Outline

HOW RECENT CHANGES ARE RESHAPING MYOFASCIAL RELEASE

- · Hot topics and innovations in myofascial
- What myofascial release will look like in 1, 5, and 10 years
- A look ahead at neuromyofascial manipulation

HANDS-ON

IMPROVE YOUR ASSESSMENT AND CLINICAL REASONING **SKILLS**

Get to the root causes of impairments faster with better evaluation techniques for:

- Fascial and joint restrictions
- · Muscle tightness, weakness and instability
- Neural tension
- Movement dysfunction

HANDS-ON EXPAND YOUR MYOFASCIAL RELEASE TOOLBOX

Practice effective MFR techniques you can use immediately to:

- Eliminate pain
- Restore functional and athletic performance
- Decompress entrapped nerves
- Increase range of motion
- · Recover mobility and flexibility
- Improve tissue glide
- · Loosen tight muscles Mobilize scar tissue

HANDS-ON LAB

INTEGRATE MULTIPLE MODALITIES FOR BETTER RESULTS

Practice combining myofascial release with:

- Taping
- IASTM
- Exercise Self-care

LAB

DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR **PATIENTS**

Practice comprehensive treatment strategies for specific impairments, including:

- Neck and back pain
- SI joint and pelvic dysfunction
- Shoulder impingement
- Postural deviations
- Knee and foot problems
- Headaches
- C-section scarring
- Nerve entrapments
- Sciatica
- Thoracic outlet syndrome
- Carpal tunnel syndrome

HANDS-ON TAKE YOUR SKILLS TO THE NEXT LEVEL

Master advanced neuromyofascial manipulation techniques:

- Palpatory assessment utilizing proprioception
- Tissue mobility, motility and glide
- Traction and compression
- Skin rolling and rebounding
- Neuromyofascial manipulation grades I-V
- Direct and indirect techniques

SAVE YOUR HANDS!

• Ergonomic tips and techniques for practitioner self-care

STUDIES

PUT KNOWLEDGE TO PRACTICE

- Case study 1: MFR for the trunk
- Case study 2: MFR for the upper extremity
- · Case study 3: MFR for the lower extremity

DON'T LEAVE MONEY ON THE TABLE!

- Coding and billing updates for myofascial
- Justify therapy with the right progress
- Avoid denials and audits with these tips

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- Master effective myofascial treatments you can use immediately
- Root out problems faster with new evaluation methods
- Explore hot topics and innovations in myofascial
- Take your skills to the next level with advanced neuromyofascial manipulation
- Design robust, innovative plans of care for specific impairments

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Master Myofascial Release

Some of the most common treatments for helping patients overcome chronic pain and overuse injuries can leave them in worse shape than when they arrived. Protocols rooted in the 'no pain, no gain' mentality often work against patients, activating self-defense mechanisms that freeze muscles, compress nerves, and sharpen pain. Many therapists add myofascial release to the mix because it's less invasive, but misapplications and outdated techniques will yield little relief and can be just as harmful to outcomes.

As time passes without progress, even the most promising patient can plateau early, growing disengaged and depressed -- convinced therapy is a waste of time.

Prove them wrong.

Master cutting-edge myofascial release techniques in this hands-on seminar, and discover innovative interventions you can apply immediately for faster, longer lasting results. Built on today's best practices, this program will show you how to better identify root causes of impairment and effectively combine MFR with tape, IASTM, exercise, and self-care to eliminate pain and improve functional outcomes. Discover effective, evidence-based treatment protocols that have helped countless patients leave their limitations behind.

Sign up today and leave this one-of-a-kind training knowing that whether your next patient hopes to return to work or play, you'll be able to confidently guide her toward rapid improvements with the best methods available in myofascial release!

Speaker

JASON HANDSCHUMACHER, PT, DPT, OCS, is an expert in myofascial release,

with over 16 years of clinical experience in some of the top facilities in the country. He practices at a hospital in the Charlotte metropolitan area, serving patients in acute, sub-acute, and outpatient settings. In addition, he sees patients at a clinic within an active adult community

Dr. Handschumacher travels nationally to present seminars on myofascial release and is known for his dynamic, hands-on teaching style. He has presented research findings for state and national PT associations related to non-operative management of the rotator cuff, injury prevention, and the uses of therapeutic taping. Board Certified as an Orthopedic Clinical Specialist, Dr. Handschumacher earned his doctorate in physical therapy from Shenandoah University.

Disclosures:

Financial: Jason Handschumacher has an employment relationship with Springs Memorial Hospital. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jason Handschumacher has no relevant non-financial relationship to disclose.

Objectives

- 1. Discuss the latest advances in myofascial release and their implications for therapy.
- 2. Review strategies for more quickly identifying the root causes of pain and functional limitations.
- 3. Integrate effective MFR techniques to be used immediately to eliminate pain, restore functional and athletic performance, decompress entrapped nerves, increase range of motion, recover mobility and flexibility, improve tissue glide, loosen tight muscles, and mobilize scar tissue.

Who Should Attend

Physical Therapists

Massage Therapists

Nurse Practitioners

Athletic Trainers

Nurses

Physical Therapist Assistants

· Occupational Therapy Assistants

Occupational Therapists

- 4. Combine multiple modalities with myofascial release for better results, including taping, IASTM, exercise and self-care.
- 5. Design robust, innovative plans of care for a wide range of diagnoses.
- 6. Demonstrate advanced neuromyofascial manipulation techniques.

Live Seminar & Webcast

Schedule (Times listed in Eastern)

7:30 Networking/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

What to Bring/Wear

- Lab-appropriate clothing
- Exercise mat
- Portable treatment table (if possible)

Have your tools delivered to the course and SAVE!





- Mohawk stainless steel tool 3 tools in one!
- Silicone sleeve attachment [patent pending]
- · ABS/Polycarbonate comb attachment [patent pending]
- RockRub emollient QuickStart guide Travel-friendly EVA carrying case





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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar. evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensina board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability. please contact cepesi@pesi.com or 800-844-8260 before the

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST

ASSISTANTS: This activity consists of 6.25 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.

GEORGIA PHYSICAL THERAPISTS: This course has been submitted to the Physical Therapy Association of Georgia (PTAG)

OTHER PROFESSIONS: This activity qualifies for 380 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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Ve would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS Walk-ins are welcome but admission cannot be guaranteed, Call M-F

7:00-6:00 Central Time for space availability if registering within one week

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