

RELEASE WITH FASCIALIZATION

Self-realization through fascia

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

NJSBPTE Approved for 14 CE Credits
NJSBPTE Course Approval #2203-126

www.magicalhandsphysicaltherapy.com

Maria Alfieri
ROM Kids Pediatric PT/Magical Hands PT
83C Dorset Lane
Monroe, NJ 08831

INFORMATION

Where:

Time: **DAY 1 Registration at 9:30 am**
Class Session: 10 am to 6 pm
DAY 2 Class Session: 10 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) 740-5659

14 Contact Hours

Fee: \$400.00

Please register me for the Release with Fascialization Seminar being held in

at cost of \$400.00:

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR:

REGISTRATION FEE is \$375.00 by Check payable to the instructor, MARIA ALFIERIS

Name: _____ Email: _____

Address: _____

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

Return registration form(s) with check for \$400.00, payable to: MARIA ALFIERIS

Mail Registration to Maria Alfieri, ROM Kids Pediatric PT/Magical Hands PT, 83C Dorset Lane, Monroe, NJ 08831

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

DAY 1 — 10:00 to 11:00 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

DAY 1 — 11:00 am to 1:00 pm

II. Lecture & Lab: Evaluation

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

DAY 1 — Break — 1:00 to 2:00 pm

DAY 1 — 2:00 to 6:00 pm

III. Lecture & Lab: Mobilization & Release Techniques for the Occiput & Cervical Region

- A. Connecting With Client/Feeling the System
- B. Determining Resistance Patterns/Contact with Tissue
- C. Occipital/Cervical Release

DAY 2 — 10:00 am to 1:00 pm

I. Lecture & Lab: Mobilization & Release Techniques for the Chest, Scapular & Upper Extremities

- D. SCM—Scalene Release
- E. Anterior Chest Wall Release
- F. Scapular Release
- G. Upper Extremity Release
- H. Sternum and Rib Cage Release
- I. Visceral Techniques

DAY 2 — Break—1:00 to 2:00 pm

DAY 2 — 2:00 to 6:00 pm

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

- J. Thoracic Techniques
- K. Lumbo-Sacral Release
- L. Pelvic Girdle/Hip Release
- M. Lower Extremity/Ankle-Foot Techniques
- N. 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 of 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.

**We Welcome All
PTs & PTAs to Join Us
Call 732-740-5659
For Information**