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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
Facility		
Home Mailing Address		
City	State	Zip
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E-mail Address for Confirmation (will not be shared or sold)		

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WEBINAR #7415 Maximizing Mobility with Myofascial Release

Instructor:
Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEAS

Audience:
Physical Therapists, Occupational
Therapists, Assistants and Athletic Trainers

Delivery Options:
Live Webinar or Self-Study Options

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SUMMARY: Explore how myofascial therapy can contribute to functional performance by increasing flexibility, reducing pain, and improving quality of life in this brief introduction. Fascia surrounds and connects all structures in the body. Abnormal tension in the fascia from stress, injury or disease contributes to a multitude of pain problems, including fibromyalgia and myofascial pain syndrome. Its role in mobility, biomechanics and human performance is being recognized by researchers around the world. The latest evidence will be discussed to confirm the benefits of myofascial work. This course includes video demonstrations and illustrations of a variety of myofascial techniques to illustrate how this gentle stretching technology can transform mobility and functional performance. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: **Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEAS** is President of Educise PC continuing education and physical therapy in Sunapee, NH. A Board-certified Specialist in Orthopedic Physical Therapy, Expert Witness, massage therapist, and coach with 30+ years' experience in clinical practice and education, she integrates best evidence-based practices of manual therapy and orthopedic rehab, with complementary medicine approaches for outstanding peak performance. She graduated Long Island University's Masters Physical Therapy Program in with Highest Honors. She received her Doctorate in Physical Therapy Program at University of New England. Dr. Schmidt served as faculty at Touro College Physical Therapy, Nassau CC and CUNY Queens College in NY. She presented for International Fascia Research Congress, APTA, AOTA, AMTA, NASA Inomedic Health, Johns Hopkins, Cleveland Clinic and major medical centers. She is a published author, integrative medicine clinician, community educator, and nature enthusiast. Visit her at: www.Educise.com. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Recognize the anatomy and function of the fascial system.
2. Understand and discuss types of fascial impairments and diagnostic categories.
3. Apply selected myofascial interventions to improve mobility and reduce pain, thus improve functional performance and occupational participation, including ADLs, work, and leisure.
4. Analyze current research regarding the impact of the fascial system and efficacy of myofascial release..

FORMAT: This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



OT CEU's: Motivations Inc. is an AOTA Approved Provider of professional development. Approved Provider #12209. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures.

AGENDA:

Pre-Study: 30 Minutes

Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

Time Increment	Topic	Instructional Method
30 min	Introduction to fascia structure, function, clinical relevance	Lecture
30 min	Fascial pathologies, myofascial pain, fibromyalgia, trigger points, research on strain	Lecture
30 min	How to perform myofascial release, indications, contraindications, methods and techniques	Lecture/Video
30 min	Myofascial techniques, video demonstrations, research review on effectiveness of fascial release	Lecture/Video

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.

For course dates, times and registration, please visit: www.motivationsceu.com