



**For More Information:**

Phone: 1-800-210-5856

E-mail: [info@glseminars.com](mailto:info@glseminars.com)

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within two weeks (14 calendar days) of the seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

This course is also available as a private course for your staff. Please call 1-800-210-5856 or visit us on the web at [www.glseminars.com](http://www.glseminars.com) for more details.

**2021 Course Schedule**

- March 20-21, 2021 - Nashville, TN
- May 22-23, 2021 - Philadelphia, PA
- June 19-20, 2021 - Newark, NJ
- June 26-27, 2021 - Grand Rapids, MI
- December 4-5, 2021 - Chicago, IL

2768 Centennial Road  
Toledo, OH 43617  
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## An Orthopedic Approach to Myofascial Release

2021



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# An Orthopedic Approach to Myofascial Release

## Course Objectives

At the completion of the seminar, the participant will be able to:

- Confidently describe and independently state the rationale for doing Myofascial Release and its specific effect
- Correctly demonstrate proper hand technique, grading of the level of touch, and the effects of a release
- Correctly describe the importance of fluid fascial movement in a 3 dimensional system, allowing for the physiologic system to have the ability to provide resilience to dysfunction
- Confidently describe the different layers of fascia and know when to treat each layer
- Confidently explain and independently state how specific myofascial restrictions in different parts of the body can create the orthopedic dysfunctions that we treat on a daily basis



## Marty Sytsema

PT, MSPT, OMPT, FAAOMPT, CIMT

Martin completed his Masters in PT from Central Michigan University. Immediately following, he completed a two year residency in orthopedic manual therapy and was awarded a fellowship in the American Academy of Orthopedic Manual

Physical Therapists in 2001. He emphasizes treatment of the whole person, looking at a variety of structures and systems that may contribute to the patient's complaints and the abnormal biomechanics that are seen. Treatments include muscle energy, myofascial release, and a variety of other manual therapy techniques and exercises based on Applied Functional Science. Marty was named 2012 Outstanding Alumni for the Central Michigan University PT program, and he was elected by his state peers to be the chairperson of the MPTA Reimbursement and Professional Standards committees starting in 2013. Martin is an owner of i'move which has multiple clinics in West Michigan.

## Topics Covered

- Palpation of the bony structures and muscular segments
- Motion testing - static and dynamic
- Treatment of the thorax, upper quadrants, lower quadrants
- Treatment of scars
- Integrated fascial elongation
- Three-dimensional, functional stretching
- Application to specific clinical situations

## Course Outline

### Saturday

- 7:30am Continental Breakfast
- 8:00am Introduction to myofascial release
- 9:00am Lecture: Overview of anatomy of the fascial system and its purpose
- 10:15am Lecture: Introduction and review of the specific release techniques
- 11:30am Lab: Temporomandibular and neck
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Shoulder
- 5:00pm Lab: Review of Evidence-Based Literature
- 5:30pm Adjourn

### Sunday

- 7:30am Continental Breakfast
- 8:00am Lab: Lumbopelvic
- 10:15am Lab: Knee, Ankle, Foot
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Elbow, wrist scar
- 3:45pm Lab: Review
- 4:00pm Lab: Application to specific clinical situations
- 4:30pm Lab: Review of Evidence-Based Literature
- 5:00pm Adjourn

## Continuing Education

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

## REGISTER TODAY!

Register online at [www.glseminars.com](http://www.glseminars.com) or fill out this form and fax to (800) 889-0358 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

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Course Location: \_\_\_\_\_

Course Fee: \$575

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“ This course changed the way I will look at dysfunction from now on. ” - Goldsboro, NC