

Connective Tissue & Fascia: A Forgotten Interface A Practical workshop – Part 2

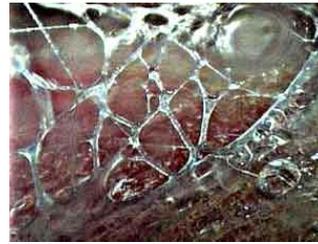
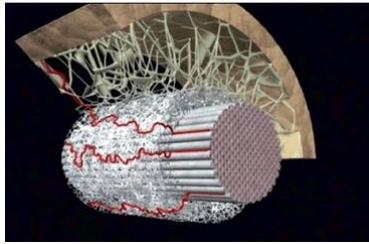
Please join me for a follow-on practical workshop which is patient-focused and clinically relevant. A pre-requisite is completion of Part 1.

Having run this course for several years it has evolved in many ways. The most overwhelming positive feedback has been that course members benefit greatly from experiential learning. It seems that being treated yourself and assessing / treating others is the preferred method for applying your new knowledge to your patients. However, to keep the course patient focused, Part 2 will also look at the changes seen in 1-2 patients who have given permission to be videoed over time. This will include discussion of the clinical reasoning behind use of such techniques and the results observed.

The techniques that we learned in Part 1 can be used in most treatment settings, including the home environment and in intensive care. Sometimes your patients position, and your own treatment postures, need adapting. Let us briefly recap the techniques used in part 1, learn how to progress these and offer new avenues of exploration for manual treatments, and discuss the changes seen.

Part 2 continues to develop our understanding of the connective tissue and fascial layers that give our bodies complete continuity, purpose and function. The day is interactive and practical and is filled with complex problem solving of movement dysfunction, plus additional research updates relating to our nervous systems. This workshop is intended for those working in any specialist field, but with emphasis on those with chronic postural changes, those with altered tone, altered timing and recruitment, and changes to their movement patterns.





Michelle Watson 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 MMAPC 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.

Course Programme

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| 8:45 - 9.15am | Registration |
| 9.15 - 11.00am | Welcome & introduction
Feedback use of techniques since Part 1
Postural assessment and patient video with review of previous practical techniques, evidence and discussion. |

11.00 - 11.20	Break
11.20 - 13.15	Continued myofascial practical session, patient videos and discussion
13.15 - 13.45	Lunch
13.45 - 15.25	Further analysis and treatment of each other
15.25 - 15:45	Break
15:45 - 16.45	Q&A: Discussion of clinical reasoning, relevance to connective tissues, fascia and use of terminology and clinical language. Further demo if needed. Conclusion.

Learning Objectives

- Be able to discuss the use of CT and fascial techniques with peers and patients, using appropriate language relating to the tissues and movements you are evaluating.
- Be aware of current relevant research and be able assimilate this into clinical reasoning relating to the choice of approach and outcomes.
- Palpate the skin, superficial and deeper fascia layers – recap a range of fascial mobilisation and release techniques with clinical reasoning, which will allow you access to the deeper tissues. Observe changes in yourselves and colleagues.
- Evaluate case studies and participate in discussion.
- Reflect on own assessment strategies and treatment approaches in relation to adult neurological and general rehabilitation.

Please bring layers, including a vest / sleeveless t-shirt, and shorts with you and expect to perform practical techniques on the spine, trunk and limbs. Please also bring a towel.

All information supplied by applicants is confidential and will only be used for training purposes.

Thank you. Please don't hesitate to contact me if you need any further information. Looking forward to seeing you! Michelle 😊