

Myofascial Release Basics for Traditional Healthcare Settings

Presented by Amy Mayer OTD, OTR/L, RYT
Owner of Mayer Wellness & Myofascial Release, LLC
<https://mayerwellness.com/>

This workshop introduces myofascial release principles and techniques. The primary functions of the fascial system will be discussed along with when the fascia can become dysfunctional causing movement restrictions and pain. After discussing the primary application principles of myofascial release, we will practice several basic patient care and self-care techniques appropriate for traditional healthcare settings. We'll wrap up with a case study and discussion.

Instructor

Amy has been using myofascial techniques to help people with pain for 26 years. She is an advanced myofascial release practitioner using the John F. Barnes technique. She combines this skill with her doctorate level training as an occupational therapist. During her career she has been recognized for her excellence in teaching, and leadership in wellness programming. Her passion is assisting people with breaking the pain cycle and empowering them to take control over their pain with practical strategies that easily mesh with everyday life.

Workshop Objectives

After completion of the workshop participants will be able to:

- Articulate the primary functions of the fascial system.
- Apply core myofascial principles to common problems with the neck and back.
- Effectively demonstrate basic techniques for the neck, shoulders, back and hips.
- Design a basic self-care program for fascial focused stretching.

Workshop Outline (7 Hours)

- 8:30 Registration
- 9:00 Workshop Begins/Introductions
- 9:15 Myofascial Release: What it is and what it isn't. When it can be used and when it can't.
 - The fascial structure.
 - The role of fascia.
 - Why fascia becomes and stays tight.
- 9:45 Basic body alignment review (and practice), and why it is important to teach your clients.
- 10:00 How the client history informs your treatment approach.
- 10:15 Precautions and contraindications.
- 11:00 Myofascial release treatment principles.
- 11:30 Hands on release techniques.
 - Arm pull release
 - Chest release
 - Cervical release
- 12:30 Lunch
- 1:00 Continue with release techniques.
 - Shoulder releases
 - Upper-back releases
 - Mid-back releases
 - Hip releases
 - Therapist request
- 3:15 Designing a home self-care program to address fascial tightness.
- 4:00 Case study discussion. Billing and documentation suggestions. Q and A
- 4:30 Workshop Concludes

Space and Equipment

Treatment tables and chairs will be provided.

Participants

Participants should have a license to touch in their state.

- It is recommended that participants wear loose sleeveless tops and loose shorts or pants that can be pulled up past the knees. This allows access to body areas needed to practice yet allows everyone to feel covered. Bringing layers will help with comfort.
- No lotion should be put on the skin the day of the workshop to prevent sliding on the skin. This is important for the technique to be applied effectively.

Water and Food

Participant should have access to plenty of water during the workshop. The workshop is not treatment, but any time the fascial system is being stretched it will require more hydration.

- A light lunch and snacks will be provided for the 7 hour workshop.

Workshop Rates and Fees

- The fee for the 7 hour workshop is \$130. This can be paid at the time of the workshop by cash, check or card.