

PHSA 28016

# Foundations in Myofascial Release™

**Friday - Sunday, March 26-28, 2010**

*Registration 8:30 – 9 am*

**Fri. & Sat. 9am - 6pm, Sun. 9am - 1pm**

**K. M. Rae Public Education Building  
125 Third Ave., Seward, AK**

## *Instructor:*

Walt Fritz, PT, Director, Foundations in Myofascial Release Seminars™

Walt is the Director of the Foundations in Myofascial Release Seminars as well as the owner of the Pain Relief Center in Rochester, NY. He has instructed at over 50 Myofascial Release seminars nationally and has now developed his own unique style of Myofascial Release education. Working from the strengths of his predecessors, Walt emphasizes the straightforward effectiveness of Myofascial Release.

**Target Audience:** PT's, OT's, MT's and SLP's

**Course Description:** This interactive 20 hour, 3-day seminar will provide the therapy professional the ability to effectively evaluate and treat a wide variety of conditions from a foundational base of knowledge in Myofascial Release. You will begin to look beyond the muscle, into the larger three-dimensional matrix of the fascia, changing your view of how holding patterns within the fascia can produce far-reaching dysfunction. You will leave this class equipped to make immediate changes and with an understanding of ways to incorporate Myofascial Release into your current therapy regime.

**Course Objectives:** At the completion of this class, participants will be able to:

1. Describe the components that make up the myofascial system.
2. Describe the various implications of myofascial restriction on posture and movement.
3. Assess and analyze postural asymmetries, imbalances, and superficial tissue tension to determine and appropriate treatment approach.
4. Demonstrate Myofascial Release (MFR) techniques, including MyoMobilization™ to release fascial restrictions in both superficial and deep layers.
5. Describe and apply MFR techniques to specific injuries and diagnoses.
6. List and describe contraindications for Myofascial Release treatment.

**Credit:** Certificates of completion will be provided to each participant at the completion of each seminar. These classes are 20 contact hours and may be submitted by you to your appropriate state board for continuing education credits. Walt Fritz is approved by the National Certification Board for Therapeutic Massage Bodywork (NCBTMB) as a continuing education provider.

**Registration:** Early registration is required. There is no fee for PH&SA employees. PH&SA employees must register through HealthStream™. Please see the next page for instructions.

# Registration Information

- Payment must accompany this registration form. Non employee registration fee \$665.00
- No telephone registrations or purchase orders will be accepted.
- All non- PH&SA employees please register by one of the three methods below:

<b>In person or by mail:</b> REGISTRATION, Providence Alaska Learning Institute 3760 Piper Street, Suite 2040 Anchorage, AK 99508	<b>By Fax:</b> (907) 212-4911 Fax registration form with credit card information to include: 16-digit credit card number, expiration date, and signature of the name on the card
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### Course Location

**K. M. Rae Public Education Building**  
**125 Third Ave., Seward, AK**

### NON-EMPLOYEE FILLABLE REGISTRATION FORM

Click on each field to begin typing, move through the fields with the tab key and print

Your Name					
Your Affiliation (Department/Employer)			Your Job Title/Credentials		
Mailing Address			City	State	Zip
Work Phone	Fax #	Home Phone #	Cell Phone #	email address	
Non-employee fee \$665.00	PHSA 28016 ~ Foundations of Myofascial Release ~ Friday - Sunday, March 26-28, 2010 ~ Fri. & Sat. 9am - 6pm, Sun. 9am - 1pm				
Make checks payable to <b>PAMC</b>	Check #	Cash \$	PALI use only		
Visa/MC 16-digit credit card #			expiration date (MM/YY)		
Print Name on Card			Signature (name printed on card)		

**Cancellation Policy:** The non-employee course fee includes a \$25.00 non-refundable charge, which reflects administrative costs in producing the course. The remainder of the course fee is refundable if cancellation notice is received by calling the Providence Alaska Learning Institute (907) 212-3011 up to one working day before the program.

PH&SA employees must register through [HealthStream](#)™