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## Learning Objectives

MedBridge Education

*Foundations in Myofascial Release Approach: The Lumbar and Pelvic Region*

Walt Fritz, PT

### **Upon Completion of this course, the learner will be able to:**

- 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 variations on single hand abdominal stretches
- Demonstrate a supine lumbosacral decompression stretch
- Demonstrate variations on prone cross handed stretches to the lumbar region
- Demonstrate Gentle Myomobilization™ techniques applied to the anterior abdomen

### **Chapter 1: Single Hand Abdominal Stretch**

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: Single Hand Abdominal Stretch**

This chapter will reintroduce the concept of the one-handed evaluation (first described in the foundational course “Bridging the Gap,” and applies it to the abdominal region, specifically to evaluate the efficacy of a single handed abdominal stretch. Special attention will be paid to considerations around permissions when working in this sensitive area.

### **Chapter 3: Supine Lumbosacral Decompression Stretch**

This chapter will provide instruction on performing a supine lumbosacral decompression stretch, also referred to as the “pelvic hold,” including discussion of permission considerations for this stretch, and technique variations.

### **Chapter 4: Prone Cross Handed Stretch**

In this chapter, walt fritz will discuss variations of a prone cross handed stretch for the lumbar region. Special attention will be paid to optimal posture and hand positioning to prevent fatigue and maximize treatment value.

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**Chapter 5: Gentle Myomobilization™ to the Anterior Abdomen**

In the final chapter of this course, Walt Fritz will describes applications of Gentle Myomobilization™ as a treatment methodology for the anterior abdomen, including a unique application to the psoas.