



WALT FRITZ'S
FOUNDATIONS
IN MYOFASCIAL RELEASE
SEMINARS™

**Neck, Voice, and Swallowing
Disorders
-References-**

Walt Fritz, PT and Foundations in Myofascial Release Seminars © 2019

Unannotated Reference List
Foundations in Myofascial Release Seminar for Neck, Voice, and Swallowing Disorders (January 2019)

Contained here are the sources of information that formed the foundations of this seminar and my approach to manual care. The evidence pertains specifically to studies that speak to the efficacy of myofascial release as well as the larger community of modalities, including manual circumlaryngeal therapy, manual therapy, and massage. Further still are studies that examine how we approach the patient, many of which may conflict with your current way of thinking. There is no consensus on how manual engagement directly impacts the tissues, as stated in Nelson Roy's 2009 paper (78). However, we can use what is known, what is plausible, and what has been shown to be effective, building a narrative that will continue to evolve.

Note: The reference list supplied for the actual Foundations in Myofascial Release Seminar for Neck, Voice, and Swallowing Disorders is extensively annotated with summaries and key points.

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