



INSTRUCTOR

**WALT FRITZ, PT**

*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.*

*Starting with his FOUNDATIONS in MYOFASCIAL RELEASE seminar, Walt brings an approachable, easy to understand style of teaching, one that can easily be assimilated into your treatment regime.*

*Not simply a re-hash of existing seminars or instructors, FOUNDATIONS is a truly unique approach to Myofascial Release education..*



## **Foundations In Myofascial Release One™**

Sponsored by: Onondaga School of Therapeutic Massage (OSTM)  
Seminar Location: OSTM Rochester Campus

## **Foundations II: Head, Neck, and Upper Trunk™**

Sponsored by:  
Onondaga School of Therapeutic Massage (OSTM)  
Seminar Location: OSTM Rochester Campus

## **Foundations in Myofascial Release™**

A special three day, 20 contact hour seminar will be held in **Seward, Alaska** on March 26-28, 2010. Please contact me for details.

**Learn more about the Myofascial Mentoring Program and Sign up for the MFRmail Monthly Newsletter at: [www.myofascialresource.com](http://www.myofascialresource.com)**

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*Foundations in Myofascial Release™*

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## *Foundations in Myofascial Release*

## ***Myofascial Release Seminars***

### ***Foundations in Myofascial Release™ One***

*May 1-2, 2010  
Rochester, NY*

### ***Foundations II: Head, Neck, and Upper Trunk***

*June 26-27, 2010  
Rochester, NY*

### ***Foundations in Myofascial Release(3-day, 20 contact hr. class)***

*March 26-28, 2010  
Seward Alaska*

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Presented by:

**Walt Fritz, PT**

[www.FoundationsInMFR.com](http://www.FoundationsInMFR.com)

# *Foundations in Myofascial Release Seminars™*

Myofascial Release is a highly effective method for reducing or eliminating pain, reducing abnormal soft tissue tightness in the body, and creating lasting changes in pain and function. You will have at your disposal the ability to make changes in your most difficult clients, changes that are not possible with other therapy modalities. Presented in a clear, straightforward manner, you will both see and feel the results of this work. Classes are highly hands-on and offer the opportunity for you to both learn as well as experience the “feel” of Myofascial Release. Jump start your therapy career with **FOUNDATIONS in MYOFASCIAL RELEASE**.

## **FOUNDATIONS I**

This interactive 15 hour, 2 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. Learning to deeply feel into your client's body and sensing what is holding them back is the essence of this work. I will help you to be able to acquire this feel and use it to make changes that you had not thought possible. You will leave this class equipped to make immediate changes. You will also understand ways to incorporate Myofascial Release into your current therapy regime and/or transition to a cash-based MFR practice.

## **FOUNDATIONS II Head, Neck, and Upper Trunk**

This 15 hour, two day seminar will focus on the head, neck, and upper trunk. We will be exploring exciting new ways to treat with Myofascial Release, with techniques and treatment philosophies designed to improve visual-motor and oral-motor abilities in clients of all ages. Cranial, cervical, TMJ, arm, and upper thoracic evaluation and treatment will be covered. Of special interest is the inclusion of techniques for evaluating and treating the eye. As with all Myofascial Release, whole body considerations are addressed. This class can be taken as an introductory course with no prerequisite.



### **Continuing Education Credits**

Certificates of completion will be provided to each participant at the completion of each seminar. These classes are 15 contact hours (20 for the Alaska seminar) and may be submitted by you to your appropriate state board for continuing education credits. The Foundations in Myofascial Release Seminars have been approved for NCBTMB credits.

Register Today! Space is limited.

Registration for either **Foundations in Myofascial Release Seminars** in Rochester, NY **MUST** be made through the Onondaga School of Therapeutic Massage. They can be reached by phone at: 585-241-0070, or at their website: [www.massage-school.com](http://www.massage-school.com). Seminar Cost is \$350 Refer to the OSTM website for full details.

Registration for the **Alaska** seminar can be made via the Seminars page of my website, [www.FOUNDATIONSinMFR.com](http://wwwFOUNDATIONSinMFR.com)

### **SEMINAR LEARNING OBJECTIVES**

After successful completion of this workshop, participants will gain the following knowledge and skills:

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 an 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.

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