

About L.A.S.T.

L.A.S.T. is based on current scientific research.

Ruptured or injured ligaments are a source of mechanical problems. Ligamentous Articular Strain Technique™© (L.A.S.T.) affects mainly ligaments, joint capsules, fascia, muscles, tendons, and indirectly, lymphatic and blood flow.



The tension in all of the ligaments, capsule and surrounding fascial tissue of a normal joint is balanced and is used to centre adjacent bones in their articular grooves and spaces.

When an injury occurs, the joint becomes displaced beyond this physiologic position, and some, if not all, of the surrounding ligaments become stressed and un-balanced.

L.A.S.T incorporates aspects of myofascial release techniques, positional release techniques, craniosacral techniques, visceral manipulation and periosteal release techniques.



L.A.S.T. is one form of treatment which attempts to help stimulate the innate self correcting healing properties of the body in order to return it to its pre-injured homeostatic state.

Lower Body & Extremities

In this course we explore the fascial-ligamentous & membranous connections from the thorax to the feet. Treating alignment issues from the feet to the pelvis will keep your patients functioning more efficient and improve their quality of life!

In this course, we discuss how a dysfunction in one area affects an area distant to it. Come to the course wearing comfortable, non restrictive, stretchy clothing that you are able to move freely in and be treated through.

The first evening we introducing you to a new perspective in how you acquire the information through your hands from your patient. We all know what we think we are feeling, but are you really getting all the information you can? We talk about the history, current research and the principles of L.A.S.T. and then we start out looking at the feet. We all stand on them but how well are you listening to them?



On the second day we start with the tarsal region and move our way up to the triceps surae, knee, ITB, and hip tissues. Lots of techniques, lots of information processing and lots of fun.

Our final day starts with the hip and moves into the abdomen and pelvis. It will take some time for you to become comfortable with these new techniques. These techniques offer a new dynamic to your practice and to your patients. You will have a repertoire of “clothes on” and “clothes off” techniques to make you more efficient with your time and hands.

Recognize that you will have made a significant change in the way you treat and experience your patients. In the end, your patient’s quality of life improves and you become more skilled with a safe and effective treatment technique.



Thanks for being a part of the L.A.S.T. family!

Techniques taught at L.A.S.T. courses comply with the scope of practice for Massage Therapists, Chiropractors, Physiotherapists and Osteopaths.

About Robert Libbey, RMT

Robert has been a Registered Massage Therapist (RMT) with the College of Massage Therapists of British Columbia (CMTBC) and the Massage Therapists Association of British Columbia (MTABC) since 1994. From 2001 – 2008 he was on faculty at the West Coast College of Massage Therapy (WCCMT) instructing in their Orthopedic and Neurological Examination departments.



He was a Senior Clinical Supervisor examining students preparing for their Provincial Regulatory Board Examinations. Robert upgraded his education to the 3000hr standard.

Robert has spent the last 10 years, adding up to over 14,000hrs, researching, learning, developing and updating L.A.S.T.

Robert believes Massage Therapists have a great opportunity to improve the quality of life in their patients. He has always felt that the training and understanding of the ligamentous articular system has been in a diminished state.

Roberts's goal is to provide practitioners with a safe and effective skill to enhance their regular treatment techniques.

L.A.S.T. is approved for Continuing Education Credits by the following:



“Small Changes, Large Effects”

Lower Body & Extremities



Innovative Techniques for:
Massage Therapists
Chiropractors
Osteopaths
Physiotherapists

To arrange for one of our courses to be taught in your area please contact us!

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