

Part 1: Connective Tissue and Fascia – A Forgotten Interface.

A one-day research update and practical workshop for those working in adult or paediatric neurological rehabilitation.

As manual therapists, tremendous changes can be seen within minutes when our techniques are the right ones for our patients, and our clinical reasoning is more than just guess work. For some of our neurologically impaired patients the changes can still be quick, but for others, the need for complex problem solving, over a longer term, is more often the case.

Please join me for a practical workshop which is patient-focused and clinically relevant. Techniques can be used in intensive care or in the community. Let us discuss how the latest information on fascia and the nervous system may help offer new avenues of exploration for manual treatments and for explanations for the changes seen, especially in regard to spasticity. The course should also promote a better understanding of the connective tissue and fascial layers that give the body complete continuity – and this you will see in each other, during in vivo video clips, and in yourself.

In the past, the existence and relevance of such tissues during mobility, stability and pathology has been poorly understood. This is a fairly new area of discovery and research. Discussions will include some of the recent findings from the World Fascial Research Conferences of 2007 and 2009, the British Fascia Symposia in 2014 and 2018, as well as additional papers up to the present. This new information should assist with clinical reasoning during all stages of rehabilitation. Research findings and practical discoveries will be relevant for all manual therapists and should support lively debate in relation to a “*Hands on*” or “*Hands off*” approach.

Practical sessions and discussions include a selection of manual treatment techniques and can be applied to many areas of clinical practice.

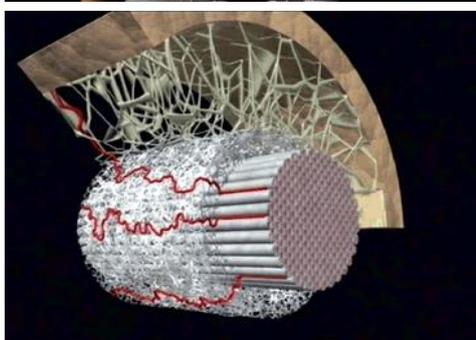
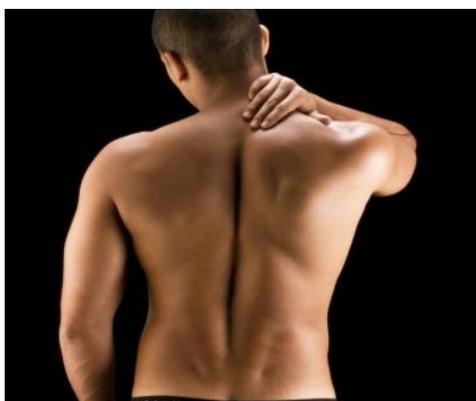
The patient, and the care we give them, their families and carers, is always at the centre of our workshops.

Course Programme

8:45 - 9.15am	Registration
9.15 - 11.15am	Introduction, aims, background theory, evidence, discussion: CT & Fascia: Definitions, neuropathology, the 3D continuum Latest dissection / in vivo research evidence
11.15 - 11.35	Break
11.35 - 13.15	Myofascial Practical Session and discussion
13.15 - 13.45	Lunch
13.45-15.45	Further practical session with additional clinical relevance including overview of spasticity management vs low tone / ataxia, botox and effects of long-term immobility and postural adaptation.
15.45-16.00	Break
16.00-17.00	Discussion, questions, review, 'what next?' and conclusions

Learning Objectives

- Define and describe functions of C.T. and fascia
- Discuss the relevance of C.T. and fascia in clinical practice
- Discuss and evaluate current research
- Palpate the skin and superficial fascia – learn a range of basic fascial mobilisation and release techniques with clinical reasoning, which will allow you access to the deeper tissues. Observe changes in yourself and colleagues.
- Practice 5 techniques that can be used in all therapeutic settings, including the community.
- Reflect on own assessment strategies and treatment approaches in relation to adult neurological and general rehabilitation. Discuss new knowledge in relation to management of spasticity and low tone / ataxia.
- Consider new adjuncts to practical techniques in relation to soft tissues and management of acute and chronic patients.



Michelle Watson MSc CertEd MCSP, Chartered Physiotherapist

Michelle qualified as a Physiotherapist in 1995 in the UK. Her specialist field is adult neurological rehabilitation, having worked in acute care, inpatient, outpatient and community-based rehabilitation for many years in the National Health Service in the UK. She has also gained experience working in the private and state sector in the USA, and also 2 years of voluntary paediatric physiotherapy in Zambia, Africa.

Her Masters degree specialised in the field of manual musculoskeletal physiotherapy – the MMACP course at Coventry University. Having completed her Masters in 2005, she worked as a Senior Lecturer on the BSc and MSc Physiotherapy course at Coventry University. Following clinical research, she has presented internationally, and continues to run training courses in the UK.

Michelle has been the Director of Therapy Fusion Ltd since 2007, a company that consists of 20+ experienced therapists, who specialise in a variety of different fields of healthcare and rehabilitation. The team is very client focussed and work with children, or adults, their families and carers, who have a variety of long-term conditions. Michelle is also a fully qualified practitioner in Myofascial Release Therapy, the Bowen technique, and is a trained Bobath Therapist.

Michelle completed a chapter in a book for Leon Chaitow ND DO, entitled: "Fascial Dysfunction - Manual Therapy Approaches", which was published in September 2014. She has also been on the organising committee for the British Fascial Symposium May 2014, and was a main auditorium speaker. Michelle is married, and is Mum to two children.