

Introduction to Myofascial Release with John Annan: Part 1

Date	Venue	Tutor
Fri 10 th – Sat 11 th Oct 2008	St Richards Hospital, Chichester	John Annan
Sat 1 st – Sun 2 nd Nov 2008	Stoke Mandeville Hospital, Aylesbury	John Annan
Sat 13 th – Sun 14 th Dec 2008	Leatherhead Hospital, Leatherhead	John Annan
Sat 24 th – Sun 25 th Jan 2009	Whittington Hospital, Archway, London	John Annan
Sat 31 st Jan – Sun 1 st Feb 2009	Hyde Physiotherapy Centre, Hyde, Manchester	John Annan
Sat 28 th – Sun 29 th March 2009	Whittington Hospital, Archway, London	John Annan

The principal course aim is to facilitate the participant's subtle sense of touch so, following the course, they will feel confident in applying all of the taught techniques to their patients. Myofascial release techniques are an extremely powerful and permanent treatment technique that will yield startling results even when applied by beginners. Please see the website for the fantastic course reviews.

The course has been restructured to allow improved application of the techniques into existing clinical practice. This course aimed at all levels of physiotherapy, osteopathy, chiropractic, sports therapy and massage therapists.

DAY 1

08.45	REGISTRATION	
09.00	Presentation:	Introduction to Myofascial Release, the Concept. Tissue Physiology, fascial anatomy and developing a light touch
10.00	Practical:	The Gel-Sol transition technique
10.45	Tea Break	
11.00	Presentation:	Research, cumulative microtrauma and the loss of contractility 3D structural integrity and hydrostatic pressure
11.30	Practical:	Myofascial Release
12.30	LUNCH	
1.30	Practical:	Upper and lower limb MFR techniques
3.00	Tea Break	
3.20	Practical:	Soft Tissue preparation and MFR for treatments on Day 2
5.00	Adjourn	

DAY 2

9.00	Presentation:	Origins and embryology of the fascial system The fascia as chemist, container, coordinator and communicator
10.30	Tea Break	
11.00	Practical:	Cervical Myofascial Release
12.00	Presentation:	Transanatomical functional fascial lines
12.30	LUNCH	
1.15	Practical:	Pectoral Girdle MFR techniques
3.00	Tea Break	
3.20	Practical:	Scars and viscerofascial release
4.30	Adjourn	