



# Foundations in Myofascial Release

**Instructor:** Walt Fritz, PT

**When:** May 1-2, 2010

**Time:** Registration 8:30-9:00 first day, class 9:00am – 6:00pm both days with an hour lunch each day

**Where:** OSTM Rochester Campus at 302 North Goodman Street, Suite 200, Rochester, NY 14607

**Who is Eligible to Attend:** Licensed Massage Therapists (this workshop is geared toward Massage Therapists, however PTs, OTs and Chiropractors are welcome to register)

**Registration Fee:** \$350 per participant, due by March 26, 2010. *Deposit of \$50 or full payment MUST be made at time of registration to hold your place in the class.*

**Supplies Needed for Class:** Change of clothing, including loose fitting shorts and tank top/bathing suit top/sports bra. As full skin contact is needed, these clothing requests are very important. **NO** skin lotions, oils, etc. should be worn anywhere on the body during either day of this class. The skin **MUST** be dry in order for you to effectively treat and be treated using Myofascial Release. Participants are requested to bring a massage table sheet or single bed fitted sheet, as well as pillow/blanket. Body positioning systems are not recommended.

**Cancellation Policy:** A fee of \$50 will be charged when there is less than one week's notice.

**CE Hours:** 15 NCBTMB

**Seminar Objective:** To provide the therapy professional the ability to effectively evaluate and treat a wide variety of conditions from a foundational base of knowledge in Myofascial Release. You will begin to look beyond the muscle, into the larger three-dimensional matrix of the fascia, changing your view of how holding patterns within the fascia can produce far reaching dysfunction. Learning to deeply feel into your client's body, sensing what is holding them back is the essence of this work. You will be able to acquire this feel and use it to make changes that you had not thought possible. You will leave this class equipped to make immediate changes.

There will be extensive hands-on demonstrations followed by sufficient one-on-one supervised practice.

**Walt Fritz, PT** is a licensed physical therapist with over 16 years of Myofascial Release experience. He has instructed at over 50 Myofascial Release Seminars nationally and has now developed his own unique style of Myofascial Release education. Working from the strengths of his predecessors, Walt emphasizes the straightforward effectiveness of Myofascial Release without the hype or hyperbole. In his *FOUNDATIONS in MYOFASCIAL RELEASE* class, Walt brings an approachable, easy to understand style of teaching, one that can easily be assimilated into your treatment regime. Walt is the owner of the PAIN RELIEF CENTER, in Rochester, NY. He also hosts the national website, [www.MyofascialResource.com](http://www.MyofascialResource.com).

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

To register please call OSTM at 585-241-0070 or go to [www.massage-school.com](http://www.massage-school.com)