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Type Registration	Definition	Price
Group rate	Register 20 or more	\$50
Individual Rate	Single Registration	\$50

Course #	Course Title	
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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



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SELF-STUDY #7440 The Fascial Toolbox

Instructor: Chris Gellert, PT, MMusc &
Sportsphysio, MPT, CSCS, C-IASTM,
NASM-CPT

Audience: Physical Therapists, and
Assistants, and Athletic Trainers

Delivery Options:
Self-Study

Motivations, Inc.

SUMMARY: Chris Gellert, PT, MMusc & Sportsphysio, MPT, CSCS, C-IASTM, NASM-CPT has created a dynamic home study course on myofascial release and instrument assisted soft tissue manipulation(IASTM) for massage therapists. This course was designed to teach the foundation of what fascia is, the function of fascia, active and latent trigger points. To identify the foundation of myofascial release, and practice the most effective clinical techniques for the cervical, shoulder, thoracic, lumbar spine, hip, knee and ankle. In addition, to identify what precautions, contraindications, common effective strokes for the upper and lower body designed to compliment your manual toolbox. Most importantly, to save your hands. Course instruction method includes: Lecture, demonstration, videos, and questions/answers

PRESENTER: Chris is an experienced physical therapist with nearly 25 years of strong clinical and didactic experience having worked in inpatient, outpatient, home care, industrial rehabilitation, and private practice settings. Where he has been afforded the opportunity to have treated a multitude of different movement dysfunctions. These include orthopedic injuries, spinal injuries, traumatic and sport related injuries, motor vehicle accidents, post operative conditions, neuromuscular conditions, geriatric conditions, balance and other related movement dysfunctions. Chris also is a certified personal trainer with 25 years experience. Where he has trained clients young and old, helping clients safely and effectively reach their goals and optimal functional independence.

Chris received his Bachelor's degree in Marketing from SUNY Plattsburgh in 1992, then after sustaining a low back injury and receiving physical therapy, decided to become a personal trainer and pursue physical therapy school. Chris attended and graduated from Nova Southeastern University (FL) in 1999. Then in 2011, Chris attended and graduated from the University of South Australia earning an advanced Master's degree in Musculoskeletal and Sportsphysiotherapy. which is equivalent to a U.S. Residency. When he isn't working, he loves playing with his dogs, traveling, mt. biking, hiking and enjoying time with his wife Ailie and his two dogs skylar and maylo. *Financial*— Receives 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. Interpret two sources on the foundation and origin of Instrument Assisted Soft Tissue Manipulation (IASTM) and the latest research as it applies clinically.
2. Apply the fanning stroke with a patient who has active or latent trigger points in their upper trapezius muscle.
3. Defend the selection of one IASTM tool and treatment plan for a specified clinical condition.
4. Compare mechanical and physiologic responses of IASTM when provided with a case study.
5. Identify three key differences between a fascial restriction and muscle tightness.
6. Identify two indications and two contraindications of IASTM for an instructor named clinical condition.
7. Interpret the rationale behind IASTM by comparing mechanical vs. neurological responses using the most current research.
8. Identify what fascia is, how to identify common fascial restrictions using the IASTM and latest research.
9. Compare the difference between the clinical patterns of spinal stenosis, spondylosis and lumbar radiculopathy in terms of each diagnoses behavior of symptoms, clinical findings, and common muscle imbalances.
10. Identify an active trigger point vs. a latent trigger point for patients diagnosed with fibromyalgia.
11. Justify the IASTM tool selected based on the presence of trigger points in a therapy evaluation.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a self-study.

For Recorded courses, learners will not be able to participate in real time with questions. The content is presented via an internet website displaying real time power points. Learners will receive a course instruction link.

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

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

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verification a state. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.

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.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time.

120 minute Video Agenda

Introduction

Fascia and its role

Trigger Points

What is myofascial release and techniques for Cervical, Shoulder and Lumbar

Myofascial Release techniques for hip, leg and ankle complex

Foundation of IASTM "Gua Sha"

Research on IASTM

Principle, Benefits of IASTM and

Mechanical and neurophysiologic responses

Types of IASTM Tools

IASTM Foundational Strokes

Indications, contraindications and precautions to IASTM

Common Dysfunction of Cervical, Shoulder and Lumbar

Common Dysfunctions of Hip, Knee and ankle

IASTM Techniques To Cervical Region

IASTM Techniques to Shoulder Region

IASTM Techniques to Lumbar Region

IASTM Techniques to Hip Region

IASTM Techniques to Knee Region

IASTM Techniques to Ankle Region

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 and save your auto-emailed certificate for your files.