

SVS Associates
Walt Fritz Myofascial Release
Workshop
Birmingham UK
July 2019

Powered by



H Fiona Robinson

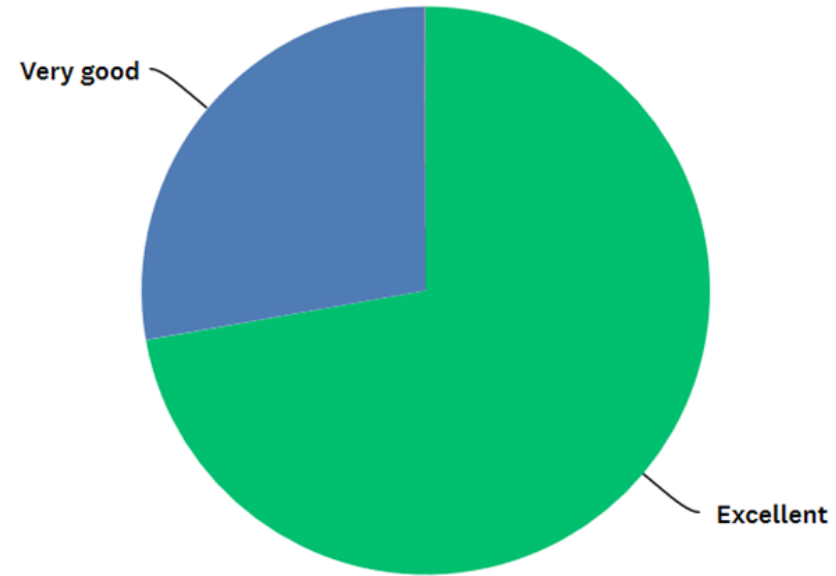
SVS Associates Walt Fritz Myofascial Release Workshop Birmingham UK July 2019

Thank you for attending the Walt Fritz Myofascial Release (MFR) workshop. We are keen to hear why you chose this course, what you thought about how the course was structured and delivered, and its usefulness in preparing you for your practice.

There are 9 questions about the course and its delivery, and one open comments section, and overall the survey should take you less than 5 minutes to complete. Thank you very much for taking time to complete the survey .

Overall, how would you rate the Myofascial Release workshop?

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
▼ Excellent	72.22%	26
▼ Very good	27.78%	10
▼ Good	0.00%	0
▼ Fair	0.00%	0
▼ Poor	0.00%	0
TOTAL		36

How would you rate the venue/location?

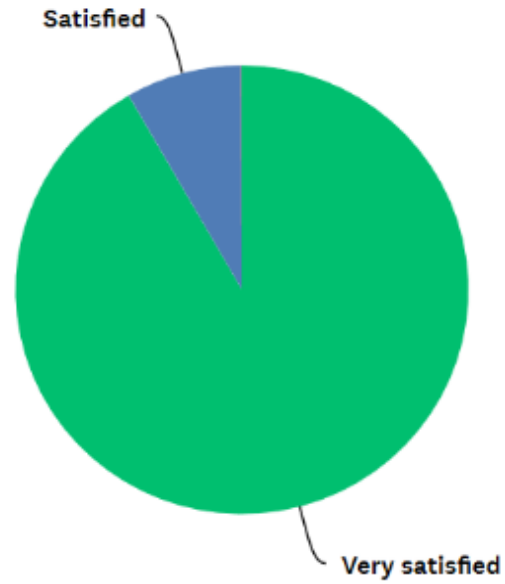
Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
▼ Excellent	86.11% 31
▼ Very good	11.11% 4
▼ Good	2.78% 1
▼ Fair	0.00% 0

How satisfied or dissatisfied were you with the expertise of the trainers?

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
Very satisfied	91.67% 33
Satisfied	8.33% 3
Neither satisfied nor dissatisfied	0.00% 0
Dissatisfied	0.00% 0
Very dissatisfied	0.00% 0
TOTAL	36

Walt is a total legend. I thought his approach was perfect; honest, informed, vulnerable (which was my favourite aspect) and very open to discussion. The last point can be difficult with 'gurus' because it's so often prescriptive and delivered with superiority or ego. Not this guy though!

7/18/2019 9:50 PM

[View respondent's answers](#)

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He truly shared all information without any reservations

7/18/2019 8:25 PM

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I had my reservations about the content and how it would be delivered [prior to the course] but I cannot fault the way in which Walt taught

7/17/2019 1:38 PM

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The openness and honesty was refreshing and increased my confidence in the trainer and use of techniques.

7/11/2019 8:09 PM

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They were always available for help with the hands on work. For some of the "moves", everyone was observed individually to ensure that it was being done correctly. Excellent

7/10/2019 3:31 PM

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Walt was brilliant, enthusiastic and hugely knowledgable. The assistants didn't personally add anything for me or really observe me - I can see why they were there, but feel that they (and Walt) had too many people to get around.

7/10/2019 3:12 PM

[View respondent's answers](#)

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Good style of presenting.

7/10/2019 2:33 PM

[View respondent's answers](#)

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Walt was very engaging and kept me interested for every second

7/11/2019 8:05 AM

[View respondent's answers](#)

[Add tags](#) ▼

Excellent mix of discussion and hands on practise

7/11/2019 8:01 AM

[View respondent's answers](#)

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Walt was an extremely skilled teacher

7/10/2019 7:48 PM

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Great to have annotated references and to be encouraged to think critically

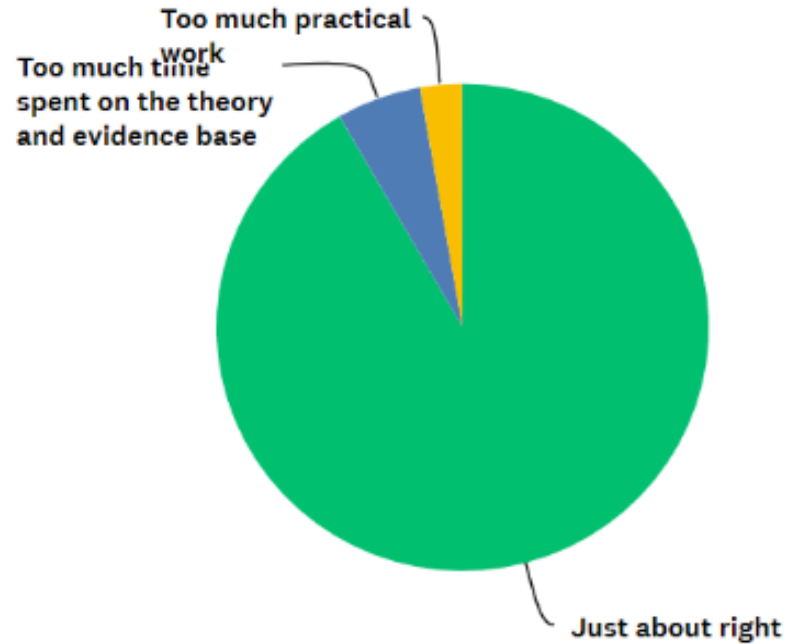
7/10/2019 5:01 PM

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Thinking about the content of the workshop, the balance of the teaching sessions and the practical activity was

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES	
Just about right	91.67%	33
Too much time spent on the theory and evidence base	5.56%	2
Too much practical work	2.78%	1
TOTAL		36

Would have loved longer to feel more confident with the techniques

7/17/2019 2:17 PM

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I think at times the practical session were a little too long

7/17/2019 12:31 PM

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I'd would appreciate to get MFR more into the anatomical/physiological context

7/12/2019 1:49 PM

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I think the balance was good as I would not want less theory. I'm glad I read all the course material before the course though. Otherwise I think I would have struggled with following the theory aspects. I feel I needed more practical work though as I'm not sure I feel confident enough to trial many of the techniques on patients.

7/11/2019 8:09 PM

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I loved how hands on the course was

7/11/2019 8:05 AM

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A little more time to discuss case studies would have been nice addition

7/10/2019 5:07 PM

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Time spent on practical work was a lot but very well spent

7/10/2019 5:01 PM

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A very balanced approach. The rate at which things was good. Nothing was rushed.

7/10/2019 3:31 PM

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I enjoyed the mix of practical/hands on and theory.

7/10/2019 3:24 PM

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However, at times I felt that some of the theory based content was a little laboured and repetitive.

7/10/2019 3:12 PM

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It was an excellent balance between theory and hands on practice. Walt and the health practitioners assisting him were very approachable.

7/10/2019 2:55 PM

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Would have liked a little more on the theory of what he was teaching but understand that he perhaps wasn't sure himself!

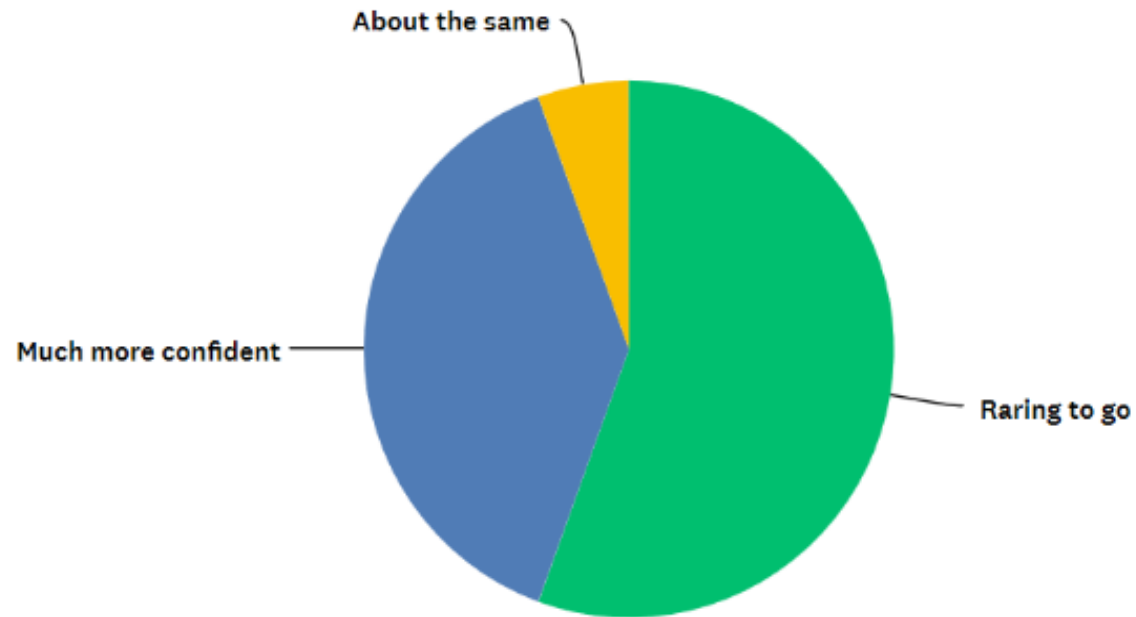
7/10/2019 1:46 PM

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How confident do you now feel about including MFR techniques in your treatment/management options

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
▼ Raring to go	55.56% 20
▼ Much more confident	38.89% 14
▼ About the same	5.56% 2
▼ Less confident	0.00% 0



But now need the time to review all the information and videos offered in order to evaluate how I can use it with my clients in my setting.

7/16/2019 10:23 PM

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I feel more confident as feel that as long as I listen to my patients' feedback I can't do any harm. I don't feel confident in use of the techniques though

7/11/2019 8:09 PM

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Just need to get the room sorted out to do it!

7/11/2019 8:01 AM

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I needed a lot more practical guidance to feel more confident using the techniques.

7/10/2019 3:33 PM

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[Add tags](#) ▼



Am a qualified massage therapist of 13 years so excited to add the new techniques. Very confident in using them.

7/10/2019 3:24 PM

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I use a lot of the techniques currently (slightly different application), but it was great to get Waltz spin on things, and I will certainly use his approach mixed with my current approach moving forward.

7/10/2019 3:12 PM

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We finished the course on Monday, 08/07/19, and I started using some of the techniques I had learned on Tuesday, 09/07/19. with good effect!

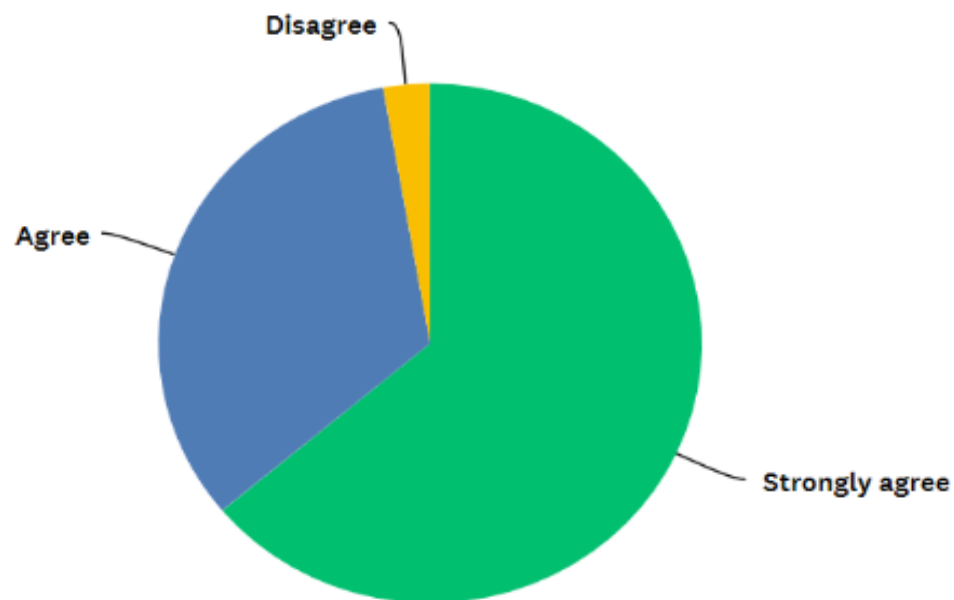
7/10/2019 2:55 PM

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This training course will impact immediately on your practice

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
Strongly agree	63.89% 23
Agree	33.33% 12
Disagree	2.78% 1
Strongly disagree	0.00% 0
TOTAL	36

The confidence to go with the patient's intuition of where their issues lie. I've vastly improved Q&A skills to use in session also. The range of evidence cited was fascinating and incredibly useful also. Ever questioning, never just accepting. Great stuff.

7/17/2019 2:30 PM

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used mainly with people with muscle tension dyphonia

7/17/2019 2:17 PM

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The Dycem will be a game changer for me

7/17/2019 1:38 PM

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I can see how it could improve my practice but just need carry out what I have said in the previous question

7/16/2019 10:23 PM

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I feel it should but am not sure yet

7/11/2019 8:09 PM

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I envisage that in the immediate future I will use mostly the seated techniques but would like to extend some of the lying down techniques to patients on the wards too.

7/11/2019 8:01 AM

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The patient directed approach to manual therapy and some of the specific techniques he demonstrated

7/10/2019 7:48 PM

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Elevating the scm for greater access to laryngeal muscles, liquid chalk, constant patient feedback and monitoring, going slow. Better than simple massage (gentler, longer lasting) IMHO

7/10/2019 5:01 PM

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The client centered dialoguing is very interesting. As a massage therapist, we do things to the client and don't necessarily as the client to direct how/where the "move" is done.

7/10/2019 3:31 PM

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Tongue release, throat and hyoid area release, TMJ. Basically all of it.

7/10/2019 3:24 PM

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[Add tags](#) ▼

Waltz patient centred approach was really refreshing - I love this approach and will certainly increase this in my practise.

7/10/2019 3:12 PM

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Cervical traction.

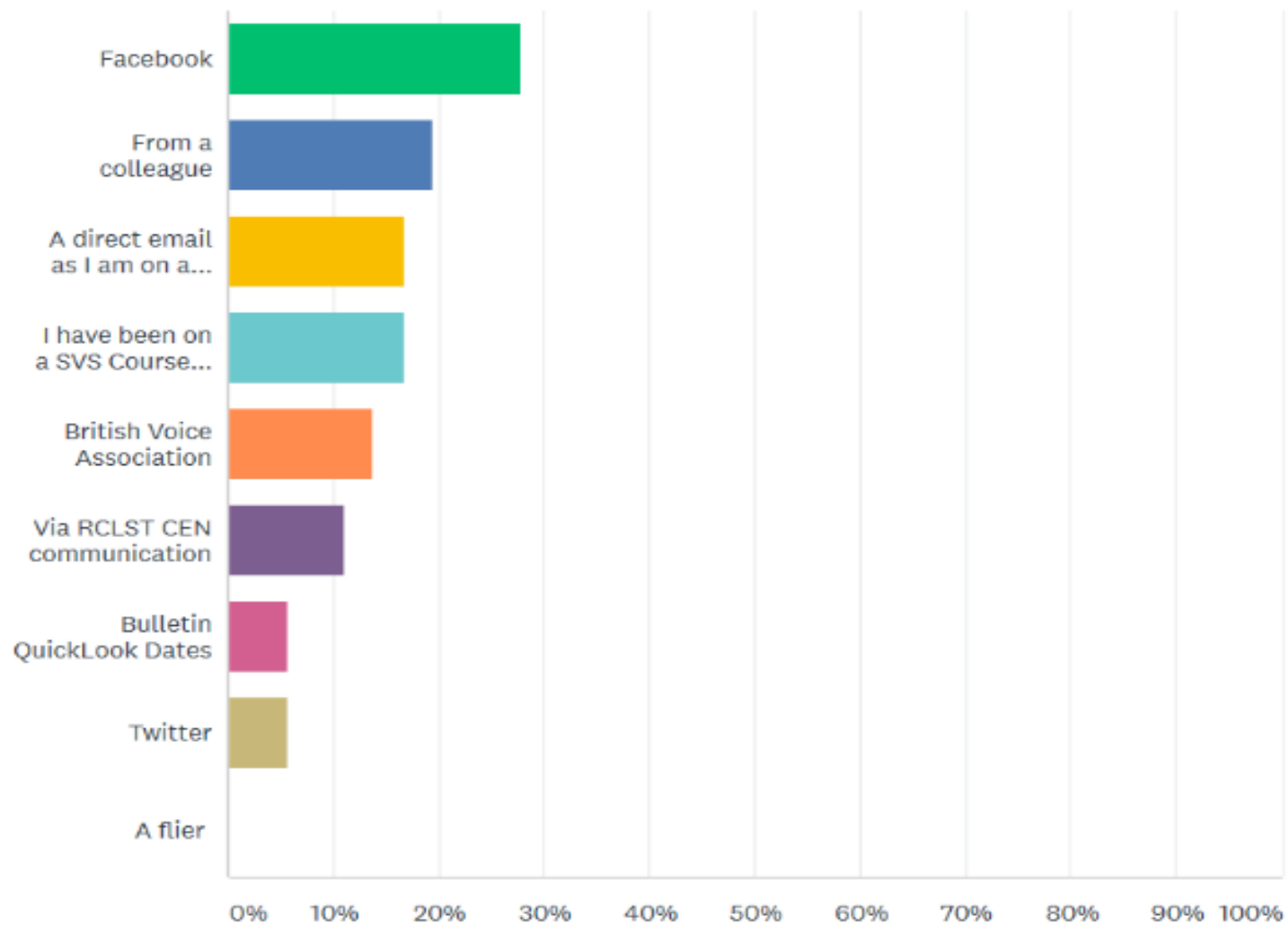
7/10/2019 2:55 PM

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I heard about this course from

Answered: 36 Skipped: 0



From Walts list

7/18/2019 9:50 PM

ASTIP forum

7/17/2019 2:17 PM

Email to Walt Fritz asking if he was planning to do any dates in the UK.

7/12/2019 11:02 AM

From Walt Fritz website

7/11/2019 10:55 AM

I get Walt's updates via e-mail

7/10/2019 3:31 PM

ASTLIP forum

7/10/2019 1:46 PM

How likely is it that you would recommend the Walt Fritz MFR workshop to someone who was seeking similar training?

NOT AT ALL LIKELY

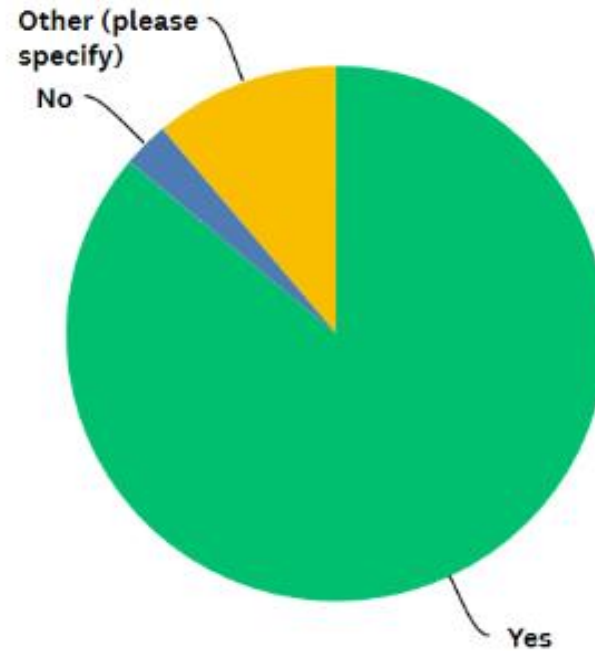
EXTREMELY LIKELY



DETRACTORS (0-6)	PASSIVES (7-8)	PROMOTERS (9-10)	NET PROMOTER® SCORE
3% 1	22% 8	75% 27	72
#11			

Would you be interested in attending a Walt Fritz Advanced MFR Course

Answered: 36 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	86.11% 31
No	2.78% 1
Other (please specify)	11.11% 4
TOTAL	36

In the future once i feel competent and confident to take it to the next level. There is definitely the interest.

7/16/2019 10:23 PM

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As the distance plays role in taking my decision, at this point I really don't know.

7/12/2019 1:49 PM

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possibly - I've done lots of other MFR courses with other trainers.

7/10/2019 3:31 PM

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Not sure - depends how much success I get with patients as a result of doing this one.

7/10/2019 1:46 PM

[View respondent's answers](#)



We welcome any further suggestions about what we can improve and any comments about aspects of the course where you feel we exceeded your expectations. Your ideas for new courses and the best places for us to advertise would also be appreciated. Thank you very much for completing the feedback survey.

Answered: 19 Skipped: 17

SVS is a super training organisation. Great venue, great speakers, well organised and great food (for Birmingham)

7/10/2019 2:33 PM

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I was sceptical about Walt Fritz MFR before I came on the course but I found his honest, patient-centred approach refreshing and the practical sessions incredibly helpful. Thank you.

7/10/2019 2:11 PM

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Well done to Fiona and Suzanne - excellent course, venue and registration process (thanks Jackie). Keep up the great work!!

7/10/2019 1:50 PM

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Food was excellent too! Thank you for putting on such a well organised event.

7/18/2019 9:50 PM

Looking forward to the next SVS course!

7/18/2019 8:25 PM

I would appreciate more time for manual exercises

Great location for the course.

7/12/2019 11:02 AM [View respondent's answers](#) [Add tags](#) ▼

the use of standard tables for practical work was adequate but it would have been better if examination couches were available. however I understand that this is likely to make finding a venue more difficult.

7/11/2019 8:05 AM [View respondent's answers](#) [Add tags](#) ▼

Fantastic course and well facilitated by SVS - will be on the look out for future courses from you!

7/11/2019 8:01 AM [View respondent's answers](#) [Add tags](#) ▼

Quality of the resources (handouts) was outstanding, also direct advice from walt himself, great about evidence base, trusting one's own judgment and critical thinking. Thank you so much!

7/10/2019 5:01 PM [View respondent's answers](#) [Add tags](#) ▼

If we could do some muscle release exercises on the back of the neck that would be great as well.

7/17/2019 2:17 PM [View respondent's answers](#) [Add tags](#) ▼

As a physio with many years experience in myofascial release, I still feel like I'm learning about the topic! So I was a bit concerned when I read your advert, as the advert gave the impression that it's an easy technique to learn and use. Which it is in some ways but if applied incorrectly can be a disaster! Anyway, my mind was put at ease - cannot fault the way in which Walt delivered the material: he managed to upskill everyone in a safe way and encouraged the correct use of the techniques [ie within one's scope of practice]. So the nutshell version is the advert could do with some re-wording but otherwise excellent course. Thank you for all the time and effort you put in to organising it.

7/17/2019 1:38 PM [View respondent's answers](#) [Add tags](#) ▼

Thank you for arranging an excellent course- SVS are consistently meeting the CPD SLT needs

7/17/2019 12:31 PM [View respondent's answers](#) [Add tags](#) ▼

Thank you for organising the course.



Thank you for great workshop

7/10/2019 4:41 PM

[View respondent's answers](#)

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The studio food was excellent! Certainly having lunch provided at the venue made everything run very smoothly.

7/10/2019 3:31 PM

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It would have been nice to have some portable treatment couches rather than wobbly tables to work on. I personally felt that the size of the group (number of attendees) was too large. I was only observed by Walt on one technique over the entire 2 days. I would be hesitant to attend an advanced course with such large numbers.

7/10/2019 3:12 PM

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Please hold the advanced MFR course in London. Thank you for your hard work. The workshop was well-orchestrated.

7/10/2019 2:55 PM

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Location, venue and food were all great, which makes a big difference to the overall enjoyment of the course. Would be interested in a course on therapeutic techniques for the rehabilitation of swallowing.

7/10/2019 1:46 PM

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For Skills Courses in Speech Voice and Swallow visit
www.svsassociates.co.uk

