

A Myofascial Network Approach to Assessment and Treatment of Postural Mal-alignment and Associated Pain

Course Outline

Day 1	Topics	Type
2:45pm-3:00pm	Registration	
3:00pm-3:10pm	Introduction: course objectives	Lecture
3:10pm-3:20pm	Pre-test	quiz
3:20pm-3:45pm	Definition of posture (normal & poor) and the factors affecting it	Lecture
3:45pm-4:30pm	The Myofascial System & posture: -Fascial web, its different types, composition and various roles -Neurophysiology of fascia and its adaptation to loading, posture, movement, pain, and emotion; -Muscle's classification systems and its adaptation to pain and posture -Myofascial trigger points (MTP)	Lecture
4:30pm-4:45pm	Coffee Break	
4:45pm-5:15pm	Myofascial Slings as important functional synergies for control of posture and movement	Lecture
5:15pm-5:15pm	Myofascial Network Approach to Assessment of Postural Mal-alignment -Body charts and key landmarks	Lecture
5:15pm-6:00pm	Postural mal-alignments and syndromes: -Muscle imbalance within and between slings -Upper crossed syndrome and scapular dyskinesia -Lower crossed syndrome and intra-pelvic torsion -Scoliosis (torsion) -Mixed patterns of myofascial network dysfunction	Lecture
6:00pm-6:10pm	Coffee Break	
6:15pm-7:15pm	Assessment of posture : Practice in small groups	Practice
Day 2	Topics	Type
8:30am-9:15am	Myofascial Network Approach to Treatment of Postural Mal-alignment and Associated Pain: -Definition of terms, principles of techniques, expected responses -Indirect MFR techniques: a) Transverse Plane Techniques b) Cross-hand techniques and deep releases -Direct MFR techniques	Lecture
9:15am-10:30am	<i>Indirect MFR Techniques: a) Transverse plane techniques</i>	Practice
10:30am-10:45am	Coffee Break	
10:45am-12:30pm	<i>Indirect MFR Techniques: b) Cross-hand techniques and deep releases</i>	Practice
12:30pm-1:15pm	Lunch Break	
1:15pm-2:45pm	<i>Direct MFR techniques</i>	Practice
2:45pm-3:15pm	Introduction to Postural correction exercises	Lecture
3:15pm-3:30pm	Coffee Break	
3:30pm-5:00pm	Postural correction exercises	Practice
5:00pm-5:30pm	Case Scenarios (Group discussion)	
5:30pm-5:40pm	Post-test	quiz