

DATES: February 1-3, 2024

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

DESCRIPTION: Patients with chronic pain or with complicated issues are the most challenging problems we therapists face. It's the worst nightmare for many therapists! Our typical, narrow approach provides only temporary relief, resulting in patients cycling through our offices, frustrating both them and us.

But it doesn't have to be that way! These patients require a multi-faceted approach with a different set of tools than do people with acute physical injuries. If you feel inexperienced or uncomfortable assessing and treating patients with chronic pain, this course is for you. You will gain new modalities, approaches, and skills, the tools you need to successfully treat these patients.

This class is designed for therapists who are new to Myofascial Release and Mindfulness, who want to deepen their manual therapy skills and improve their success in treating chronic pain. To achieve these goals, you will be learning a multidimensional treatment approach, combining mindfulness strategies with soft-tissue mobilization, deep soft tissue release, and therapeutic exercise.

IN OUR LAB SESSIONS, YOU WILL LEARN:

1. The John F. Barnes Myofascial Release Approach.
2. Centering and grounding skills for yourself and for your patients.
3. Advanced palpation skills to recognize myofascial stress patterns unique to each patient.
4. Home program development unique to each patient.

As you improve your skill set and increase confidence in your abilities, your patients will be transformed . . . as will you.

OUTCOMES:

- Understand the neurobiology of chronic stress/pain (including mechanical and somato-emotional processes, neuroanatomy, and biochemistry).
- Understand the latest research regarding chronic stress/pain.
- Learn the anatomy and function of the myofascial system.
- Recognize how myofascial stress patterns lead to postural imbalances and motion restrictions.
- Recognize dysfunctional respiratory patterns contributing to myofascial stress.
- Deepen palpation skills to discover myofascial stress patterns.
- Demonstrate superficial and deep myofascial release techniques in the body entire.

- Understand the current literature regarding the psychological and physiological impacts of mindfulness.
- Practice mindfulness techniques to improve your interactions with your clients and to expand your ongoing evaluation and palpation skills.
- Practice mindfulness techniques to expand your evaluation tools by identifying stressors that contribute to your patients' health and future rehabilitation.
- Understand the foundational concepts of mindfulness that support increased body awareness and the strategies necessary to develop unique home programs for each client to support successful outcomes.

"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."

Nancy, L, OT

"I plan to use mindfulness for myself to help me stay calm and present. I feel much more confident in my practice." in

Lisa R., PT

"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."

Adam S., PT

"I do not feel so overwhelmed about managing my symptoms or what the future holds. Rather, I am hopeful and feel empowered that there is something I can do to change my perception of the pain and decrease the pain at its source. For that I am grateful!"

Patient with Relapsing Remitting MS

"Thank you, Michele, for the impact you are having on my chronic pain. You have literally changed my outlook, and I am renewed with hope and faith that this CAN continue to improve!"

Patient with 20-plus year history of back pain

PLEASE BRING/WEAR:

- Sheets
- Blankets
- Two Pillows
- Shorts
- T-Shirt or Tank Top, exposed skin is needed

INSTRUCTOR(S): Michele Rozansky, PT

have always gravitated to working with people living with long-term challenges. My first patients were children having neurological pathophysiology, who had suffered a brain injury either in the womb or at birth. In the 1980s, I studied Neurodevelopmental Treatment (NDT), then the cutting edge in physical therapy.

NDT is a unique philosophy: All parts of the body and mind are connected, a new concept at the time for physical therapists. We had in-depth training of the human movement system to understand postural control from head to toe. We deepened our palpation skills practicing therapeutic handling to offer easier ways to move. Our children learned to navigate their bodies with more ease as they moved differently, integrating new sensations into their bodies. Therapy depended on the child's ability to notice a new felt-sense and then to use it. Another valuable gift of NDT was that I learned to evaluate a child in a comprehensive manner;

I learned to ask gentle, intuitive questions that helped me understand the physical, emotional, and mental issues the child carried.

In the 1990s, I broadened my skills once more when I studied another cutting- edge approach: Myofascial Release (MFR), to address spasticity in children. I soon began treating adults with chronic pain, another population living with severe stressors, sometimes for years. MFR gave me another tactile way to apply the principles of NDT.

While working with these adults, I had two insights: 1. I could use every aspect of my pediatric training with injured adults because their bodies demonstrated the same atypical behaviors as the children had with neurological impairments; 2. MFR not only relaxed severe pain/stress in the body, it was also the tool I used to guide my patients to feel and to shift the pain/stress sensations in their bodies.

Working with people living with chronic pain is difficult, challenging, heartbreaking, and it is a privilege -- inspiring, meaningful, and fun! My practice grounds me and keeps me accountable. My patients teach me something new every day and it is hard work.

Over the past several years, I have seen many smiles of relief and joy, patients whose chronic pain has diminished or resolved. After decades of learning how to treat chronic pain one body part at a time, and one treatment method at a time, I set a new goal for myself: I wanted to teach others, to present this information to therapists in an integrated way, so they could reach a deeper, more effective, and more lasting way to serve their patients.

To accomplish this goal, I have designed a unique, total body treatment approach, a consolidation of my life's work, taking the best aspects of each method. The program combines advanced techniques of evaluation inquiry, MFR, Mindfulness, and more. With practice, therapists can integrate these techniques into their unique skill-set. This approach works because each holistic technique is a piece of the puzzle we must address to help this complex population.

Today my purpose and my passion is to share these skills with you so that every day of your career, you will know you have given your patients a comprehensive, holistic, caring path to their better life. Together we will touch so many more patients in need. Together we can change the world . . . for many people who live with pain.

I hope to see you in class.

GUEST SPEAKER: Heather Martin, PhD, OTR

Heather is a faculty member in the Occupational Therapy Department at Mount Mary University and has been training future occupational therapists for the past fifteen years. Her clinical experience focuses on pediatric practice, especially in outpatient settings, and her passion stems from these interactions with children and families. Heather brings this passion to the classroom in educating her students with an awareness and focus on providing support for not only the child, but for the entire family unit.

It is because of this passion that she began exploring ways to use mindfulness practices to support parents and families. As part of her doctoral work, she developed a Mindfulness program that uses this intervention to support parents of children with special needs, with a focus on introducing various mindfulness techniques and educating parents in its foundational concepts. Her desire to support parents and families continues to lead her in seeking out additional ways to share this information with other professionals, knowing the impact that mindfulness can have in their lives and the lives of the clients and families they serve.

LEVEL: Introductory

AUDIENCE: OTs, OTAs, PTs, PTAs

CONTENT FOCUS:

Domain of OT: Performance Skills

Occupational Therapy Process: Evaluation and Intervention

CEU's / CLOCK HOURS: 2.2 CEUs (22 Clock Hours)

AGENDA:

Thursday, Friday, & Saturday – 8:00am – 4:30pm

Day 1

7:30 am - Registration

8:00 am - Introduction

8:30 am - Lecture: The physiology and latest research of chronic stress/pain.

Discussion: The Elephants in the Room- how assumptions can interfere with treating chronic pain/stress

Lecture: The anatomy and function of the fascial system

10:00 am – Break

10:15 – Lecture and Lab: Mindfulness- What is Mindfulness and the current research

Lab: Postural evaluation

Lecture and Lab: Respiration and Breathing assessment

Lecture: Respiratory Diaphragm anatomy

Lab: Respiratory Diaphragm release technique with mindfulness

12:00 pm Lunch (on your own)

1:00 pm – Labs: Mindfulness practice expanded with breathing facilitation

Lecture and Labs: Cross-hand posterior thorax deep release techniques with
mindfulness

Lecture: Pelvic Diaphragm Anatomy

2:45 pm Break

3:00 pm - Labs: Pelvic diaphragm release technique with mindfulness

Psoas release with mindfulness

Core stabilization exercise

Neck-pull technique with mindfulness

4:15 pm Summary and discussion of takeaways for Day 1

4:30 pm Adjourn

Day 2

8:00 am - Short review of Day 1

8:15 am - Labs: Mindfulness practice Lab

How thoughts impact our central nervous system

8:30 am-Lecture and Discussion- Neurobiology of the Stress Response and severe chronic pain

New paradigm for Therapist/Patient Relationship

10:00 am - Break

10:15 am – Patient demo and discussion

12:00 pm Lunch (on your own)

1:00 pm - Labs: Mindfulness practice with Lower Extremity awareness

Lower Extremity myofascial release with mindfulness

2:45 – Break

3:00 – Facilitation/Movement Lab: Neuromuscular Re-ed (NMR) of core with Lower Extremity

Lecture: Thoracic Diaphragm anatomy

Lab: Thoracic Diaphragm release 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 - Labs: Mindfulness practice with Upper Extremity awareness

Labs: Anterior Thoracic Release techniques with mindfulness

Upper Extremity myofascial release with mindfulness

10:15 am - Break

10:30 am –Labs: Continued Upper Extremity release techniques

Facilitation/Movement Lab: Neuromuscular Re-ed (NMR) of core with UE
and LE integration

12:00 pm - Lunch

1:00 pm – Labs: Scar Release

Lumbosacral decompression technique

Lecture: Cranial Base Anatomy

Lab: Cranial Base Release

2:30 - Break

2:45 –Labs: Advanced palpation skills to evaluate myofascial strain patterns

3:45 – Discussion and Takeaways

Patient Home Programs

How to integrate our treatment approach in your facility

Billing questions

Complete Class evaluations

4:30 Adjourn



School of Continuing Education Health Sciences syllabus

ABOUT UNIVERSITY OF WISCONSIN-MILWAUKEE:

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COURSE #: 1010-15881

PRICE: \$625 before 1/1/2024;
\$650 after 1/1/2024

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