

# Applying the Mover Stabilizer Technique During Massage: A functional myofascial approach to restore dynamic stability

Instructor: Shannon Goosen

When: Thursday October 15<sup>th</sup> 8:00am to 4pm

Location: NAMTPT Annual Conference; Pre-conference event

Pittsburgh Airport Sheraton Hotel

## Course Description:

During this one-day 8 hour CEU class, practitioners will build confidence in assessing myofascial dysfunction and practice applying the therapeutic Functional NeuroMyoFascial Techniques™ for the hips, shoulders and neck. Step-by-step protocols for evaluating and treating “Mover-Stabilizer” muscles will be demonstrated, followed by practicums to gain hands-on experience in utilizing specific active, dynamic manual therapy techniques to provide pain relief, activate stabilizers and restore functional mobility. These techniques are easy to apply in supine and designed for myofascial trigger point therapists, myofascial bodyworkers, and massage therapists eager to learn more about myofascial pain and dysfunction

## Learning Outcomes:

Students will demonstrate proficiency in assessing myofascial pain & dysfunction and identify common pain pattern in the hips, shoulders and neck; be able to identify active and latent trigger points; be able to identify distortions and weaknesses in different combinations of “Mover and Stabilizer muscles”; and be able to demonstrate basic competence in applying specific dynamic Functional NeuroMyoFascial Techniques™ during therapeutic massage/bodywork or myofascial trigger point therapy.

## Learning Objectives:

### The student will

1. Be able to identify common myofascial pain patterns and dysfunction in the hips, shoulders and neck
2. Be able to recognize the impact of historical injuries on the NeuroMyoFascial system
3. Be aware of contra-indications /“Red Flag” conditions before using Functional NeuroMyoFascial Techniques™
4. Accurately identify the muscles that act as the “movers and stabilizers” in the hip, shoulder and cervical spine
5. Practice & Apply specific active, dynamic Functional NeuroMyoFascial Techniques™ to resolve pain, dysfunctional movement patterns and activate specific stabilizer muscles

## Course Outline

This is a one day, Pre-Conference Workshop: There will be two 10 minute comfort breaks and a 30 minute lunch break

8:00 - 8:45: Meet and greet, introduction to course, learning objectives and what to expect, students receive class materials

8:45 - 9:30 Review myofascial pain and dysfunction, trigger point characteristics and pain patterns, relevant neurology and the impact of fascia

9:30 – 11:45 The Pelvis & Hip Joint: Anatomy, Function & Pain Pattern Review; Common pain and mobility complaints, Contra-indications, Practical application Functional NeuroMyoFascial Techniques concept for the hip, Gluteus Medius stabilizer function, Quadriceps, hamstrings, quadratus femoris — Demonstration & Practicum in pairs. Review & Questions

12:15 – 2:45 The Shoulder Complex -- Anatomy, Function & Pain Pattern Review; Common pain and mobility complaints, Contra-indications; Practical application of NeuroMyoFascial Techniques for the Shoulder Complex during a massage; Demonstration & Practicum: Lower Trapezius shoulder stabilization activation, Rotator cuff muscles, rhomboids, trapezius, mover muscle protocols — Demonstration & Practicum in pairs  
Review, Questions, Break

2:45 - 4:00: The Cervical Spine -- Anatomy, Function; Anatomy, Function & Pain Pattern Review; Common pain and mobility complaints, Contra-indications; Practical application of NeuroMyoFascial Techniques for spinal stabilizers and mover muscles, Levator Scap, Upper trapezius, and the the SCM and Upper Trapezius using “Bobble Head” to activate cervical spine stabilizers and relax movers -- Demonstration & Practicum in pairs

4:00 -4:15: Practicum Review, Questions, Complete Course Eval, Adjourn

This course will provide (8) NCBTMB Approved CE Hours