

## 2012 Course Dates & Locations

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Call 1-800-300-5512 or Go online to: [www.healthclick.com/courses/nas07.cfm](http://www.healthclick.com/courses/nas07.cfm) for hotel and course location information.

Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 18 contact hours/1.8 ceu's for therapists licensed in Florida, Illinois, New York, North Carolina or the District of Columbia

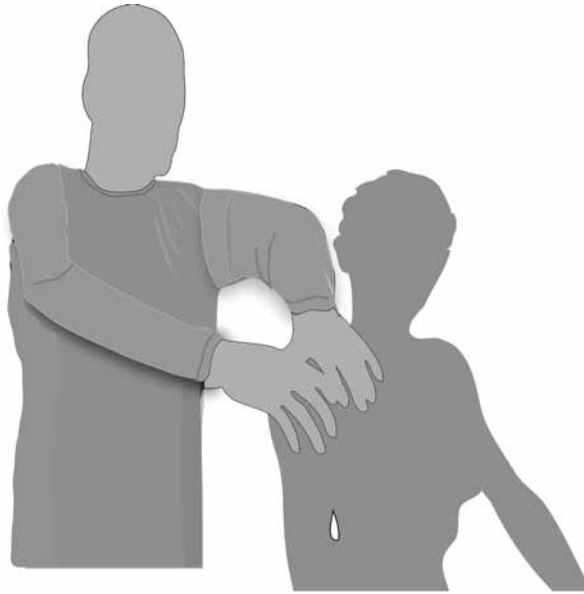
This course is 15 contact hours/1.5 ceu's for therapists licensed in the states

BOC Provider #P2047 | IL PT Provider #216000074  
FL OT provider #50-1442 | AOTA Provider #4487  
NCBTMB Approved Provider #280670-00

NAS is approved by the IDPR to provide ceus for PT's and PTA's licensed in Illinois. IL PT provider #216000074. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. This course meets the continuing education requirements for OT license renewal in the State of California. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval # PTNAS-201476. This course has been approved by the Nevada State Board of Physical Therapy Examiners for 1.5 units of continuing education. The Pennsylvania State Board of Physical Therapy has approved this course, approval #PTCE001986(15 GEN). This course has been approved by the DC Board of Physical Therapy for 18 hours, approval # DC-1075. The Maryland Board of Physical Therapy has approved this course for ceu requirements for physical therapists licensed in Maryland. This course has been approved for physical therapists in the State of Delaware. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. FL OT Provider #50-1442. The Oklahoma Board of Medical Licensure and Supervision has approved this course for Physical Therapy ceu's for license renewal. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Ms. Ventre is an approved provider by the National Certification Board for Therapeutic Massage and Bodywork.

# Myofascial Release

From the Surface to the Depths



Presented by  
Beth Ventre, PT

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

[www.healthclick.com](http://www.healthclick.com)

## Day One

7:30	8:00	<b>Registration</b>
8:00	9:00	<b>Anatomy and Physiology of Fascia</b> <ul style="list-style-type: none"><li>• Embryonic development</li><li>• Repair of connective tissue</li></ul>
9:00	10:00	<b>Posture Evaluation (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Find fascial restrictions</li><li>• Quality of ROM</li></ul>
10:00	10:15	<b>Break</b>
10:15	11:15	<b>Direct and Indirect Techniques</b> <ul style="list-style-type: none"><li>• Signs of tissue release</li><li>• Palpate directions of bind</li><li>• Fascial release of diagrams using fulcrums</li></ul>
11:15	12:30	<b>Techniques for Joint Surfaces (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Enhancing joint play within the upper extremity joints</li><li>• Enhancing joint play within the lower extremity joints</li></ul>
12:30	1:30	<b>Lunch (on your own)</b>
1:30	2:30	<b>Release for Vertebra, Muscles (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Palpating fascia between each vertebra</li><li>• Learn palpation skills for releasing the membranes around the muscles</li><li>• Biceps, gastrocnemius</li></ul>
2:30	3:30	<b>Evaluation Tools to Find Key Restrictions (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Perform gentle fascial drag through the feet</li><li>• Feel from the head</li><li>• Group practice</li></ul>
3:30	3:45	<b>Break</b>
3:45	4:45	<b>Release for Visceral Restrictions (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Small intestine membranes</li><li>• Sigmoid area fascia</li><li>• Thoracic membranes</li></ul>
4:45	5:30	<b>How to Stay Present (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Lessons in grounding</li><li>• Lessons in centering</li><li>• Lessons in boundaries</li></ul>
5:30	6:00	<b>Specialized Fascia</b> <ul style="list-style-type: none"><li>• Carpal tunnel</li><li>• Scar tissue release</li></ul>

## Day Two

8:00	8:30	<b>Specialized Fascia (continued)</b> <ul style="list-style-type: none"><li>• Carpal tunnel</li><li>• Scar tissue release</li></ul>
8:30	9:30	<b>Neck Release (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Anterior</li><li>• Posterior</li><li>• Mid neck fascia</li></ul>
9:30	9:15	<b>Break</b>
9:15	10:30	<b>Deeper Fascial Release (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Along brain and Spinal Cord</li><li>• Indirect cranial membranes</li></ul>
10:30	11:30	<b>Fascial Release for Nerve Roots (Lecture and Lab)</b> <ul style="list-style-type: none"><li>• Examining palpation</li><li>• Refining subtle touch</li></ul>
11:30	12:30	<b>Lunch (on your own)</b>
12:30	1:30	<b>Rib Release (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Improve inhalation</li><li>• Free between the ribs</li><li>• Increase rib excursion</li></ul>
1:30	2:45	<b>Body Oriented Gestalt Application (Lecture)</b> <ul style="list-style-type: none"><li>• Use of imagery</li><li>• Learning techniques to support emotions</li></ul>
2:45	3:45	<b>Applying Techniques in the Clinic (Lecture)</b> <ul style="list-style-type: none"><li>• Working with specific diagnoses<ul style="list-style-type: none"><li>- neurologic clients</li><li>- chronic pain and sports injuries</li></ul></li><li>• Questions and Answers</li></ul>



Call North American Seminars, Inc. if your facility is interested in hosting one of our courses or if you are an educator interested in presenting courses with North American Seminars, Inc. 1-800-300-5512

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## About the Educator

**Beth Ventre, PT**, graduated from the University of CT in 1982 with a BS in Physical Therapy. Beth has worked in a variety of settings including a community hospital, sports medicine clinic, and an outpatient manual therapy clinic. She is currently working in private practice in North Carolina. Beth began her training in manual therapy in 1986. She combines her skills in Muscle Energy Technique, Strain/Counterstrain, Craniosacral Therapy, Somato Emotional Release, Myofascial Release, Energy Balancing, visceral manipulation, acupressure, and manual lymph drainage with traditional physical therapy to achieve successful patient outcomes.

Beth also trained at the Hartford Family Institute for 3 years of Body Oriented Gestalt Therapy in order to become skilled in dealing with the emotional support that is often needed for clients. In 1992, Beth began teaching Muscle Energy, and Myofacial Release courses across the US and Canada. Beth incorporates her 28 years of experience to provide an eclectic approach to her teaching style.

Beth Ventre is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider.

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## Why You Should Attend This Course

This two day beginning to intermediate level course has been designed to provide medical professionals with the information and techniques needed to treat myofascial restrictions. Anatomy and physiology of fascia and its relationship to proper physiological function will be discussed throughout the course. This course will provide extensive laboratory time to develop assessment and palpation skills to identify and treat fascial restrictions. Techniques for surface and deep membranes, joints, selected organs and rib excursion enhancement will enhance the clinicians ability to develop more comprehensive evaluation and treatment programs for orthopedic conditions, neurological problems, chronic pain and sports injuries. The techniques can benefit patients of all ages with fascial restrictions and bring better balance back to the patients body. Each participant will receive a comprehensive manual detailing the information and techniques and will be able to immediately apply the information in the clinic.

### Course Objectives

Upon completion of this course, participants will be able to:

- Identify key fascial restrictions through proper posture analysis.
- Understand the anatomy and physiology of fascia and its contribution to dysfunction, postural problems, loss of motion and pain.
- Develop enhanced palpation skills to identify areas of tension and treat fascial restriction.
- Utilize palpation skills to identify postural dysfunction.
- Evaluate and treat diaphragmatic restrictions and improve rib excursion.
- Identify fascial restrictions within the joints of the extremities and develop skills to improve range of motion and decrease pain.
- Perform techniques to decrease visceral restrictions.
- Decrease headaches and spinal pain by utilizing fascial release skills along the spinal cord.
- Increase spinal mobility and decrease back pain by applying fascial release techniques to the spinal region.
- Incorporate myofascial release into a rehab program to enhance functional and physiological outcomes.
- Apply myofascial release to a variety of diagnoses to obtain improved physiological and functional outcomes.
- Gain an understanding of how the physical body works together with the emotional body and incorporate techniques into a comprehensive program.

**Registration Form**

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**Myofascial Release**

**Course Tuition: \$399**

Send tuition to: North American Seminars, Inc.  
2000 Mallory Lane Suite 130-67 Franklin, TN 37067  
1-800-300-5512 Fax 1-800-310-5920 [www.healthclick.com](http://www.healthclick.com)



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Credit Card \_\_\_\_\_

Exp.date \_\_\_\_\_ Phone (required) \_\_\_\_\_

e-mail (required) \_\_\_\_\_

Location of attendance \_\_\_\_\_

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.