



5th Annual UF Health Integrative Medicine Workshop Fascial Foundations: Intro to the Low Back

April 20, 2018 - Workshop | Florida School of Massage

Friday, April 20, 2018: Pre-Conference Workshop

Fascial Foundations: Intro to the Low Back

Presented By: David Lesondak, BSCI, KMI, FFT, LMT

7:00 – 8:00 a.m.	Check In
8:00 – 8:30 a.m.	Lecture: Fascia as a Tissue and System
8:30 – 9:00 a.m.	Lecture: The New Anatomy of the Low Back Complex
9:00 – 10:00 a.m.	Hands On: Patho-Anatomical Assessment, Treatment for Superficial Back Line: Strategies for Dealing with Disc Issues
10:00 – 10:15 a.m.	Break
10:15 – 11:15 a.m.	Hands On: Iliac Crest and Pelvic Girdle
11:15 – 12:15 p.m.	Hands On: Compartments of the Thigh in Relation to Pelvic Orientation
12:15 – 1:00 p.m.	Lunch
1:00 – 2:00 p.m.	Hands On: Iliacus, Psoas, Sacrotuberous Ligament
2:00 – 2:30 p.m.	Hands On: Back Line Reprise and Re-Assessment
2:30 – 2:45 p.m.	Break
2:45 – 3:15 p.m.	Questions, Case Studies, Strategies, and Concluding Remarks



5th Annual UF Health Integrative Medicine Conference Flow: Mind, Movement, and Energy | Integrative Pain Management

April 21, 2018 - Conference | Harrell Medical Education Building

Saturday, April 21, 2018: Conference

Flow: Mind, Movement and Energy | Integrative Pain Management

7:00 – 8:00 a.m.	Registration, Breakfast, & Exhibits			
8:00 – 8:15 a.m.	Opening Remarks <u>Irene M. Estores, MD</u>			
8:15 – 9:15 a.m.	Keynote Presentation – Acupuncture Channels and Myofascial Meridians Peter Dorsher, MD Mayo Clinic, Jacksonville			
9:15 – 9:45 a.m.	Break, Networking, and Exhibits			
9:45 – 11:45 a.m.	Somatic Meditation Sabine Grunwald, PhD	Dance/Movement Therapy for People Living with Chronic Pain Jennifer Lee, DMT	Mindfulness-Oriented Interventions for Trauma Trish Magyari, MS, LPLC, NCC, RYT-200	Chinese Manipulative Therapy: Tuina and Gua Sha Marleen Colangelo- Lunior
12:00 – 1:00 p.m.	Lunch & Exhibits			
1:00 – 2:00 p.m.	Fascia: What it Is and Why it Matters David Lesondak, BSCI, KMI, FFT, LMT University of Pittsburgh Medical Center			
2:00 – 2:30 a.m.	Break/Networking			
2:30 – 4:30 p.m.	Physical Therapy for Persons with Chronic Complex Pain Yvette Silvey, PT	Zero Balancing Carla van Arnem, LMT	Celebrating Health with Dance: an Introduction to Traditional West African Dance Barakissa Coulibaly	Chinese Manipulative Therapy: Tuina and Gua Sha Misti Oxford-Pickeral, MAC, AP & Ruby Bienert, BA, MS, MAC, AP
4:30 – 4:45 p.m.	Raffle, Announcements, and Adjournment			