## **2017** Course Dates & Locations

**See www.healthclick.com for dates and locations**

Call 1-800-300-5512 or Go online to register:
**www.healthclick.com** and Select Registration from the main menu. Search by course name for more info & course dates.

## About the Educator

**Jennifer Goff MSPT, NCS, CLT, CMT** has been a physical therapist for 26 years. Her experience as a collegiate athlete, coach and neuro-certified specialist combined with years of experience with geriatric clients gives her a unique understanding of what is necessary to enhance physical performance in the aging adult. She obtained her BSPT at Northern Arizona University and her MSPT at Rocky Mountain University. She has been certified in the fields of vestibular rehabilitation, lymphedema and venous management, and Neurodevelopmental Treatment. She has pursued advanced instruction in PNF, manual therapy, sports performance, wound care, urinary incontinence, and motor control and motor learning and has completed over 250 hours of education in integrative medicine practices. She has been a clinical instructor for 11 years. She currently works in a private practice setting treating patients with limitations due to trauma, pain, and neurological deficits as well as developing performance enhancement training programs for active seniors. She also acts as an educational consultant with training expertise in a wide variety of topics including dementia, lymphedema management, neurological rehabilitation, vestibular training, bowel and bladder management, and wound care. She is active in the promotion of healthy aging lifestyles through presentations and publications for the general public and specific patient support groups.

# Myofascial Release and Soft Tissue Techniques to Improve Functional Outcomes and Reduce Pain

## Presented by
**Jennifer Goff, MSPT, NCS, CLT, CMT**

**North American Seminars®**
**1-800-300-5512 | Fax 1-800-310-5920**
**www.healthclick.com**
Elomotus® Medical Education

**PT, PTA, OT and AT - Continuing Education Course**

## Why You Should Take This Course

The field of fascial research is exploding with fascinating new knowledge about the role of fascia in sensory communication, force transmission, postural stability, cellular health, and much more. Gaining knowledge of this important three-dimensional structure in the body will enhance the clinician's ability to improve outcomes in many diverse types of patient diagnoses, including tendonitis, joint restrictions, chronic pain, fibromyalgia, and neurological hypertonicity.

This two-day, intermediate course provides the clinician with the appropriate assessment tools, palpation skills and manual techniques to improve patient function and reduce pain. There is extensive lab time to practice manual skills using multiple myofascial and soft tissue techniques to reduce guarding, calm the sympathetic pain response, and decrease restrictions of the myofascial structures. Specifically, these myofascial techniques include gross and local hands on skills, neural inhibition techniques, trigger point reduction, and more. The clinician will also learn progressive mobility exercises to enhance the outcomes after restrictive tissue is released.

This class provides clinicians with the information and skills needed to successfully treat orthopedic and neurologically involved patients that present with fascial restriction. Clinicians' will have the tools necessary to provide a comprehensive approach that includes hands on skills, patient education, exercises and functional mobility activities to achieve functional outcomes.

The information and skills presented in this class will enhance the therapists ability to improve quality of life, functional mobility and decrease pain in a variety of neurological diagnoses such as Multiple Sclerosis, Parkinson's and stroke, in addition to common orthopedic diagnoses including acute injuries, musculoskeletal dysfunction, chronic injuries and post-surgical restrictions.

### Course Objectives

Upon completion of this course, participants will be able to:

- Identify myofascial restrictions leading to pain and dysfunction using standardized tools and assessment skills.
- Describe the multidimensional role of the fascial system to improve outcomes in multiple patient populations.
- Understand the complex role of the neuro-fascial communication system to treat chronic pain disorders.
- Palpate restrictive tissue and structural tissue release.
- Utilize techniques gentle enough to treat highly sensitized patients while still gaining mobility and function.
- Perform myofascial techniques for the following diagnoses: plantar fasciitis, achilles tendinitis, total knee replacements, arthritis pain, IT band restrictions, elbow tendinitis, carpal tunnel, headaches and TMJ, Fibromyalgia, chronic fatigue, chronic pain, post surgical scarring and cording.
- Perform specific myofascial techniques to improve function and decrease pain for the cervical, thoracic and lumbar regions, shoulder girdle, ribs, pelvic region, hip, upper and lower extremities.
- Perform techniques that assist with the functional mobility of patients with a neurological impairment such as stroke, Parkinson's and Multiple Sclerosis.
- Identify the type of myofascial techniques to use to decrease hypertonicity.
- Develop progressive rehab programs that include patient education, self care exercises, myofascial techniques and progressive exercises to maintain functional gains and improve overall function.

## Day One

7:30 8:00 Registration

8:00 9:30 **Fascial Physiology and Function (Lecture)**
- History of myofascial release
- Fascia physiology
- Incorporating myofascial techniques into a comprehensive program- understanding the role of fascia in pain and mobility management
- New research on: sensory communication (proprioception, interoception, nociception), force transmission, postural stability, and cellular health

9:00 10:00 **Myofascial Techniques – Who Will Benefit From Techniques?** (Lecture/Lab)
- Assessment – posture, range of motion, function, pain, tissue

10:00 10:15 Break

10:15 11:45 **Myofascial Release Techniques (Lecture/Lab)**

**Therapist preparation**
- Being a mindful practitioner
- Power of touch
- Developing palpation skills

**Patient preparation**
- Setting expectations, positioning, explaining their role

**Pre-treatment recommendations**
- The highly sensitized patient Fibromyalgia, chronic pain, PTSD (Lecture/Lab)
- Manual lymphatic techniques for the pain sensitizers
- Breath work
- Sympathetic inhibition
- Stroking, trigger point release, rhythmical rotation

11:45 12:45 Lunch (on your own)

12:45 1:15 **Myofascial Release Techniques (Lecture/Lab)**
- Benefits, risks, contraindications
- Myofascial palpation lab
- Types of strokes and approaches

## Day One (continued)

1:15 2:30 **The Spine and Pelvis (Lab)**
- Lumbar
  - Thoracolumbar fascia, latissimus, paraspinals, quadratus lumborum, illiopsoas, hip adductors, intervertebral
- Pelvis
  - Gluts, piriformis, sciatic nerve, SI joint, diaphragm, pelvic floor

2:30 2:45 Break

2:45 5:30 **Thoracic Spine**
- Kyphosis (pec major, pec minor, sternum, T-spine gross and local techniques, ribs
- Cervical spine
  - Forward head posture (SCM, levator, Upper trap, anterior neck into thorax, scalenes, ligamentum nuchae),
  - Suboccipitals release
  - Headaches
  - TMJ

## Day Two

8:00 10:00 **Upper Extremity (Lect/Lab)**
- Frozen shoulder
- Impingement
- Elbow tendinitis
- Carpel tunnel
- Dupuytren's
- Thumb arthritis

10:00 10:15 Break

10:15 12:00 **Lower Extremity (Lab)**
- Hip (sleeve, greater troch. bursitis, TFL, IT band, ischial tuberosity)
- Knee arthritis and patellar pain
- Dorsiflexion
- Achilles tendonitis
- Plantar fasciitis

12:00 1:00 Lunch (on your own)

1:00 2:00 **Neuro Techniques – Stroke, TBI, MS, Parkinson's (Lecture/Lab)**
- Trunk mobilization, scapular mobilization, opening the hand, Ranging the foot, rigidity)

## Day Two (continued)

2:00 2:15 Break

2:15 3:00 **Neuro Techniques (Lab continued)**

3:00 3:30 **Medically Complex Patients**
- Oncology
- Scar tissue mobilizations

3:30 4:00 **Exertion Reduced Exercises and Follow Up Post Treatment**
- Tai chi, yoga
- Mindful movements, self-treatment techniques

4:00 4:15 **Questions**

# Registration Form

# Myofascial Release

Goff 17

Register Online! www.healthclick.com

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

Name _____ Profession _____

Home _____

Address _____ City _____ State _____ Zip _____

Credit Card _____ cvv _____

Exp.date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.