

Outline

ANATOMY AND FUNCTION OF FASCIA IN NORMAL AND PATHOLOGICAL CONDITIONS
WHAT DOES THE 3-D MATRIX OF TISSUE TELL US ABOUT THE BODY

WHAT DOES THE RESEARCH TELL US?
EVIDENCE BEHIND FASCIAL MOBILIZATION, TRIGGER POINTS AND MORE

- When to use your hands vs. instrument-assisted release

DIFFERENTIAL DIAGNOSIS OF FASCIAL IMPAIRMENT
HOW TO DISTINGUISH BETWEEN MYOFASCIAL PAIN AND FIBROMYALGIA

- Improve your problem-solving skills with challenging impairments
- Identify myofascial trigger points
- Objective documentation

PRINCIPLES AND PROCEDURES OF MYOFASCIAL RELEASE
HOW TO PROPERLY AND EFFICIENTLY WORK ON THE FASCIA

DOCUMENTATION FOR FUNCTIONAL OUTCOMES
WHAT INSURANCE COMPANIES ARE LOOKING FOR IN ORDER TO GET FULLY REIMBURSED

Hands-On Lab

IDENTIFY MOBILITY IMPAIRMENTS USING POSTURE, PALPATION, AND MOTION TESTING

SOFT TISSUE MOBILIZATION ASSESSMENT – HOW TO LISTEN TO WHAT THE BODY IS SAYING

- Myofascial examination
- Learn how to palpate and assess fascial mobility
- General and local listening of fascial tension patterns

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Massage Therapists
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Rehab Nurses
- Exercise Physiologists
- Athletic Trainers
- Rehabilitation medicine physicians
- Certified Strength and Conditioning Specialists
- Personal Trainers

What to Bring/Wear

- Draping sheets, massage lotion, and hand sanitizer
- Massage table or yoga mat and pillows
- Loose, comfortable clothes for lab

TECHNIQUES TO DECREASE PAIN AND INCREASE FUNCTIONAL MOBILITY

- Skin gliding
- Cupping
- Rolling
- Triplanar release
- Use of negative pressure tools, cupping therapy

MORE MOBILIZATION TECHNIQUES

- Cross-hand releases for spine and other extremities

SPECIFIC MYOFASCIAL TECHNIQUES

- Circular friction
- Elbowing
- Knuckling
- Circular finger and thumb releases
- Muscle play
- Longitudinal stroking
- Z-friction release

MYOFASCIAL DISTRACTION TECHNIQUES

- Arm and leg distraction
- PNF

HOW TO USE MYOFASCIAL RELEASE ON SPECIFIC REGIONS OF THE BODY

- Respiratory diaphragm
- Iliopsoas
- Transverse fascial diaphragms
- IASTM: instrument-assisted soft tissue mobilization and myofascial release tools: cups, foam rollers, balls, and other tools

CLINICAL PROBLEM-SOLVING FOR CASE STUDIES AND DISCUSSION

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
 Actual lunch and break start times are at the discretion of the speaker.
 A more detailed schedule is available upon request.



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2-DAY

Myofascial Release Clinician Certification

Soft Tissue Mobilization for Rapid Functional Outcomes

Manhattan, NY
 Thursday & Friday
 April 11-12, 2019

White Plains, NY
 Saturday & Sunday
 June 1-2, 2019

UPCOMING
 Live Video Webcast
 Thursday & Friday
 May 16-17, 2019

REGISTER NOW: pesirehab.com/express/69147

2-DAY

Myofascial Release Clinician Certification

Soft Tissue Mobilization for Rapid Functional Outcomes

FEATURING:

Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEAS, CHy, DD
 National speaker, author, Fascia Research Society member,
 and master clinician on myofascial release

- Master the foundations of myofascial release and soft tissue mobilization with this certification seminar
- Boost your referrals and achieve measurable results that patients will rave about
- Set yourself apart as the go-to practitioner for managing chronic pain, fibromyalgia, scar tissue and stiffness
- Achieve functional mobility in your patients fast and easy with this evidence-based intervention
- Decrease the stress you place on your own hands and body with other manual therapies
- Put your patients at ease, knowing that you possess specific skills related to soft tissue problems to ease their pain and mobility challenges

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

2-DAY Myofascial Release Clinician Certification Soft Tissue Mobilization for Rapid Functional Outcomes

Do you ever feel as if you're playing that frustrating game of chasing pain with your patients without lasting results? Exercise and medication are limited in their effects on chronic pain; and a schedule full of patients needing manual therapy can leave you feeling exhausted and ultimately weaken your treatment.

Experience a breakthrough in your practice by bringing lasting change to your patients with myofascial release. Even if you already use some of the techniques or are familiar with the theory, this 2-day certification refines your skills and goes a long way in making your work more efficient and effective.

After 2 days of training with a master clinician in myofascial release and soft-tissue mobilization, you'll begin to see a dramatic increase in functional mobility in your patients while simultaneously saving your hands for your next patient. Where symptoms in the past seemed elusive and remote in the body, you'll now have the skills to assess the fascial impairments and pinpoint the underlying barriers to release the tension and pain that ultimately impairs function and activity. Be precise in how you differentiate between myofascial pain and fibromyalgia and identify what motion limitations there are with simple biomechanical screenings. Release painful trigger points and tension rapidly, improve circulation, increase flexibility, and restore alignment for documentable functional outcomes – all in just 2 days.

This certification sets you apart as a highly qualified and skilled soft tissue professional. You'll be recognized for your advanced skills in soft-tissue mobilization, making your practice more marketable with results patients are willing to pay for.

Sign up today for your chance to become certified in this powerful, evidence-based method.

Speaker

THERESA SCHMIDT, PT, DPT, MS, OCS, LMT, CEAS, CHy, DD, is a Board-certified specialist in orthopedic physical therapy, massage therapist, certified professional speaker, Reiki Master, and hypnotherapist. Her work integrates the best of evidence-based traditional and alternative medicine with inspirational resources to achieve results that change lives. Dr. Schmidt received her Doctorate in Physical Therapy from University of New England and served as faculty of the Physical Therapy and PTA Programs at Touro College in New York City. She also served as adjunct professor at Nassau Community and CUNY Queens Colleges. She has presented internationally for Fascia Research Congress, hospitals, private companies, and clinics and is an accomplished published author.

Speaker Disclosures:
Financial: Theresa Schmidt maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Theresa Schmidt has no relevant non-financial relationship to disclose.


Objectives

- Analyze the anatomy and function of the fascial system.
- Discuss the evidence-based research regarding the impact of the fascial system and efficacy of myofascial release.
- Perform an assessment to identify mobility restrictions, painful trigger points, and functional impairments related to abnormal fascial tension.
- Define fascial tension's contribution to abnormal posture and painful movement, and its relationship to stress and emotional states.
- Discuss the scientific mechanism for myofascial release, its indications and contraindications.
- Differentiate between myofascial pain and fibromyalgia.
- Apply myofascial distraction techniques for UE and LE dysfunctions.
- Demonstrate five myofascial techniques to improve mobility and function in hands-on lab.
- Discuss how to use myofascial release techniques on specific regions of the body, such as the respiratory diaphragm and iliopsoas.
- Demonstrate how instrument-assisted soft tissue mobilization and myofascial release tools can be utilized in therapy.
- Define CPT codes so you can document functional outcomes correctly and ethically.
- Discuss when to use your hands for manual therapy vs. instrument-assisted release.

Certification of competency is awarded after completion of an online exam after the workshop.

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at christian@pesi.com or 715-855-5261.



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EXERCISE PHYSIOLOGISTS: ASEP members will earn 10 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

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PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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TUITION OPTIONS

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

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