Soft Tissue Mobilization-Advanced Techniques

DATES: May 3-4, 2014

INSTRUCTORS: Jimmy Armentrout, PT, MS, OCS, CFMT, Cert. MDT

LOCATION: NovaCare Rehabilitation
5700 Bottineau Boulevard, Suite 200
Crystal, MN 55429

TARGET AUDIENCE: PT OT PTA COTA ATC SPT SOT

INSTRUCTIONAL LEVEL: Multiple

TUITION: $395 Waived for full time employees of Select Medical’s Outpatient Division

COURSE CAPACITY: 30

CONTACT HOURS: 14

ACCREDITING BODIES: Approved provider with NATBOC & AOTA

ENROLLMENT:
http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx or contact apsiegel@selectmedical.com for an application form.

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email apsiegel@selectmedical.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.
**Course Description:**
This course will cover relevant clinical anatomy of the myofascial system along with pathology resulting in soft tissue restrictions. The evaluation of soft tissue dysfunction and its’ contribution to inefficient movement and posture will be discussed. We will learn how to evaluate and treat soft tissue dysfunction using a dynamic approach incorporating different movements and positions of the human body to enhance the mobility of the myofascial system. The techniques are very specific to improving movements that are restricted rather than general release/massage techniques. Integration of joint mobilizations and prescriptive exercise will also be discussed, along with case studies to develop strategies for a comprehensive treatment approach resulting in improved outcomes. This is a lab intensive manual therapy course. THIS IS NOT A "MASSAGE" COURSE!!!

**Target audience:** PT OT PTA COTA ATC  
**Instructional Level:** Multiple  
**Prerequisites:** None

**Course Objectives:**
Upon completion the participant will be able to:

1. Understand the three different components involved with abnormal movement patterns and why each must be addressed in a comprehensive treatment approach (Integration of Soft Tissue Mobilization, Joint Mobilization, and Prescriptive Exercises/Neuromuscular Re-education Techniques).
2. Understand the characteristics of dysfunctional soft-tissues and how this can impede efficient movement and postural alignment.
3. Learn how to identify dysfunctional soft-tissues based on subjective and objective findings.
4. Learn how to localize and mobilize myofascial restrictions of the upper quarter, lower quarter, and spine with the intent to improve bodily motion.

**Agenda:**

**Saturday (PT & OT)**
8:00 – 8:15     Introduction  
8:15 – 9:00     Overview of Soft Tissue Mobilization, Contraindications  
9:00 – 9:15     Identifying Soft Tissue Dysfunction  
9:15 –10:30     Evaluation and Treatment Cervical Region  
10:30 –10:45    Break  
10:45 – 12:00   Evaluation and Treatment of the Shoulder Girdle  
12:00 – 12:15   Upper Quarter Case Study #1  
12:15 – 1:15    Lunch  
1:15 – 2:30     Evaluation and Treatment of the Elbow Region  
2:30 – 3:45     Evaluation and Treatment of the Hand/Wrist Region  
3:45 – 4:00     Break  
4:00 – 4:30     Upper Quarter Case Study #2/Patient Demonstration  
4:30 – 4:45     Review  
4:45 – 5:00     Questions

**Sunday (PT, OT Optional)**
8:00 – 8:15     Review on day 1 material  
8:15 – 9:15     Evaluation and Treatment of the Lumbo-pelvic Region  
9:15 – 10:15    Evaluation and Treatment of the Lumbo-thoracic Region  
10:15 – 10:30   Break
10:30 – 10:45  Lower Quarter Case Study #1
10:45 – 12:00  Evaluation and Treatment of the Hip Region
12:00 – 1:00  Lunch
1:00 – 2:00  Evaluation and Treatment of the Knee Region
2:00 – 3:00  Evaluation and Treatment of the Foot/Ankle Region
3:00 – 3:15  Break
3:15 – 3:45  Lower Quarter Case Study #2/Patient Demonstration
3:45 – 4:00  Course Wrap up and Questions

Program Accreditation:
The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 14 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

ADA Compliance:
The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.