

Myofascial therapies 2.0 – A systematic therapie concept (MFT 2.0)

Patrick Weber / ½ day course

The application of myofascial treatment and training methods has been gaining increasing importance in therapy and sports. The focus lies primarily on instrument-assisted manual therapy [1-2], flossing [3-5] and self-myofascial release exercises [6-7]. These treatment approaches, which are only partly scientifically based, nevertheless show a clear justification for their existence and use in myofascial therapy due to numerous positive practice results. As we all know from our daily work, there is not the ONE treatment approach that alone leads to success, but the right combination of different therapies generates the greatest possible success. This workshop will teach you potential applications of instrument-assisted manual therapy, cupping and shock wave therapie based on latest findings of myofascial research. These predominantly passive treatment approaches are combined with the increasingly active flossing intervention and self-myofascial release exercises, which can be independently performed by the patient to support the success of the treatment as much as possible. The synergism of these different myofascial treatment approaches shows in practice extremely successful and, through the sustained patient involvement, long-term therapeutic success. Therefore, this workshop will provide you a completely new approach of myofascial therapy with modern treatment methods and the involvement of the patient's participation and co-responsibility.

Schedule:

- Instrument-assisted manual therapy (research background and practice)
- Shockwave therapy (research background and practice)
- Flossing (research background and practice)
- Cupping (research background and practice)
- Self-myofascial release (research background and practice)

Literature:

1. Sevier TL, Stegink-Jansen CW. Astym treatment vs. eccentric exercise for lateral elbow tendinopathy: a randomized controlled clinical trial. *PeerJ* 2015;3:e967
2. Ikeda N, Otsuka S, Kawanishi Y, Kawakami Y. Effects of Instrument-assisted Soft Tissue, Mobilization on Musculoskeletal Properties. *Med Sci Sports Exerc.* 2019;51:2166-2172.
3. Driller MW, Overmayer RG. The effects of tissue flossing on ankle range of motion and jump performance. *Phys Ther Sport* 2017;25:20-24
4. Weber P. Flossing: An alternative treatment approach to Osgood-Schlatter's disease: Case report of an adolescent soccer player. *J Bodyw Mov Ther* 2018;22:860-861
5. Prill R, Schulz R, Michel S. Tissue flossing: a new short-term compression therapy for reducing exercise-induced delayed-onset muscle soreness. A randomized, controlled and double-blind pilot crossover trial. *J Sports Med Phys Fitness.* 2019;59:861-867

6. MacDonald GZ, Button DC, Drinkwater EJ, Behm DG. Foam rolling as a recovery tool after an intense bout of physical activity. *Med Sci Sports Exerc* 2014;46:131-142
7. Griefahn A, Oehlmann J, Zalpour C, von Piekartz H. Do exercises with the Foam Roller have a short-term impact on the thoracolumbar fascia? - A randomized controlled trial. *J Bodyw Mov Ther.* 2017;21:186-193.

Presenter:

Patrick Weber, M.Sc. Sportphysiotherapy. PhD student (German Sport University Cologne). Z-Health Trainer; Bachelor of Physiotherapy. Manual therapist; Vitality Flossing Mastertrainer. Fazer expert team. Member of the fascia researchh group (Ulm university). Founder of the therapeutic concept "Myofascial Therapies 2.0"