



WALT FRITZ'S
FOUNDATIONS
IN MYOFASCIAL RELEASE
SEMINARS™

**Foundations in Myofascial Release Seminar
FOR NECK, VOICE, AND SWALLOWING
DISORDERS**

-Macau -

8-9 February 2020

Location: World Trade Center Macau

Course Description

Walt Fritz, PT's Foundations in Myofascial Release Seminar for Neck, Voice, and Swallowing Disorders targets the patient populations of the SLT/SLP and voice professional, as well as other therapists with an interest in treatment to this area. The seminar is 14.5 contact hours with the science behind myofascial release and manual therapies examined, with a simple yet comprehensive narrative built and used throughout the class. Principles of manual therapy are introduced and reinforced through guided and assisted instruction, all in the context of a patient-directed model of care. Therapists with no manual therapy experience will find the class supports them through learning, while those with previous experience will find Walt's approach introduces further meaning to existing models of care. Using a simple means of touch-based evaluation and treatment, you will work your way through the diaphragm and chest wall, into the anterior neck region, and finally the mouth, tongue, and face, all while applying strategies to improve conditions of dysphagia, dysphonia, globus, articulation, and many other commonly encountered problem areas. Additionally, attention will be given to areas where vocal performance may be addressed. Not necessarily intended only as a stand-alone intervention, myofascial release and manual therapy can be a valuable adjunct to your existing treatment strategies.

After completion of this seminar the therapist will be able to understand and immediately apply the principles presented in the evaluation and treatment of a multitude of voice, swallowing and many related disorders. Open to SLPs/SLTs, voice professionals, physiotherapists, massage therapist, occupational therapists, and other health professionals.

Walt Fritz, PT has taught his work to thousands of speech-language therapists/pathologists, voice, professionals, as well as MTs, PT, and OTs through his seminars in the United States, Canada, Australia, New Zealand, Taiwan, the UK, and Hong Kong and is a course-content expert. His approach to manual therapy in the treatment of voice, swallowing, neck, and related issues facing is supported by a robust reference list of current evidence, as well as through the experiential feedback of the many hundreds of professionals who have taken his seminar. It is easily implemented into clinical practice immediately following the completion of the seminar. He offers a comprehensive support mechanism after the completion of the seminar through a special Facebook group which contains all of the hands-on seminar content preserved in video format and available free on the group. The group also serves as a central meeting place for questions, feedback, and interaction with other professionals who have taken his training.

Learning Outcome

After completion of this seminar the therapist will show the ability to understand and use myofascial release treatment in the remediation of pain, movement disorders, and voice/swallowing and related disorders.

Learning Objectives

After successful completion of this workshop, the therapist will:

1. Be able to compare and contrast the traditional "fascial-based" explanatory model of change with neurologically-based models with respect to myofascial release and manual therapy.
2. Be able to describe the strengths and limitations of a postural/biomechanical evaluation and treatment-based approach.
3. Demonstrate the ability to apply an effective patient-directed method of myofascial release evaluation.
4. Describe and demonstrate the various treatment options in a myofascial release session, including cross handed, single handed, compression, gathering/lifting, and traction.
5. Describe options and apply effective treatment for the remediation of a variety of voice/swallowing and related disorders.

Participants will be observed and assessed during the hands-on lab portion of the class, as well as monitored for participation and understanding during the lecture/demonstration portion of the class to determine whether the stated objectives have been successfully met.

Agenda (14.5 Instructional hours)

Day 1 8th February, 2020 (Sat)

9:15 – 9:30	Registration
9:30 – 11:15 (1.75)	Introduction, concepts of evaluation and clinical applications of treatment.
11:15 – 11:30	Break
11:30 – 12:30 (1.0)	Evaluation basics/hands-on introduction.
12:30 – 1:30 (1.0)	Respiratory diaphragm/lower rib cage
1:30 – 2:30	Lunch
2:30 – 4:00 (1.5)	Upper thoracic/sternal region
4:00 – 4:15	Break
4:15 – 6:15 (2.0)	Hyoid region

Day 2 9th February, 2020 (Sun)

9:15 – 9:30	Registration
9:30 – 11:00 (1.5)	Hyoid region, continued
11:00 – 11:15	Break
11:15 – 1:00 (1.75)	Anterior cervical/retro-esophageal region
1:00 – 2:00	Lunch
2:00 – 3:00 (1.0)	Tongue
3:00 – 3:45 (.75)	Mouth: sublingual
3:45 – 4:00	Break
4:00 – 5:30 (1.5)	TMJ
5:30 – 6:15 (.75)	Putting it all together/Q&A

Course Fee

	Early bird (on or before 30 th Nov 2019)	Regular
Full Member, Associate member, Student (Non-member)	MOP\$3,000	MOP\$3,500
Student Member	MOP\$2,800	MOP\$3,300
Non-member	MOP\$3,500	MOP\$4,000

Registration

Please register online at <https://forms.gle/L19BMnx9zF5P9ZnX8>.

Full details could be found at www.WaltFritz.com, and for enquiries, please contact Mr. Ronald Hoi at speechtherapymacau@gmail.com or (+853) 62329079 (phone/whatsapp).

Reminders

1. A confirmation email with payment details will be sent to you within 1 week after your application form is received. Please make the payment in 2 weeks in order to complete the registration process and reserve a spot in the workshop.
2. As space is limited, applications will be processed on a first-come, first-served basis. Registrations are only completed after the full payment is received.
3. Cancellation Policy: No refunds will be made after your payment is done. All applications are non-transferable.
4. 100% of attendance is required to obtain the certificate of attendance.

Organizer:



澳門語言治療師協會
Associação de Terapeutas da Fala de Macau
Macao Association of Speech Therapists

Sponsor:



澳門基金會
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