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# Learning Objectives

MedBridge

*Foundations in Myofascial Release Approach: The Shoulder Region*

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## Course Objectives:

- Describe the fascial model and neurological models that explain myofascial release
- Describe the basics of the Foundations in Myofascial Release Approach through, including evaluation procedures, modifications to the treatment environment, and client interface
- Demonstrate a cross handed stretch to the shoulder region
- Demonstrate a waterfall type stretch for the anterior shoulder
- Demonstrate techniques applied to the posterior and inferior shoulder region

## Chapter 1: Introduction: Tissues In Distress

This chapter introduces models of explanation for the mechanism or mechanisms behind the usefulness of the 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: Cross-handed Stretch

This chapter provides instruction on cross-handed stretch techniques for the shoulder. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of techniques for treating distressed tissues that commonly present in the shoulder.

## Chapter 3: Waterfall Stretch to the Anterior Shoulder

This chapter demonstrates several waterfall stretches for the anterior shoulder 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 decompressions.

## Chapter 4: Posterior and Inferior Shoulder Region

This chapter demonstrates techniques applied to the posterior and inferior shoulder regions. The chapter begins by discussing relevant anatomy and evaluation techniques, and concludes with demonstrations of techniques for treating distressed tissues in these regions.