

# Fascial Release

# Introduction

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## Presenter

Graham qualified from the Grampian School of Physiotherapy, Aberdeen, in 1991. The majority of his clinical work has been based in the North East of England working in various hospitals and private clinics in the region. Presently, his clinical work load is exclusively private, based in Tynemouth, close to Newcastle-Upon-Tyne. Over the last 12 years he has had a special interest in soft tissue techniques and for the last 8 years he has taught both nationally and internationally on the connections between the fascial support of the visceral organs and common musculoskeletal conditions. Graham's PhD research is looking at the global impact of abdominal scarring on posture, movement and low back pain. For the past 2 years he has been a member of the executive board of the CSP clinical interest group CPMaSTT as advisor on issues regarding fascial release. He is the organiser of the Fascial and Soft Tissue Conference which ran for the first time in 2007 bringing together clinical and research leaders within this field.

## Course Description

The aim of ***Fascial Release Introduction*** is to highlight the impact that other body systems can have on common musculoskeletal conditions. Traditionally anatomy has been taught in sections (nervous system, musculoskeletal system etc). Rarely is there an attempt to bring each section together and view the body as a whole. As a result, the inter-connections (fascial tissue) are ignored as a potential source of movement dysfunction. ***Fascial Release Introduction*** aims to bridge this gap in our knowledge.

This one day course will look at the structure, function and anatomy of the abdominal fascia, assessment of selected abdominal organs and how manual therapists can influence any restrictions identified.

The day has a large practical element in order to learn and develop the subtle assessment and treatment skills. This is complimented with the most recent research findings that explain the behaviour of the fascial system.

This course will appeal to manual therapists who are interested in advancing their manual skills and clinical reasoning. It provides explanations for trigger points, muscle imbalance and many other conditions frequently seen by musculoskeletal manual therapists.

**Fee:** £117.50 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 7.5hrs). *VAT INCREASE from January 1st 2010*

## Course outline - Fascial Release Introduction

08.45 - 09.00	Registration and Introductions
9.00 - 9.30	Structure of Fascia - Cells, extracellular matrix, where is it found.
9.30 - 10.00	Fascial restrictions - Structure and Tensegrity.
10.00 - 10.30	Global Listening - Theory and demonstration.
10.30 - 11.00	Break
11.00 - 12.00	Global Listening practical
12.00 - 1.00	Lunch
1.00 - 1.30	Local Listening - Theory and demonstration
1.30 - 2.30	Local Listening practical
2.30 - 3.00	Break
3.00 - 3.30	Liver assessment and release practical
3.30 - 4.00	Cecum assessment and release practical
4.00 - 4.30	Putting It Altogether - Integrating with Muscle Imbalance, Trigger Points, Vascular/Neural influences and other Anatomical Connections

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## Booking Form

Course \_\_\_\_\_ Course Date \_\_\_\_\_  
Your Name \_\_\_\_\_ Course Fee £ \_\_\_\_\_  
Address \_\_\_\_\_  
Post Code \_\_\_\_\_ email \_\_\_\_\_  
Tel No (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
Where did you hear about the course \_\_\_\_\_  
Your profession \_\_\_\_\_

### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

### **Please complete the following:**

I agree to the conditions of enrolment and enclose a cheque for £ \_\_\_\_\_ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: .....

Date:

### **Funded participants (if applicable):**

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: \_\_\_\_\_ Position: \_\_\_\_\_

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**Please return this completed application form with your full fee to:**

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