COURSE DATE: April 11 – 13, 2019

TITLE: An Encounter with Touch: Successful Treatment of Chronic Pain with Myofascial Release and Mindfulness Approaches

“This class opened a new world for me. I realize my training never touched upon the fascial system and its connection and importance to the rest of the body. I feel I will bring so much more insight and relief to my patients, particularly those who have tried the usual approaches. How wonderful is the gift of touch, for tuning in to patients’ pain and for treating each one with patience and with understanding hands. I think every PT would benefit from this class”. - Previous Student

“I couldn’t believe how much more I could feel through my hands during this class. I learned to look further than the painful joint as the source of my patient's pain.” - Previous Student

DESCRIPTION: Acute health issues can easily turn into chronic health issues, the most challenging and the most expensive problems we therapists face. Most manual treatment approaches for patients with chronic challenges are limited. They focus only on the musculoskeletal aspect of the chronic pain while ignoring both the myofascial component and its relationship with the nervous system and our level of mindfulness. A one sided approach provides only temporary relief, and as a result, patients cycle through our clinics, frustrating both themselves and the therapist. We can do better!

Treating chronic pain has many facets, requiring a multidimensional approach. For successful therapy, we must understand:

1. How every structure in the body is connected to the whole via the fascial system, and how the health of one body region will affect another region
2. How manual therapy addresses the myofascial restrictions
3. How our touch and the patient’s nervous system interact with each other
4. How perception of touch influences the treatment process
5. How to facilitate movement in order to re-educate the body into pain-free movement.

This class is designed for therapists who are new to Myofascial Release (MFR) and Mindfulness, who want to deepen their manual therapy skills and who may or may not have some experience with treating people with chronic pain. We will be learning a multidimensional treatment approach combining specific soft-tissue mobilization and deep tissue release techniques while expanding our repertoire of perception and palpation skills in order to recognize the hidden complexities of myofascial strain patterns. We will then use therapeutic exercises to integrate restored mobility.

Through hands-on lab sessions you will learn:

1. MFR techniques
2. Centering and grounding skills
3. Expanded awareness and palpation skills
4. The recognition of myofascial strain patterns unique to each patient with chronic pain
5. How to design home programs unique to the individual patient.

Register Online: http://bit.ly/ce11344
As you improve your skill set and develop increasing confidence in your ability to work with patients with chronic pain, your patients will be transformed . . . as will you.

**OUTCOMES:**

- Understand the epidemiology of chronic pain
- Understand the physiology of chronic pain; both mechanical and somato-emotional aspects of the autonomic nervous system
- Understand the neuroanatomy and biochemical changes that occur with chronic pain
- Understand the current research regarding chronic pain; identify mechanisms that trigger and maintain painful conditions
- Explain the intricate anatomy and function of the myofascial system
- Recognize postural imbalances and motion restrictions when evaluating posture and movement
- Recognize dysfunctional respiratory patterns and their contribution to myofascial strain patterns
- Demonstrate superficial and deep myofascial release techniques to the trunk and extremities
- Expand perception and palpation skills in order to recognize myofascial strain patterns
- Develop comprehensive evaluation skills for patients with chronic pain, addressing the stress components that directly impact patients’ health status and future rehabilitation
- Establish functional goals and home exercise programs unique to the patient with chronic pain

Please wear/bring the following to the course:
- Sheets blankets and 2 pillows for comfort
- Short nails required
- Wear shorts and a t-shirt or tank top for lab; exposed skin is needed
- It is recommended to dress in layers, as the room may be cold during lectures

**INSTRUCTOR(S)**

**Primary Instructor:**

Michele Rozansky, PT, owner of Orlanu Therapies - The Myofascial Release Center of Milwaukee, SC, is a graduate of UW-Madison. In 2008, Michele began teaching at UWM.

“My purpose, and my passion, is teaching these skills to other therapists, knowing I will touch so many more patients in need.”

Michele is certified in Neurodevelopmental Treatment for children, has advanced training in Myofascial Release, Craniosacral Therapy, and Rebirthing for children and adults. Therapeutic horseback riding, Exercise based on the Pilates method, and women’s health challenges are some of her unique treatment interests.
Michele has facilitated personal growth workshops for women and has been an assistant instructor for Boehme Workshops and for John F. Barnes, PT. At Orlanu Therapies, Michele provides whole-body treatments for individuals with chronic pain and neurological challenges, and guidance in discovering their own inherent healing abilities. Her expertise has evolved into a specialty working with patients who live with cumulative trauma.

**Co-Instructor:**

Anne M. Becker, OTR, is owner of Touchpoint to Function, LLC, where she treats both children and adults. She also works at Children’s Hospital of Wisconsin in the Neonatal Intensive Care Unit, the Cardiac Intensive Care Unit, and with children with chronic and acute pain issues in the outpatient setting.

She is a graduate of UW-Milwaukee and has advanced training in Craniosacral Therapy, Myofascial Release, and in Neurodevelopmental Treatment for children and adults. Anne utilizes Neurodevelopmental and Pilates-based exercise to support her manual therapies work. She has been a teaching assistant for Upledger Craniosacral Therapy workshops.

Anne provides whole-body treatment for a variety of diagnoses, working with premature infants to the elderly. She combines MFR and CST to increase patients’ body awareness, discover their own inherent healing qualities, and discover improved ways of movement for developmental progression and/or reduction in pain issues.

Her passion is discovering with her patients the significant myofascial strain patterns existing within their bodies and then together releasing those patterns while strengthening new and freer patterns of movement.

**LEVEL:** Introductory

**AUDIENCE:** OTs, PTs, OTAs, PTAs

## AGENDA

### Day 1

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 AM</td>
<td>Registration</td>
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<tr>
<td>8:00 AM</td>
<td>Introduction</td>
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<tr>
<td>8:30 AM</td>
<td>Lecture: The physiology, epidemiology, current research of chronic pain. Discussion: The Elephants in the Room- how assumptions can interfere with effectively treating people with chronic pain? Lecture: The anatomy and physiology of the fascial system</td>
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<tr>
<td>10:00 AM</td>
<td>Break</td>
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<tr>
<td>10:15 AM</td>
<td>Lecture and Lab: Mindfulness practice and research (Grounding / Centering / Mental Imaging) Lab: Postural evaluation Lecture and Lab: Respiration and Breathing assessment Lecture: Respiratory Diaphragm anatomy Lab: Respiratory Diaphragm release technique with mindfulness</td>
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<tr>
<td>12:00 PM</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 PM</td>
<td>Labs: Mindfulness practice expanded with breathing facilitation Lecture and Labs: Cross-hand posterior thorax deep release techniques with mindfulness Lecture: Pelvic Diaphragm Anatomy</td>
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<tr>
<td>2:45 PM</td>
<td>Break</td>
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<tr>
<td>3:00 PM</td>
<td>Lab: Pelvic diaphragm release technique with mindfulness Lab: Psoas release with mindfulness Lab: Core stabilization exercise Lab: Neck-pull technique with mindfulness</td>
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<tr>
<td>4:15 PM</td>
<td>Summary and discussion of takeaways for Day 1</td>
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<tr>
<td>4:30 PM</td>
<td>Adjourn</td>
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### Day 2

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Short review of Day 1</td>
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<tr>
<td>8:15 AM</td>
<td>Lab: Mindfulness practice Lab Lab: Lower Extremity MFR techniques with mindfulness</td>
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<tr>
<td>10:00 AM</td>
<td>Break</td>
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<tr>
<td>10:15 AM</td>
<td>Lab: Lower Extremity MFR techniques continued Lab: Lower Extremity and core Neuromuscular- Re-ed (NMR) with facilitation / movement lab</td>
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<tr>
<td>12:00 PM</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 PM</td>
<td>Lecture: Neuroanatomy and physiology of the Stress response Guest Speaker with discussion Discussion: New paradigm for Therapist/Patient Relationship Lab: How thoughts impact central nervous system regulation and modulation Lecture: Thoracic Diaphragm anatomy</td>
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Lab: Thoracic Diaphragm release technique with mindfulness
2:45 PM Break
3:00 PM Lab: Anterior Thoracic Release techniques with mindfulness
Lab: Neck Pull technique with mindfulness

4:15 PM Summary and discussion / takeaways for Day 2
4:30 PM Adjourn

Day 3
8:00 AM Review Day 2
8:15 AM Lab: Mindfulness practice and Upper Extremity awareness
Lab: Review Thoracic Diaphragm Release technique
Lab: Upper Extremity MFR Releases with mindfulness
10:15 AM Break
10:30 AM Lab: Scar Release techniques
Lab: Continued Upper Extremity releases
Lab: Upper Extremity and core NMR with facilitation / movement lab
12:00 PM Lunch (on your own)
1:00 PM Lab: Lumbosacral decompression technique
Lecture: Cranial Base Anatomy
Lab: Cranial Base Release technique
2:30 PM Break
2:45 PM Lecture: Advanced palpation skills to evaluate myofascial strain patterns
Lab: Myofascial Strain Pattern Assessment (therapist and patient techniques) Two-Therapist Techniques
3:45 PM Discussion and Takeaways: Patient Home Programs
Discussion and Takeaways: How to integrate our treatment approach in your facility
Discussion and Takeaways: Billing questions
4:15 PM Complete Course evaluations
4:30 PM Question & Answer; Adjourn

FOCUS: Domain of OT: Performance Skills
Occupational Therapy Process: Evaluation and Intervention

COURSE # 11344

PRICE: Early Price $600 (On or Before 3/12), Standard Price $650 (After 3/12)

CEU's / CLOCK HOURS: Agenda reflects 2.2 CEU's (22 Clock hours)

LOCATION: UW-Milwaukee Continuing Education, Plankinton Building, 7th Floor, 161 West Wisconsin Avenue, Milwaukee, WI 53203

Register Online: http://bit.ly/ce11344