

**Connective Tissue and Fascia – A Forgotten Interface.
A therapeutic adjunct to use in your day-to-day practice.**

A one-day practical, introductory workshop for those working in neurological and general rehabilitation (adult or paediatrics).

Date: Saturday 18th November 2023

Venue: Therapy Fusion Ltd, (ground floor Stratford Dental Centre, Trinity House, Aintree Road, Stratford upon Avon, CV37 9FL.
Directions on website: www.therapyfusion.com

Cost: £130 per person

Course Programme

8:45 - 9.15am	Registration
9.15 - 11.00am	Introduction, aims, background theory, evidence, discussion: Connective Tissue & Fascia: Definitions, neuropathology, the 3D continuum Latest dissection / in vivo research evidence
11.15 - 11.30	Break (tea, coffee & refreshments provided)
11.30 - 13.15	Myofascial Practical Session and discussion
13.15 - 13.45	Lunch - not provided, please bring lunch with you
13.45-15.45	Further practical & discussion session with clinical relevance including overview of spasticity management vs. low tone, plus consideration of hypermobility syndromes.

15.45-16.00

Break (tea, coffee & refreshments provided)

16.00-16:45

Discussion, questions, 'what next?' and conclusions

Learning Objectives

- Define and describe what is meant by connective tissue (C.T's) and fascia
 - Discuss the relevance of C.T. and fascia research in clinical practice
 - Palpate the skin and superficial fascia – learn a range of basic soft tissue mobilisation and release techniques with clinical reasoning, which will allow you access to the deeper tissues. Observe some changes in yourself and colleagues.
 - Practice 4 techniques that can be used in all therapeutic settings, including the community.
 - Reflect on own assessment strategies and treatment approaches in relation to adult / paediatric neurological and general rehabilitation. Discuss new knowledge in relation to management of spasticity, low tone & hypermobility.
 - Consider new adjuncts to practical techniques in relation to soft tissues and management of acute and chronic patients.
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Connective Tissue & Fascia: A Forgotten Interface A Practical workshop – Part 1

Have you ever wondered why one area of the body can create a cascade of changes in other tissues, organs and systems ... sometimes far away from the symptoms? This ripple effect can be explained in part by examining our soft (connective) tissues – our fascia, and of course our nervous systems.

The soft tissue system can unlock tremendous changes within minutes when we use the right techniques for our patients with clinical reasoning. Likewise, it is also concerning how quickly some patients develop stiffness, contractures, high tone and can 'lock down' many movement patterns and functions. For some of our patients with neurological conditions manual techniques (alongside other treatment approaches) can be a useful therapy adjunct; changes can be quick, but for others, the need for complex problem solving, over a longer term, within a team is more often the case.

This practical patient-focused workshop will help build your knowledge and confidence in using manual techniques on patients, to better understand how our connective

tissues may offer new treatment adjuncts in order to better manage loss of movement ability.

Connective tissues and fascia play a key role in joint mobility, stability and pathology; we will discuss the growing body of research and evidence. Discussions will include some of the recent findings from the World Fascial Research Conferences and the British Fascia Symposia, and key research papers. We will explore the transference of research into your daily practice to assist you with clinical reasoning during all stages of rehabilitation and touch on the debate between a “Hands on” or “Hands off” approach including ‘conventional stretching’. We will discuss how literature states evidence for stretching for CP is limited because the mechanism and etiology of muscle contractures are not clear, and we will touch on how stretching techniques vs manual muscle techniques differ.

Practical sessions and discussions include a selection of manual treatment techniques that can be applied to many areas of clinical practice, yet at every stage putting the person and their family at the centre of our therapy planning.

Course Leader Biography.

Michelle Watson (MSc CertEd MCSP, Chartered Physiotherapist) director of Therapy Fusion will be hosting the course. Michelle qualified as a Physiotherapist in 1995 in the UK and is a married Mum of two children. Her specialist field is adult neurological rehabilitation, but she has experience in many areas of physiotherapy, especially paediatrics, whilst working for many years in the National Health Service in the UK, in the private and state sector in the USA and also during 2 years of voluntary paediatric physiotherapy in Zambia, Africa.

Michelle’s Masters degree specialised in the field of manual musculoskeletal physiotherapy 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 team consisting of experienced multidisciplinary clinicians, who specialise in a variety of different fields of healthcare and rehabilitation. Michelle embeds her core values into her team and strives for patient focussed approach in her work with children, adults and their families and carers. She is also a fully qualified practitioner in Myofascial Release Therapy, the Bowen technique, and is a trained Bobath Therapist. Michelle and her team aim to integrate participation, function and science at the centre of treatment planning; creating a strong client-centred care model.

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.

How to book.

PLEASE BOOK ONLINE BY VISITING:

WE ARE **NOT** ABLE TO RESERVE OR HOLD PLACES WHILST AWAITING NHS TRUST PAYMENTS & WE RECOMMEND THERAPISTS PAY DIRECTLY AND RECOUP THEIR COSTS FROM THEIR TRUSTS.

WE ARE NOT ABLE TO REFUND PLACES WHICH ARE CANCELLED. REFUNDS SIX WEEKS PRIOR TO THE COURSE ARE ONLY AVAILABLE ON THE GROUNDS OF ILL HEALTH OR MEDICAL NEEDS.

What to bring & pre-course reading.

You will be provided with notes, certificates, use of plinths and light refreshments. As this is an introductory level course, no pre-reading is required but you may wish to watch the following anatomy YouTube videos as a refresher.

- Muscles of the upper limb – Ninja Nerd
- Muscles of the lower limb – Ninja Nerd
- Muscles of the head and Neck – Ninja Nerd
- Muscles of the back – Ninja Nerd
- Muscles of the thorax and abdomen– Ninja Nerd

Please bring:

- A vest / sleeveless t-shirt and shorts with you (or trousers that easily roll up above the knee. Please expect to perform practical techniques on the upper and lower limbs.
- 2 towels, one to roll up as a pillow and one to lie on.
- Please note that lunch is NOT included – bring a packed lunch.