RELEASE WITH FASCIALIZATION

Self-realization through fascia

A Comprehensive & Unique Approach to Opening Myofascial Systems with Soft Tissue Techniques

NJSBPTE Approved for 14 CE Credits
NJSBPTE Course Approval #1708-23

RANGE OF MOTION PHYSICAL THERAPY
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

INFORMATION

Where: Range of Motion Physical Therapy
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

Time: **DAY 1** **Registration at 9:30 am**
Class Session: 10 am to 6 pm
DAY 2 Class Session: 10 am to 6 pm

INCLUDED: Workbook and Certificates will be issued
Please wear a sweatsuit or other comfortable clothing and a tank top or sports bra
Please bring a pillow and sheet with you to the Seminar
FOR FURTHER INFORMATION: Call (732) 257-0900 **14 Contact Hours** **Fee: $295.00**

REGISTRATION FORM

Please register me for the Release with Fascialization Seminar being held in East Brunswick, NJ, at cost of $295.00:
3 OR MORE REGISTRANTS TOGETHER, DISCOUNTED PRICE OF $275.00 EACH — MUST REGISTER TOGETHER

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR: _____

REGISTRATION FEE is $295.00 by Check — MAXIMUM OF 10 STUDENTS PER CLASS

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Return registration form(s) with check for $295.00, payable to: MARIA ALFIERIS
Mail Registration to Range of Motion Physical Therapy, 4 Cornwall Dr., Suite 220, East Brunswick, NJ 08816

COURSE DESCRIPTION

This hands-on course will teach the therapist advanced skills in myofascial release and soft tissue mobilization for reducing pain soft tissue restrictions, and for promoting improvements in range of motion and circulation. Improvement of neuromuscular and musculoskeletal impairments will be linked to achievement of functional goals and activities.

LEARNING OBJECTIVES

Therapists completing this course will be able to:

- Identify myofascial restrictions throughout the musculoskeletal system through palpation.
- Describe the state of the myofascial literature.
- Explain the clinical rationale for the effect that myofascial release has on pain reduction, postural alignment and improvement in mobility.
- Perform myofascial release techniques that utilize the therapists' fingertip pads, thumbs, elbows, and thenar eminences.
- Discriminate which myofascial techniques to use for specific conditions, e.g. piriformis syndrome, tendonitis, muscle strain, joint sprains.
- Affect positive changes in myofascial restrictions through myofascial release techniques
- Revise patients' plans of care based on objective findings.

COURSE OUTLINE

DAY 1 — 10:00 to 11:00 am

I. Lecture

A. Theoretical and structural basis of the muscle-fascial system
B. Review of current myofascial literature
C. Patterns of structural dysfunction of the muscle-fascial system
D. Postural assessment and palpation

DAY 1 — 11:00 am to 1:00 pm

II. Lecture & Lab: Evaluation

A. Postural Analysis
B. Soft Tissue Mobility
C. Integrity of Movement/Muscle and Tissue Imbalances
D. Upper Quadrant Assessment
E. Trunk Assessment
F. Lower Quadrant Assessment

DAY 1 — Break — 1:00 to 2:00 pm

DAY 1 — 2:00 to 6:00 pm

III. Lecture & Lab: Mobilization & Release Techniques for the Occiput & Cervical Region

A. Connecting With Client/Feeling the System
B. Determining Resistance Patterns/Contact with Tissue
C. Occipital/Cervical Release

DAY 2 — 10:00 am to 1:00 pm

I. Lecture & Lab: Mobilization & Release Techniques for the Chest, Scapular & Upper Extremities

D. SCM—Scalene Release
E. Anterior Chest Wall Release
F. Scapular Release
G. Upper Extremity Release
H. Sternum and Rib Cage Release
I. Visceral Techniques

DAY 2 — Break—1:00 to 2:00 pm

DAY 2 — 2:00 to 6:00 pm

II. Lecture & Lab: Mobilization & Release Techniques for the Thorax, Pelvis & Lower Extremities

J. Thoracic Techniques
K. Lumbo-Sacral Release
L. Pelvic Girdle/Hip Release
M. Lower Extremity/Ankle-Foot Techniques
N. Whole Body Balancing

WHO'S HELPING??

Maria Alfieris, PT

Maria was the owner of Range of Motion Physical Therapy in East Brunswick, New Jersey. Maria's professional concentration has been in evaluating, designing programs, and treating patients with soft tissue dysfunctions. She has given a series of courses under the topic of Myofascial Mobilization and has attended numerous seminars concentrating of Myofascial and Cranio-Sacral techniques in physical therapy. Maria also incorporates into her work the understanding of emotional causation with disease and dysfunction. She is currently focusing most of her work on body/mind connections.

We Welcome All PTs & PTAs to Join Us
Call 732-257-0900 For Information

RELEASE WITH YOGALIZATION

Self-realization through yoga & fascia

A Comprehensive & Unique Approach to Opening Myofascial Systems with Traditional & Restorative Yoga Postures Using Soft Tissue Techniques

NJSBPTE Approved for 7 CE Credits
NJSBPTE Course Approval #1800-01

RANGE OF MOTION PHYSICAL THERAPY
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

INFORMATION

Where: Range of Motion Physical Therapy
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

Time: **Registration at 9:30 am**
Course from 9:45 am to 6 pm

INCLUDED: Workbook and Certificates will be issued
Please wear a sweatsuit or other comfortable clothing and a tank top or sports bra
Please bring a pillow and sheet with you to the Seminar
FOR FURTHER INFORMATION: Call (732) 257-0900 **7 Contact Hours Fee: $150.00**

REGISTRATION FORM

Please register me for the Release with Yogalization Seminar being held in East Brunswick, NJ, at cost of $150.00
3 OR MORE REGISTRANTS TOGETHER, DISCOUNTED PRICE OF $140.00 EACH — MUST REGISTER TOGETHER

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR: _____

REGISTRATION FEE is $150.00 by Check — MAXIMUM OF 10 STUDENTS PER CLASS

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Return registration form(s) with check for $150.00, payable to: MARIA ALFIERIS
Mail Registration to Range of Motion Physical Therapy, 4 Cornwall Dr., Suite 220, East Brunswick, NJ 08816

COURSE DESCRIPTION

This hands-on course will teach the therapist advanced skills in myofascial release and soft tissue mobilization for reducing pain, soft tissue restrictions, and for promoting improvements in range of motion and circulation while placing the patient in traditional/restorative yoga postures. Improvement of neuromuscular and musculoskeletal impairments will be linked to achievement of functional goals and activities.

LEARNING OBJECTIVES

Therapists completing this course will be able to:

- Identify myofascial restrictions throughout the musculoskeletal system through palpation.
- Describe the state of the myofascial literature.
- Explain the clinical rationale for the effect that myofascial release has on pain reduction, postural alignment and improvement in mobility.
- Perform myofascial release techniques that utilize the therapists' fingertip pads, thumbs, elbows, and thenar eminences, while patient is in varied yoga postures, to enhance motion.
- Discriminate which yoga postures and myofascial techniques to use for specific conditions, e.g. piriformis syndrome, tendonitis, muscle strain, joint sprains.
- Affect positive changes in myofascial restrictions through myofascial release techniques in traditional/restorative yoga postures.
- Revise patients' plans of care based on objective findings.

COURSE OUTLINE

9:45 to 10:45 am

I. Lecture

A. Theoretical and structural basis of the muscle-fascial system

B. Review of current myofascial literature

C. Patterns of structural dysfunction of the muscle-fascial system

D. Postural assessment and palpation

E. Explanation of importance of yoga postures and the affect on the myofascial system

10:45 am to 12:45 pm

II. Lecture & Lab: Evaluation

A. Postural Analysis

B. Soft Tissue Mobility

C. Integrity of Movement/Muscle and Tissue Imbalances

D. Upper Quadrant Assessment

E. Trunk Assessment

F. Lower Quadrant Assessment

G. Yoga Posture Assessment

Break — 12:45 to 1:45 pm

1:45 to 4:00 pm

III. Lecture & Lab: Yoga Postures, Mobilization & Release Techniques for the Cervical/Thoracic/ Lumbar/Lower Extremity Regions

Traditional Yoga Postures

A. Connecting With Client/Feeling the System

B. Determining Resistance Patterns/Contact with Tissue

C. Child Pose Yoga Posture — Cervical/Thoracic/ Lumbar Release

D. Cobra Yoga Posture — Thoracic/Lumbar/Lower Extremity Release

E. Pigeon Yoga Posture — Thoracic/Lumbar/Hip Release

F. Frog Position — Anterior Hips/Quads/Adductors

Break — 4:00 to 4:15 pm

4:15 to 6:00 pm

Restorative Yoga Postures

G. Reclining 90/90 Position

H. Corpse Pose

I. Back Supported Sidelying Position

J. Back Supported Iron Cross Twist

WHO'S HELPING??

Maria Alfieris, PT

Maria was the owner of Range of Motion Physical Therapy in East Brunswick, New Jersey. Maria's professional concentration has been in evaluating, designing programs, and treating patients with soft tissue dysfunctions. She has given a series of courses under the topic of Myofascial Mobilization and has attended numerous seminars concentrating of Myofascial and Cranio-Sacral techniques in physical therapy. Maria also incorporates into her work the understanding of emotional causation with disease and dysfunction. She is currently focusing most of her work on body/mind connections.

We Welcome All
PTs & PTAs to Join Us
Call 732-257-0900
For Information

RELEASE WITH FOAM ROLLERIZATION

Self-realization through foam rolling & fascia

A Comprehensive & Unique Approach to Opening Myofascial Systems With Foam Rolling Using Soft Tissue Techniques

NJSBPTE Approved for 7 CE Credits
NJSBPTE Course Approval #1712-60

RANGE OF MOTION PHYSICAL THERAPY
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

INFORMATION

Where: Range of Motion Physical Therapy
4 Cornwall Drive, Suite 220
East Brunswick, NJ 08816

Time: **Registration at 9:30 am**
Course from 10 am to 6 pm

INCLUDED: Workbook, Foam Roller and Certificates will be issued
Please wear a sweatsuit or other comfortable clothing and a tank top or sports bra
Please bring a pillow and sheet with you to the Seminar
FOR FURTHER INFORMATION: Call (732) 257-0900

7 Contact Hours Fee: $150.00

REGISTRATION FORM

Please register me for the Release with Foam Rollerization Seminar being held in East Brunswick, NJ, at a cost of $150.00
3 OR MORE REGISTRANTS TOGETHER, DISCOUNTED PRICE OF $140.00 EACH — MUST REGISTER TOGETHER

PLEASE INDICATE THE DATES YOU ARE REGISTERING FOR: _____

REGISTRATION FEE is $150.00 by Check — MAXIMUM OF 10 STUDENTS PER CLASS

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Return registration form(s) with check for $150.00, payable to: MARIA ALFIERIS
Mail Registration to Range of Motion Physical Therapy, 4 Cornwall Dr., Suite 220, East Brunswick, NJ 08816

COURSE DESCRIPTION

This hands-on course will teach the therapist advanced skills in myofascial release and soft tissue mobilization for reducing pain, soft tissue restrictions, and for promoting improvements in range of motion and circulation while placing the patient in stretching positions using the foam roller. Improvement of neuromuscular and musculo-skeletal impairments will be linked to achievement of functional goals and activities.

LEARNING OBJECTIVES

Therapists completing this course will be able to:

- Identify myofascial restrictions throughout the musculoskeletal system through palpation.
- Describe the state of the myofascial literature.
- Explain the clinical rationale for the effect that myofascial release has on pain reduction, postural alignment and improvement in mobility.
- Perform myofascial release techniques that utilize the therapists' fingertip pads, thumbs, elbows, and thenar eminences, while patient is using the foam roller to stretch the fascia to enhance motion.
- Discriminate which foam rolling and myofascial techniques to use for specific conditions, e.g. piriformis syndrome, tendonitis, muscle strain, joint sprains.
- Affect positive changes in myofascial restrictions through myofascial release techniques using the foam roller.
- Revise patients' plans of care based on objective findings.

COURSE OUTLINE

10:00 to 11:00 am

I. Lecture

A. Theoretical and structural basis of the muscle-fascial system

B. Review of current myofascial literature

C. Patterns of structural dysfunction of the muscle-fascial system

D. Postural assessment and palpation

E. Explanation of importance of using the foam roller and the affect on the myofascial system

11:00 am to 1:00 pm

II. Lecture & Lab: Evaluation

A. Postural Analysis

B. Soft Tissue Mobility

C. Integrity of Movement/Muscle and Tissue Imbalances

D. Upper Quadrant Assessment

E. Trunk Assessment

F. Lower Quadrant Assessment

G. Foam Rolling Assessment

Break — 1:00 to 2:00 pm

2:00 to 6:00 pm

III. **Lecture & Lab: Foam Rolling, Mobilization & Release Techniques for the Cervical/Thoracic/ Lumbar/Lower Extremity Regions**

A. Connecting With Client/Feeling the System

B. Determining Resistance Patterns/Contact with Tissue

C. Foam Rolling Occipital/Cervical Region with Anterior Cervical and Chest Wall Release

D. Foam Rolling Lateral Cervical Region with Scalene/SCM/Scapular Release

E. Foam Rolling Scapular Region with Anterior Chest Wall & Rib Cage/Abdominal Release

F. Foam Rolling Rib Cage/Lats/Serratus with Rib Cage/Lats/Serratus Release

G. Foam Rolling Sternum/Abdominals with Laminar/Paraspinal Release

H. Foam Rolling Sacrum/Quadratus Lumborum with Iliopsoas and Abdominal Release

I. Foam Rolling Piriformis/ITB with Piriformis and ITB Release

J. Foam Rolling Hamstrings with Quad/DF/ Peroneal Release

WHO'S HELPING??

Maria Alfieris, PT

Maria was the owner of Range of Motion Physical Therapy in East Brunswick, New Jersey. Maria's professional concentration has been in evaluating, designing programs, and treating patients with soft tissue dysfunctions. She has given a series of courses under the topic of Myofascial Mobilization and has attended numerous seminars concentrating of Myofascial and Cranio-Sacral techniques in physical therapy. Maria also incorporates into her work the understanding of emotional causation with disease and dysfunction. She is currently focusing most of her work on body/mind connections.

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