

Advanced Seminar in Myofascial Release for Neck, Voice, and Swallowing Disorders

Time-Ordered Agenda

Day 1

- 8:30 - 9:00 Registration
- 9:00 – 10:15 (1.25) Introduction, discussion and sharing of therapist experience in applying principles of myofascial release in the clinic.
- 10:15 – 10:30 Break
- 10:30 - 11:45 (1.25) Evaluation and treatment to the jaw and mouth region
- 11:45 - 12:45 (1.0) Evaluation and treatment to the face and lip region
- 12:45 – 1:45 Lunch
- 1:45-2:45 (1.0) Evaluation and treatment to the floor of the mouth/suprahyoid region
- 2:45 – 3:00 Break
- 3:00 – 4:00 (1.0) Exploring the tongue
- 4:00 – 5:30 (1.5) Re-visiting the hyoid region

End Day 1 (7.0 Instructional hours)

Day 2

- 9:00 - 10:30 (1.5) Evaluation and treatment to the infrahyoid region
- 10:30 - 10:45 Break
- 10:45 – 12:45 (2.0) Evaluation and treatment to the shoulder region/postural perspectives
- 12:45 - 1:45 Lunch
- 1:45 - 2:45 (1.0) Seated evaluation and treatment to the neck/shoulder/chest complex
- 2:45 – 3:00 Break
- 3:00 – 4:00 (1.0) Anterior/posterior cervical region treatment (occipital lift)
- 4:00 – 5:00 (1.0) Seated evaluation and treatment to the rib and diaphragmatic regions
- 5:00 - 5:30 (0.50) Putting it all together/Q&A

End Day 2 (7.0 Instructional hours)

14.0 Instructional hours