

Fix It with Your Hands

Reshaping Fascia for Pain Relief and Improved Function

6 contact hours - \$150 per person

North Olympic Library Carver Room – January 26 & 28, 2019

Course Objectives

The learner will –

1. Describe fascia and the ways fascia can cause pain and/or interfere with balanced muscle action.
2. Describe precautions for the process of myofascial release, both for the patient and for the therapist.
3. Demonstrate several fascial releases and describe how they might be used.
4. Analyze a patient's needs and deliver a series of releases appropriate to those needs.
5. Develop a plan for continued personal learning of the myofascial release technique and a strategy for integrating the technique into the practitioner's current practice.

Class Schedule

8:00 – 8:30 Registration and table set up

8:30 – 10:15 What is fascia? How restrictions cause impairments, precautions for patients and therapists, how to analyze a patient's needs for myofascial release, and how to deliver a release.

10:15 – 10:30 Break

10:30 – 12:00 Three 30 minutes labs to practice finding a restriction and feel a release

12:00 – 1:00 Lunch on your own

1:00 – 1:45 Brief lecture and then lab on myofascial release for the upper extremity

1:45 – 2:30 Brief lecture and then lab on myofascial release for the lower extremity

2:30 -2:45 Break

2:45 – 3:30 Brief lecture and then lab on myofascial release for the trunk and pelvis

3:30 – 4:00 Development of a learning plan to continue to build skills and integrate myofascial release into your practice.