

# Myofascial Release

From the Surface to the Depths

Call 1-800-300-5512 or Go online to register:

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

**This course is 15 contact hours/1.5 ceu's**

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

BOC Provider #P2047

AOTA Provider #4487

NCBTMB Approved Provider #280670-00



Presented by  
Beth Ventre, PT

PT, OT, PTA and ATC - Continuing Education Course

North American Seminars, Inc.  
1-800-300-5512 | Fax 1-800-310-5920  
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## 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>• Exacting 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>



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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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Name	_____	Profession	_____
Home	_____		
Address	_____		
	_____		
City	_____	State	_____
		Zip	_____
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.