

## Course Information Sheet

**Course Title:** Myofascial Release

**Course Description:**

This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury, immobility, and pain. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate each technique. The text also contains home programs that clients can use themselves between training sessions.

**Learning Objectives:**

1. Describe the elements of fascia
2. Identify conditions that can affect fascia
3. Explain the benefits of MFR
4. Design an initial assessment for a client
5. Address palpatory assessments including motility, glide, mobility.
6. Compare and differentiate between traction, rebounding, and skin rolling
7. Design treatment programs utilizing techniques such as cross-hand release, compression release, MFR unwinding and more.
8. Understand how these treatments might feel to your client
9. Understand how these treatments should feel to the therapist
10. Know how to individualize treatments
11. Provide recommendations of how to incorporate multi-therapists approaches to treatments
12. Design home programs for clients

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards:

[www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Ruth Duncan, SST, ISRM, SMTO**, is an advanced myofascial release therapist, proprietor, instructor, guest lecturer, speaker, national committee member and writer with extensive training in a variety of approaches. She completed her advanced postgraduate training in 2004 with John F. Barnes (the world's leading authority on myofascial release) and has assisted with his seminars in the United States.

Duncan also has explored other direct and nondirect fascial approaches, including Thomas Myers' anatomy trains and myofascial meridians, Erik Dalton's myoskeletal alignment techniques and Jean-Pierre Barral's visceral manipulation. She has studied with experts on myriad topics to learn more about human anatomy, function and dysfunction and the emotional aspects of chronic pain and healing.

Duncan graduated with honours as a clinical massage therapist from the Humanities Centre School of Massage (now the Cortiva Institute in Florida, USA) and has a diploma in sports therapy from the Society of Sports Therapists (Sports Rehab and Education) and a diploma in sports and remedial massage from the Institute of Sport and Remedial Massage. She runs her own clinic The Natural Therapy Centre north of Glasgow, Scotland, specialising in the MFR approach in single sessions and intensive treatments.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A