
Objectives and Program Schedule

MedBridge

Foundations in Myofascial Release Approach: the Anterior Cervical Region & TMJ

Walt Fritz, PT

Course Objectives:

- Describe the fascial model and neurological models that explain myofascial release
- Describe the basics of the Foundations in Myofascial Release Approach, including evaluation procedures, modifications to the treatment environment, and client interface
- Demonstrate a cross handed stretch to the anterior cervical/throat region
- Demonstrate a decompression type stretch for the temporomandibular region
- Demonstrate a lateral shear stretch to the jaw region

Chapter 1: Introduction: Tissues in Distress

This chapter introduces models of explanation for the mechanism or mechanisms behind the usefulness of myofascial release approach, including the mechanical/fascial model and the neurological model of explanation. Walt Fritz then explains the basics of the Foundations in Myofascial Release approach and a unique "tissues in distress" model, which combines aspects of the mechanical and neurological approaches.

Chapter 2: Anterior Cervical Mobilization

This chapter provides instruction on anterior cervical mobilization stretch techniques for the anterior cervical region. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of techniques for treating distressed tissues in the region.

Chapter 3: Cross-handed Stretch

This chapter demonstrates cross-handed stretch techniques for the anterior cervical region. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of techniques for treating distressed tissues in the region through various cross-handed stretches.

Chapter 4: TMJ Decompression

This chapter demonstrates TMJ decompression techniques. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of techniques for treating distressed tissues in the region through decompressions.

Chapter 5: Mandible/Pterygoid Stretch

This chapter demonstrates stretches for the mandible and pterygoid. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of variations on stretching techniques for treating distressed tissues in the mandible and pterygoid.