

Myofascial Release: Functional Integration

Course Objectives

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

- state at least 3 of the underlying principles of MFR and be able to apply them to a patient in a treatment setting
- demonstrate proper technique for hand placement and level of force for Releasing With Movement of 5 different tissues
- demonstrate proper technique for therapist positioning and patient positioning for 5 different techniques / body parts
- demonstrate proper technique for Releasing With Movement for 5 different techniques / body parts



Greg Kopp, PT, MPT, OCS, CIMT

Greg graduated with his MPT from Oakland University in 1995. He has guest lectured at Oakland University on ACL/PCL surgeries and rehab, and served as a teaching assistant at Oakland for examination procedures and therapeutic exercise. Greg is currently appointed as a clinical instructor for Oakland University. His treatment approach is eclectic, utilizing Kaltenborn and Paris manual techniques, and muscle energy techniques learned at Great Lakes Seminars. He has used this approach since 1995 working in outpatient orthopedic settings with a very diverse patient population, including sports medicine. Greg's treatment philosophy is to treat the driver of the patient's condition/pathology, and to teach the patient to manage their own condition. He also has an extensive background in weight training and exercise.

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: New definition of fascia and its effect on treatment, roles of fascia
10:00am Lecture: Anatomy of fascia, biomechanics of fascia and the body, concept of releasing with movement
12:00pm Lunch (on your own)
1:00pm Lab: Releasing With Movement: Cervical muscles, thoracic myofascial structures
2:00pm Lab: Releasing With Movement: Scapula and posterior shoulder myofascial structures
3:00pm Lab: Releasing with Movement: Anterior shoulder, upper arm, lower arm myofascial structures
5:00pm Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: Releasing with movement: Lower thoracic, lumbar, anterior & posterior pelvis myofascial structures
12:00pm Lunch (on your own)
1:00pm Lab: Releasing with Movement: Anterior & posterior hip, anterior & posterior thigh myofascial structures
3:00pm Lab: Releasing with Movement: Posterior lower leg and plantar foot myofascial structures
4:30pm Case Studies - small group and report back
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 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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Security Code

Billing Street Address _____

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Confirmation Letter:

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“ All of the hands on work was phenomenal and Heather made sure that we all understood. ”

- Lincoln, NE