Myofascial Release and Soft Tissue Techniques to Improve Functional Outcomes and Reduce Pain

About the Educator

Jennifer Goff, MSPT, NCS, CLT, CMT, has been a physical therapist for over 26 years. Her experience as a collegiate athlete, coach and Neuro-Certified Specialist combined with years of experience with geriatric and chronic pain clients gives her a unique understanding of what is necessary to enhance physical performance in the aging adult. She obtained her BSPT at Northern Arizona University and her MSPT at Rocky Mountain University. She has also been certified in the fields of vestibular rehabilitation, lymphedema and venous management, and Neurodevelopmental Treatment. She has pursued advanced instruction in PNF, manual therapy, sports performance, wound care, urinary incontinence, and motor control and motor learning and has completed over 250 hours of education in integrative medicine practices including myofascial release, biodynamic craniosacral therapy, and Chinese medicine. She is a certified mindfulness meditation instructor and Qigong teacher. She has been a clinical instructor for 11 years. She currently works in a private practice setting treating patients with limitations due to trauma, pain, and neurological deficits as well as developing performance enhancement training programs for active seniors. She also acts as an educational consultant with training expertise in a wide variety of topics including dementia, lymphedema management, neurological rehabilitation, vestibular training, bowel and bladder management, and wound care. She is active in the promotion of healthy aging lifestyles through presentations and publications for the general public and specific patient support groups.

Course Objectives

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

- Describe an understanding of the multidimensional role of the fascial system.
- Identify myofascial restrictions leading to pain and dysfunction using standardized tools and assessment skills.
- Discuss the complex role of the neuro-fascial communication system to treat chronic pain disorders.
- Palpate restrictive tissue and structural tissue release.
- Perform techniques gentle enough to treat highly sensitized patients while still gaining mobility and function.
- Perform myofascial techniques for the following diagnoses: plantar fascitis, Achilles tendinitis, total knee replacements, arthritis pain, IT band restrictions, elbow tendinitis, carpal tunnel, headaches and TMJ, Fibromyalgia, chronic fatigue, chronic pain, post surgical scarring and cording.
- Perform specific myofascial techniques to improve function and decrease pain for the cervical, thoracic and lumbar regions, shoulder girdle, ribs, pelvic region, hip, upper and lower extremities.
- Identify the type of myofascial techniques to be used to decrease stiffness from neurological hypertonicity and rigidity that occurs in neurological diseases such as stroke, Parkinson’s, and MS.
- Develop progressive rehab programs that include patient education, self-care skills, myofascial techniques and progressive exercises to maintain gains and improve overall function.

Why You Should Take This Course

The field of fascial research is exploding with fascinating new knowledge about the role of fascia in sensory communication, force transmission, postural stability, cellular health, and much more. Gaining knowledge of this important three-dimensional structure in the body will enhance the clinician’s ability to improve outcomes in many diverse types of patient diagnoses including tendonitis, joint restrictions, chronic pain, fibromyalgia, and neurological hypertonicity caused by myoplastic hyperstiffness.

This two-day, intermediate course provides the clinician with the appropriate assessment tools, palpation skills and manual techniques to improve patient function and reduce pain. There is extensive lab time to practice manual skills using multiple myofascial and soft tissue techniques to reduce guarding, calm the sympathetic pain response, and decrease restrictions of the myofascial structures. Specifically, these myofascial techniques include gross and local hands on skills, neural inhibition techniques, trigger point reduction, and more. The clinician will also learn progressive mobility exercises to enhance the outcomes after restrictive tissue is released.

This class provides clinicians with the information and skills needed to successfully treat orthopedic and neurologically involved patients that present with fascial restriction. Clinicians’ will have the tools necessary to provide a comprehensive approach that includes hands on skills, patient education, exercises and functional mobility activities to achieve functional outcomes.

The information and skills presented in this class will enhance the therapist’s ability to improve quality of life, functional mobility and decrease pain in a variety of common orthopedic diagnoses including acute injuries, musculoskeletal dysfunction, chronic injuries and post-surgical restrictions as well as affecting certain dysfunctions in neurological diagnoses such as Multiple Sclerosis, Parkinson’s and stroke.

Go to: www.healthclick.com for specific price and ceu details.
Day One

7:30 8:00 Registration
8:00 10:00 Fascial Physiology and Function (Lecture)
   • History of myofascial release
   • Fascia physiology
   • Incorporating myofascial Techniques into a comprehensive program-understanding the role of fascia in pain and mobility management
   • New research on: sensory communication (proprioception, interoception, nociception), force transmission, postural stability, and cellular health

10:00 10:15 Break
10:15 12:00 Myofascial Techniques – Who Will Benefit From Techniques? (Lecture/Lab)
   • Assessment – posture, ROM, function, pain scales and tissue
   • Therapist preparation being a mindful practitioner
     - Power of touch
     - Developing palpation skills
   • Patient preparation
     - Setting expectations, positioning, self treatment, explaining their role

12:00 1:00 Lunch (on your own)
1:00 2:15 Pre-Treatment Recommendations
   • The highly sensitized patient
   • Fibromyalgia, chronic pain, PTSD (Lecture/Lab)
   • Manual lymphatic techniques for the pain sensitzers
   • Sympathetic inhibition
     - Breath work
     - Stroking, trigger point release, rhythmical rotation

2:15 2:30 Break
2:30 3:15 Myofascial Release Techniques (Lecture/Lab)
   • Benefits, risks, contraindications
   • Myofascial palpation lab
   • Types of strokes and approaches

Day One (continued)

3:15 5:30 The Spine and Pelvis (Lab)
   • Lumbar: LBP
     - Thoracolumbar fascia, latissimus, paraspinals, quadratus lumborum, iliopsoas, hip adductors, intervertebral
   • Pelvis: Pelvic Dysfunction
     - Gluts, piriiformis, sciatic nerve, SI joint, diaphragm, pelvic floor

8:00 10:00 Thoracic Spine: Treating Kyphotic Posture and Thoracic Spine Dysfunction
   • Kyphosis (pect major, pec minor, sternum, T-spine gross and local techniques, ribs)

10:00 10:15 Break
10:15 12:00 Cervical spine: Forward Head, TMJ and Headaches
   • SCM, levator, upper trap, ant. neck into thorax, scalenes, masseter ligamentum nuchae, suboccipital release, frontalis, temporals

12:00 1:00 Lunch (on your own)
1:00 2:15 Upper Extremity: Treating frozen shoulder, impingement, tendonitis, carpel tunnel and hand dysfunctions (Lab)
   • Trigger point release, sleeve technique, external rotation, impingement, clavicular restriction
   • Elbow tendinitis (Ride the Wave and Rhythmical Traction)
   • Carpel tunnel (Finger pull, metacarpal spread, carpal distraction)
   • Dupuytren’s, Thumb arthritis

2:15 2:30 Break
2:30 3:45 Lower Extremity (Lab)
   • Greater troch, bursitis, hip restrictions, TFL, IT band, ischial tuberosity, sleeve technique, quads and hamstring release
   • Patellar dysfunction, Achilles tendonitis, dorsiflexion ROM
   • Plantar fasciitis approaches

Day Two

4:15 4:30 Review/Questions

4:35 4:45 Summary and Alternative Diagnosis Uses (Lecture/Lab)
   • Neuro Techniques –myoelastic hyperstiffness in Stroke, TBI, MS, Parkinson’s
     - Trunk Mobilization, Scapular mobilization, opening the hand, ranging the foot, rigidity
   • Oncology, Scar mobilization
   • Exertion Reduced Exercises and follow up post treatment
     - Tai chi, yoga, mindful movements, self-treatment techniques

4:45 4:55 Review/Questions