



Objectives and Program Schedule

MedBridge Education

Foundations in Myofascial Release Approach: The Lower Extremities

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 through, including evaluation procedures, modifications to the treatment environment, and client interface
- Demonstrate stretching techniques for the long muscles of the leg
- Demonstrate variations of leg traction techniques, including alternate approaches involving equipment and alternative hand placement
- Demonstrate Myofascial Release techniques for the foot

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: Stretches to the Long Regions of the Leg

This chapter will provide instruction on a number of stretching techniques for the long muscles of the leg, including discussions of leg anatomy and alternate techniques for each stretch.

Chapter 3: Leg Traction

In this chapter, Walt Fritz will demonstrate several variations of leg traction techniques utilizing different body mechanics and incorporating alternate equipment and hand placement. Important information regarding indications and contraindications will also be discussed.

Chapter 4: Treatment of the Foot

In the final chapter of this course, key techniques for the foot will be discussed and demonstrated, including key anatomy and technique variations.