



For More Information:

Phone: 419-969-6099

E-mail: 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 2 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 visit www.glseminars.com for more details.

2024 Course Schedule

- January 6-7, 2024 – Toledo, OH or Live Hybrid
- February 3-4, 2024 – Baltimore, MD
- June 1-2, 2024 – Chicago, IL
- October 12-13, 2024 – Boise, ID

Please check our website for the most updated schedule: www.glseminars.com



**An Orthopedic
Approach to
Myofascial Release**

2024



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

Passionate Instructors
Learn from specialized
instructors who truly care

The GLS Experience
Be part of a fun weekend
that will fly by

www.glseminars.com

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 Doors Open
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 Doors Open
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

Our courses are submitted for continuing education approval in the state in which they are held. Please check www.glseminars.com to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.

REGISTER TODAY!

Register online at www.glseminars.com or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

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