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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

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

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 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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WEBINAR #7434 Clinicians Guide to Foam Rolling

Instructor:
Dr. Rina Pandya, PT, DPT

Audience:
Physical Therapists, Occupational
Therapists and Assistants

Delivery Options:
Live Webinar or Self-Study Options

SUMMARY: This course will connect the anatomy and physiology of muscle contraction with the myofascia and trigger points that are responsible for pain mechanism. It is important to understand the effect of dysfunctional myofascial chain. We will discuss evidence based research which will support the use of foam rolling, types of different rollers, functions, benefits, role in improving muscle length and hence improved mobility. The knowledge of trigger points in major muscle groups and techniques to foam roll will be addressed, and add another tool in your tool box for effective rehabilitation. Course instruction methods include: lecture, demonstration, videos, case studies and question/answers. (Introductory Level)

PRESENTER: **Dr. Rina Pandya, PT, DPT** has an extensive physical therapy career that spans over 20 years, through the UK, the USA and the Middle East. She has worked in NHS (National Health Service), American health care providing PT services in acute care, in-patient rehab, skilled nursing facility, home healthcare and outpatient clinic. In addition to being a clinician she has developed specialty programs based on evidence-based practice in her role as a project manager. She has also managed a Physical Therapy department as Department Head in premier private hospital in Oman. Rina graduated from Manipal University, India in 2000 as well as University of Michigan, in 2018 with a Doctor of Physical Therapy. She has also been an educator with Summit Professional Education conducting live seminars. Rina is a member of the APTA, HCPC-UK and OAP-Oman. *Financial*— Received a teaching honorarium Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists

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

1. List the anatomy and physiology of the muscle and the fascia.
2. Evaluate the effect of foam rolling on myofascia and autonomic nervous system, CNS, cardiovascular, mechanical and neurological systems.
3. Summarize the stretch reflex.
4. Define the principles of foam rolling to improve posture, reduce pain, and improve body awareness in order to maximize function and participation in ADLs, leisure, and work pursuits.
5. Practice the techniques for foam rolling major muscle groups of upper and lower extremities and correlating to varied diagnoses through demonstration videos. Also, includes innovative use of foam roller for balance and proprioception and neural stretching.

FORMAT: This is a 4-hour course equivalent to 4 CEU's or 0.4 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.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# 03083. This Distance Learning—Interactive or Distance Learning—Independent activity is offered at 0.4 CEUs **Introductory-Level**, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of course specific content, products or clinical procedures

BRING: It is recommended to bring a foam roller to practice the exercises shared in the course.

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.

30 min : anatomy and physiology of muscle and muscle contraction.

45 min: Effect of rolling on myofascia, trigger point and benefits

45 min: Evidence based research on foam rolling.

60 min: Foam rolling techniques for major muscle groups : soleus, gastrocnemius, tibialis, peroneals, Quadriceps, psoas, piriformis, pectorals, latissimus dorsi, thoracic spine

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 course evaluation survey to offer your ratings and comments on the course.