

# Myofascial Release and Its Application to Neuro-Developmental

Gail Ritchie, OTR/L, C/NDT

## Faculty

Gail Ritchie, OTR/L, C/NDT is a renowned clinical educator and independent pediatric occupational therapy provider offering a range of therapies based on the culmination of skills and expertise attained over the last 30 years. She is a certified NDTA instructor and participated in the development of the book entitled “Neuro-Development Approach: Theoretical Foundations and Principles of Clinical Practice” and the study guide for “Neuro-Developmental Treatment Approach: Theoretical Foundations and Principles of Clinical Practice.” She currently serves on the Theory and Curriculum Committees for the NDTA.

Financial: Gail Ritchie receives an honorarium for teaching and speaking from Education Resources. Non-Financial: Gail Ritchie has no relevant non-financial relationships to disclose.

## About this Course

In this symposium we will review the fascial system as it relates to individuals with atypical posture and movement. The primary focus of this workshop will be on the hands-on treatment, using MFR addressing the musculoskeletal system that is needed prior to facilitation of movement. This course will improve clinical decision making skills through forming and testing hypotheses regarding critical impairments when treating individuals diagnosed with multiple system impairments such as cerebral palsy, stroke, congenital hypotonicity, and other neuromotor impairments. A combination of didactic, and laboratory learning experiences will emphasize the integration of MFR and the NDT framework as the foundation for intervention when treating either pediatric or adult individuals with central nervous system dysfunction.

## Objectives

- ❶ Describe the function of the fascial system
- ❷ Identify critical fascial restrictions interfering with motor function related to functional outcomes
- ❸ Select MRF Techniques for neurological impairment(s) and problem solve when to use which technique(s) and why
- ❹ Demonstrate MFR techniques to elongate muscle groups during movement
- ❺ Apply treatment NDT techniques and strategies to increase mobility and enhance stability via facilitation of movement
- ❻ Integrate handling strategies learned in lab into daily practice

## Audience

This workshop focuses on myofascial releases as they apply to soft tissue elongation and NDT facilitation. This material is useful for PTs, PTAs, OTs, and OTAs, working with either the adult or pediatric populations.

## Schedule – Day 1

8:00-8:30	Registration/Continental Breakfast
8:30-10:30	Introductions Theory: Fascial restrictions seen in pediatric and adult populations
10:30-10:45	Break
10:45-12:00	LAB: Level of Touch/Lead Follow
12:00-1:00	Lunch (on your own)
1:00-2:30	Myofascial Release Single hand release over spine LAB: Two-hand release
2:30-2:45	Break
2:45-5:00	LAB: Myofascial Releases (cont'd)

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## Schedule – Day 2

7:30-8:00	Continental Breakfast
8:00-10:15	Anterior Trunk Releases
10:15-10:30	Break
10:30-12:00	Hip Releases
12:00-1:00	Lunch (on your own)
1:00-2:30	Patient Demo
2:30-2:45	Break
2:45-4:00	Combining Myofascial Release and NDT to increase mobility and enhance stability

## Course Requirements

Participants need to wear comfortable clothing that will allow MFR techniques to be practiced on the skin and for analyzing structural alignment. Suggested under clothing: sports bra, bathing suit, and shorts.

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## Credits

This course meets the criteria for 13.5 contact hours (1.35 CEUs). TX Physical Therapy Association accredited provider



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 13.5 contact hours (1.35 CEUs)- Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved by the TX Board of OT Examiners.

NBCOT professional development provider – 13.5 PDUs

13.5 hours of this course qualify toward the 20 hours requirement for NDTA re-certification.

Please contact us with any special needs requests:  
[info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Locations and Dates

**Nov 8-9, 2019** Pearland, TX

Riverkids Pediatric Home Health

"Abundant hands-on allowing for confidence in techniques."

- G. Janzef

"Gail has an excellent understanding of MFR. She has an ease about her way of teaching. Her NDT background really helps therapists understand how to use this technique in practice with our patients."

- C. Murphy

"Excellent Speaker! Great Course Content!"

- A. Boothe



\$450 fee. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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Limited enrollment. We encourage you to register online!

**Myofascial/Ritchie**  
 Nov/TX

**Course Registration Form**

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

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