

RELEASE WITH FASCIALIZATION Lower Quadrant

**A Comprehensive & Unique Approach
to Opening Myofascial Systems
with Soft Tissue Techniques**

NJSBPTE Approved for 7 CE Credits
NJSBPTE Course Approval #1804-23

www.magicalhandphysicaltherapy.com

RANGE OF MOTION PHYSICAL THERAPY
620 Cranbury Road, Suite 201
East Brunswick, NJ 08816

INFORMATION

Where: Range of Motion Physical Therapy
620 Cranbury Road, Suite 201
East Brunswick, NJ 08816

Time: Registration at 9:30 am
Class Session: 9:45 am to 6 pm

INCLUDED: Workbook and Certificates will be issued

Please wear a sweatsuit or other comfortable clothing and a tank top or sports bra

Please bring a pillow and sheet with you to the Seminar

FOR FURTHER INFORMATION: Call (732) 257-0900

7 Contact Hours Fee: \$150.00

Please register me for the **Release with Fascialization — Lower Quadrant Seminar** being held in East Brunswick, NJ, at cost of \$150.00:
3 OR MORE REGISTRANTS TOGETHER, DISCOUNTED PRICE OF \$140.00 EACH — MUST REGISTER TOGETHER

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR:

REGISTRATION FEE is \$150.00 by Check

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Return registration form(s) with check for \$150.00, payable to: MARIA ALFIERIS

Mail Registration to Range of Motion Physical Therapy, 620 Cranbury Road, Suite 201, East Brunswick, NJ 08816

REGISTRATION FORM

COURSE DESCRIPTION

This hands-on course will teach the therapist advanced skills in myofascial release and soft tissue mobilization for reducing pain soft tissue restrictions, and for promoting improvements in range of motion and circulation. Improvement of neuromuscular and musculoskeletal impairments will be linked to achievement of functional goals and activities.

LEARNING OBJECTIVES

Therapists completing this course will be able to:

- Identify myofascial restrictions throughout the musculoskeletal system through palpation.
- Describe the state of the myofascial literature.
- Explain the clinical rationale for the effect that myofascial release has on pain reduction, postural alignment and improvement in mobility.
- Perform myofascial release techniques that utilize the therapists' fingertip pads, thumbs, elbows, and thenar eminences.
- Discriminate which myofascial techniques to use for specific conditions, e.g. piriformis syndrome, tendonitis, muscle strain, joint sprains.
- Affect positive changes in myofascial restrictions through myofascial release techniques
- Revise patients' plans of care based on objective findings.

COURSE OUTLINE

9:45 to 10:45 am

I. Lecture

- A. Theoretical and structural basis of the muscle-fascial system
- B. Review of current myofascial literature
- C. Patterns of structural dysfunction of the muscle-fascial system
- D. Postural assessment and palpation

10:45 am to 12:45 pm

II. Lecture & Lab: Evaluation

- A. Postural Analysis
- B. Soft Tissue Mobility
- C. Integrity of Movement/Muscle and Tissue Imbalances
- D. Trunk Assessor
- E. Lower Quadrant Assessment

Break — 12:45 to 1:45 pm

1:45 to 4:00 pm

III. Lecture & Lab: Mobilization & Release Techniques for the Thorax, Pelvis & Lower Extremities

- A. Connecting With Client/Feeling the System
- B. Determining Resistance Patterns/Contact with Tissue
- C. Sternum and Rib Cage Release
- D. Visceral Techniques
- E. Thoracic Techniques

Break — 4:00 to 4:15 pm

4:15 to 6:00 pm

IV. Lecture & Lab: Mobilization & Release Techniques for the Thorax, Pelvis & Lower Extremities

- F. Lumbo-Sacral Release
- G. Pelvic Girdle/Hip Release
- H. Lower Extremity/Ankle-Foot Techniques
- I. Whole Body Balancing

WHO'S HELPING??

Maria Alfieris, PT

Maria was the owner of Range of Motion Physical Therapy in East Brunswick, New Jersey. Maria's professional concentration has been in evaluating, designing programs, and treating patients with soft tissue dysfunctions. She has given a series of courses under the topic of Myofascial Mobilization and has attended numerous seminars concentrating on Myofascial and Cranio-Sacral techniques in physical therapy. Maria also incorporates into her work the understanding of emotional causation with disease and dysfunction. She is currently focusing most of her work on body/mind connections. See Maria's Instagram page @magicalhandsphysicaltherapy

**We Welcome All
PTs & PTAs to Join Us
Call 732-257-0900
For Information**