



Fascial Adhesion and Scar Tissue: Release Method & Flexibility Strength Training

with **Marjorie Brook, LMT, CIMI, AIS Instructor**

A continuing education seminar

May 26-27, 2012

Vernon, BC

9 a.m. to 5 p.m. each day

14 CEUs

Registration

\$325 (Early Bird—\$275)

Early Bird Deadline: March 15, 2012

Contact OVCMT

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Location

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

Marjorie Brook recognizes the importance of treating scar tissue, and has authored two series of stretching manuals.

Fascial Adhesion and Scar Tissue Release Method – Day One

This course is designed to enlighten attendees on Fascia - What it is, Why it is important to us, and How it affects our daily lives. The slightest kink, adhesion, or scar (physical or emotional) has major ramifications on the body's ability to function optimally.

The lecture focuses on the physiological and psychological effects of scar tissue and adhesions, indications and contraindications of fascial release, and orthopedic and neurological considerations of fascial treatments.

Anatomical and physiological principles of fascial restrictions are examined while learning a detailed 8-step approach to manual release of fascial adhesions including: techniques for lengthening all fascial layers, and increasing lymphatic and venous circulation to the tissues. There will be hands-on practice with a variety of scar tissue. Personal experience is essential to understanding the effectiveness of this technique- be prepared to give as well as receive a treatment. This course will provide you with the knowledge to confidently assess and work with your clients' issues.

Flexibility and Strength Training Therapy—Day Two

FAST Therapy is a comprehensive approach designed to help an individual maintain balance and well-being. The human body is a beautifully complex entity whose function is affected by mental, emotional, and physical factors. All three factors need to be considered in order to achieve and maintain optimal health and wellness.

During the lecture the latest research on fascia, Biotensegrity, and their importance will be discussed. The concepts of understanding the Who, What, and How of each client are introduced and treatments presented.

The manual portion of FAST Therapy is rooted in the principles of AIS: an intricate, dynamic form of stretching based in the fundamental actions of joints, ligaments, and muscles that help the body to become more efficient via increased ROM, and muscular re-education.

FAST Therapy takes AIS one step further by addressing the fact that you cannot maintain flexibility without stabilizing the whole person. Once the muscles and surrounding fascia has been released with AIS, the body-mind complex needs to be re-trained to function in its renewed state. This is accomplished by assisting the individual to become aware of the changes that have come about during body mechanic re-education and strength training, and the myriad ways the changes will manifest in their Activities of Daily Living (ADL).