, and identify the correct approach with the correct amount of force.

You'll also practice Listening to the body systems as they respond to your manipulations. This allows you to better understand how to apply corrective forces and follow the body's responses.

## Goals:

- Establish Listening as a palpation procedure that will help guide you to a precise area to treat.
- Increase your knowledge and perception as to which body structure is involved.
- Help you monitor how the systems affect each other.
- Allow you to better understand how to apply corrective forces to create the most therapeutically efficient conditions.