

Continuing Education for Healthcare Professionals



COURSE DESCRIPTION:

There are times when intuition and skilled hands far surpass protocols. When a patient presents with a symptom or range of symptoms that do not or have only shown a limited response to traditional protocols therapists must possess additional non-traditional skills, knowledge and techniques. Deep tissue MFR and an intuitive therapist can frequently generate a breakthrough and achieve additional positive outcomes where a therapist using only traditional protocols cannot.

No longer will you be frustrated by lack of progress. You will become a non-traditional but highly successful therapist. This course is designed to steer you toward becoming that therapist. You will have “tools” at your disposal and “tricks” of the trade that others do not have. You will be able to treat the debilitating pain, stresses, and strains that patients have unsuccessfully been searching for relief from.

This is the first in a series of seven courses designed to manage body systems in relationship to incoming trauma and stress. Courses in this series can be taken in any order, but many of the principals taught in the subsequent courses will refer back to Course 1 – Basic Deep Tissue and MFR. This course and subsequent series will introduce clinically relevant, highly efficient, alternative techniques that will increase effective outcomes for a broad range of dysfunctions.

Complete Managing Trauma & Stress Series:

- Course 1 – Basic Deep Tissue and MFR
- Course 2 – Head / Neck & Headaches
- Course 3 – Shoulder Girdle / Upper Extremity
- Course 4 – Pelvic Girdle / Lower Extremity
- Course 5 – Trunk, Abdomen, Back
- Course 6 – Pelvic floor / Pelvic pain / Incontinence
- Course 7 – Posture and Body Balancing

LEARNING OUTCOMES:

- Assess anatomy and body posture
- Determine areas of imbalance and contortion
- Correct identified dysfunctional areas through the use of the “body tools” learned during the course
- Identify when to use basic metal or plastic tools as alternatives to “body tools” learned during the course
- Evaluate areas of dysfunction using Palpation skills
- Assess muscle tone and restricted areas



Myofascial Release; Deep Tissue Concepts (MFR)

INSTRUCTOR:

Mike Bond, MS, PT, CLT, DOR has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual therapy, soft tissue mobilization, myofascial release (MFR), and Kinesio Taping in addition to many years’ experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a large home health and hospice agency. In addition to treating patients, he supervises the work of numerous staff that have been trained in various lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the lymphedema client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings. He is very active in treating, consulting, and teaching about lymphedema wherever and whenever he finds a place for it. He joined the staff at UW-Milwaukee in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course and Lymphedema II: The Next Level and Lymphedema: Module III. He is invested in this education due to both personal and professional reasons.



CONTENT FOCUS:

Domain of OT:
 Areas of Occupation
 Occupational Therapy Process:
 Evaluation, Intervention,
 and scar management

PROGRAM NUMBER: 10108

CEUs: 1.6 (Contact Hours: 16 hours)

PRICE: \$525 (before/on 8/8/17)
 \$575 (after 8/8/17)

LEVEL: Introductory

AUDIENCE: OTs, OTAs, PTs, PTAs, ATs, RNs,
 LPN's, MD's, DO's and Massage

DATE: Friday, September 8th to Saturday, September 9th, 2017
 8:00 a.m. to 5:30 p.m. Friday & Saturday

LOCATION: UW-Milwaukee School of Continuing Education
 161 West Wisconsin Avenue, Milwaukee, WI 53203

QUESTIONS? CONTACT US

Myofascial Release; Deep Tissue Concepts

Instructor: Mike Bond, MS, PT, CLT, DOR

Friday, September 9th – Saturday, September 10, 2017

Agenda

Day 1:

- 8:00 AM Registration Opens
- 10:00 AM MFR Anatomy and Physiology
- 10:15 AM Break
- 10:30 AM Body Palpating / Assessment
- 12:00 PM Lunch (on your own)
- 1:00 PM Hand Tools / Introduction
- 3:00 PM Break
- 3:15 PM Release Techniques
- 5:30 PM Adjourn

Day 2:

- 8:00 AM Review / Q&A, Tools for release
- 10:15 AM Break
- 10:30 AM Lab for Plastic / Metal Tools
- 12:00 PM Lunch (on your own)
- 1:00 PM MFR Lab
- 3:00 PM Break
- 3:15 PM Deep Tissue Lab
- 5:30 PM Question & Answer; Adjourn