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

Jennifer Goff, MSPT, NCS, CLT, CMT

North American Seminars®
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

Elomotus® Medical Education

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 myofascial hyperfypression.

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.

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 coring.

• 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.

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

Jennifer Goff, MSPT, NCS, CLT, CMT

North American Seminars®
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

Elomotus® Medical Education

PT, PTA, OT and AT - Continuing Education Course

Add the online Myofascial Release course during registration for 23.5 total hours.

Live course, with online home study.

28.2 CEU’s for therapists licensed in IL, DC, NY

Visit www.healthclick.com for the most current dates, locations and tuition

For special needs requests, submit a help ticket at: www.healthclick.com

Jennifer Goff MSPT NCS, CLT, CMT

Call 1-800-300-5512 or Go online to register:
www.healthclick.com and Select Registration from the main menu. Search by course name for more info & course dates.

Jennifer Goff MSPT NCS, CLT, CMT has been a physical therapist for 30 years. She obtained her BSPT at Northern Arizona University and her MSPT at Rocky Mountain University of Health Professions. She is board certified by the ABPTS in neurologic rehabilitation with a special interest in the autonomic nervous system and how trauma patterns are held in the body via neuro-fascial communication. She has been certified in the fields of vestibular rehabilitation, and lymphedema and venous management. She is a certified mindfulness meditation instructor, a restorative yoga instructor, and a level 1 Chi Gong instructor. She has pursued advanced instruction in manual therapy, myofascial release, and women’s health and has completed over 250 hours of education in integrative medicine practices. She is a PhD student studying how the mind and body interact to enhance well-being. She has been a clinical instructor for 12 years. She currently works in a wellness and pain management clinic utilizing manual skills, mindfulness based movement, sub-inflammatory based progressive exercise programs and patient education strategies to help people reduce chronic pain and improve quality of life. She acts as an educational consultant with training expertise in a wide variety of topics including chronic pain, dementia, lymphedema management, neurological rehabilitation, vestibular training, and bowel and bladder management. She is active in the promotion of healthy aging lifestyles through presentations and publications for the general public and specific patient support groups.

© Copyright 2019, North American Seminars, Inc. All images, layout and content on this brochure are the sole property of North American Seminars, Inc. Healthclick™ and The Healthclick Medical Course Series™ are the trademarks of NAS, Inc.
Day One
7:30 8:00
Registration
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

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, piriformis, sciatic nerve, SI joint, diaphragm, pelvic floor

Day Two
8:00 10:00
• Kyphosis (pec major, pec minor, sternum, T-spine gross and local techniques, ribs)

Day Two (continued)
3:45 4:15
Summary and Alternative Diagnosis Uses (Lecture/Lab)
• Neuro Techniques—myoplastic 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

4:15 4:30
Review/Questions

Certificates of attendance for CEEU verification are provided after successful completion of the course.
This course is 15 contact hours. This course is 18 contact hours. 1.5 CEU’s for therapists licensed in Illinois, New York, or the District of Columbia

This course is applicable for PT, PTA, OT, AT’s. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CA, CO, CT, DE, DC, GA, ID, IN, MA, MD, MI, MN, NH, NJ, NM, NY, OH, OR, PA, RI, SC, UT, VT, VA, WA, WI, WV, WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 21600074. 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. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 190703BTX and meets continuing competence criteria for physical therapist and physical therapist assistant licensure renewal in Texas for 15 cu’s. The assignment of Texas PT CCUs does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTE. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 cu’s, 15 Category-1 PDA units. 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. North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487. Intermediate Level Occupational Therapy Process: evaluation, intervention, outcomes. AOTA approval hours-15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, UT, VT, VA, WA, WI, WV, and FL OT provider # 20-1412. BOC provider # P2047-15, 15 hours, call for evidence-based approval status. Meets the NBCOT requirements. Don’t see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.