



**Institute of Holistic Healthcare**

**整全保健學院**

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## Rudiments in Fascial Release Techniques

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### *General:*

It is a six-hour hand-on program intended to educate physiotherapists on the rudiments in fascial release techniques, to practice on myofascial release and to have a hands-on experience of basic indirect fascial release techniques.

### *Objecitves:*

- Serve as an introduction to the manual therapy techniques focusing on the fascial system
- Participants will be able to:
  - State the anatomical and mechanical properties of the fascial system
  - Differentiate between direct and indirect manual therapy techniques
  - State the therapeutic effects, indications and contraindications of the fascial release techniques, particularly that of myofascial release
  - Perform assessment of the superficial and deep fascial system
  - Perform direct myofascial release technique and demonstrate a general treatment protocol
  - Perform indirect myofascial release technique to the respiratory, pelvic, and thoracic inlet diaphragms

### *Course Contents:*

- Anatomy and introduction to the fascial system
- Introduction to Fascial Release Techniques
- Practical on Myofascial Release Techniques
- Practical on Diaphragmatic Release Techniques

### *Instructor:*

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