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About the Educator

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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.

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



Presented by
Jennifer Goff, MSPT, NCS, CLT, CMT

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Elomotus® Medical Education

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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.

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 fasciitis, 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.

Day One

- 7:30 8:00 Registration
 8:00 10:00 **Facial 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 sensitizers
 • 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, piriformis, sciatic nerve, SI joint, diaphragm, pelvic floor
- 8:00 10:00 **Day Two Thoracic Spine: Treating Kyphotic Posture and Thoracic Spine Dysfunction**
 • Kyphosis (pec 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, temporalis
- 12:00 1:00 **Lunch** (on your own)
 1:00 2:15 **Upper Extremity: Treating frozen shoulder, impingement, tendonitis, carpal tunnel and hand dysfunctions** (Lab)
 • Trigger point release, sleeve technique, external rotation, impingement, clavicular restriction
 • Elbow tendinitis (Ride the Wave and Rhythmical Traction)
 • Carpal 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 (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 CEU verification are provided after successful completion of the course.
This course is 15 contact hours/1.5 ceu's
 This course is 18 contact hours/1.8 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, MO, MT, NH, NC, OR, PA, RI, SC, UT, VT, VA, WA, WI and WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. 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 # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. The assignment of Texas PT CCU's 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 ccu'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, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. **BOC provider # P2047, 15 hrs, category A, 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.**

Myofascial Release

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