

Course Title: Rehab 137 - Fascial Resiliency and Performance

Course Description: Modern research has shown us that the fascial system is much more important to health and athletic performance than previously understood. The first section of this course will present the latest scientific research on the anatomy, normal function, and pathophysiology of the fascial system. Local and regional fascial tracks will be outlined, with a discussion of common associated musculoskeletal disorders. The second and third sections of this present a comprehensive fascial training course that integrates fascial stretching, fascial strengthening, fascial rebound elasticity, and instrument-assisted soft tissue mobilizations (IASTM) to the fascia. The course is packed with a science -based performance training system that is applicable to patients with musculoskeletal pathology as well as active individuals and athletes interested in improving mobility, strength and overall athletic performance.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hours / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Robert McCabe, PT, OCS

Learning Objectives:

Hour 1

- Recall two important functions of the fascial system.
- Cite 3 factors which impact the mechanical properties of fascia.
- State one structural/ anatomical difference between the fascia of young vs. older individuals.
- List two ways that fascial training can cause remodeling of the fascia.

Hour 2

- Provide 2 indications for applying IASTM to the quadratus lumborum.
- Enumerate 2 indications for applying IASTM to the posterior iliotibial band.
- Identify 2 indications for applying IASTM to the lateral compartment of the lower leg.
- Provide 2 indications for applying IASTM to the vastus lateralis- Iliotibial band junction.

Hour 3

- Provide 2 indications for applying IASTM to the latissimus dorsi.

- Enumerate 2 indications for applying IASTM to the posterior upper trapezius.
- Identify 2 indications for applying IASTM to the lateral compartment of the lower leg.
- Provide 2 indications for applying IASTM to the vastus lateralis- Iliotibial band junction.

Agenda:

HOOR 1

- I. Definition of fascia
- II. Functions and sub-types of fascia
- III. Fascial lines and connections
- IV. Fascial pathology
- V. Fascial Training / Restoration
 - Components
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations

HOOR 2

- I. Superficial Back Line
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations
- II. Lateral Line
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations
- III. Superficial Front Line
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations

HOOR 3

- IV. Spiral Line
 - A. Fascial stretching
 - B. Fascial strengthening

- C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations
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- V. Back Functional Line
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations
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- VI. Deep Back Arm Line
 - A. Fascial stretching
 - B. Fascial strengthening
 - C. Fascial rebound elasticity
 - D. Fascial soft tissue mobilizations

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.

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