

FOUNDATIONS  
OF MANUAL THERAPY:

# Touch & Movement Education

## Foundations of Manual Therapy: Touch and Movement Education

### Course Description and Learning Objectives

This 4-day, 30 contact hour seminar will present a non-denominational approach to manual therapy and movement. Presented within the boundaries of relevant scopes of practice, Jason Erickson, LMT and Walt Fritz, PT will dive deep into discussions around pain science, assessment methods, manual therapy principles and applications, and suggestions for movement to enhance the therapeutic experience. They will each draw from their backgrounds as therapists and educators and speak to the struggle to remain current with current understanding of pain science, neuroscience, and behavioral science. They will work their way through the body, inserting assessment/treatment options ideas, movement options, all while allowing a two-way discussion with participants. This seminar is intended to build from what the therapists knows, vs. tearing down existing beliefs. Time will be spent in discussion, observation and hands-on experiences.

### Learning Objectives

At the completion of this seminar, the participant will:

1. Demonstrate an understanding of the principles of current pain science literature.
2. Demonstrate the ability to use a patient-led model of care based on principles from biopsychosocial perspectives.
3. Demonstrate the ability to apply the concepts presented in this seminar to intervention throughout the body.

Successful completion of this seminar will be shown by direct observation and interchange by the instructors as well as a quiz administered at the end of the seminar.

## Timed Agenda

Four Days, 9:00am-5:30pm.

Jason Erickson, LMT NCBTMB Approved Provider #308

Walt Fritz, PT NCBTMB Approved Provider #451098-09

### Day One

- 8:30-9:00am: Registration
- 9:00-10:00am: Introductory class hands-on explorations, group/instructor introductions, and introduction of class content and approach to manual therapy and movement.
- 10:00-11:00am: Principles of assessment: What are we looking at and for?
- 11:00-1:00: Demonstrations of neck region evaluation and treatment with hands-on experiences.
- 1:00-2:00pm: Lunch
- 2:00-3:30pm: Principles of a patient-centered intervention, motivational interviewing, and incorporation of a biopsychosocial approach.
- 3:45-5:30pm: Graded exposure with regards to movement. Incorporating concepts in the neck region with small group explorations.

### Day Two

- 9:00-10:00am: Pain science, sensory processing, and implications for practice.
- 10:00-11:00am: The trunk. Explorations through demonstrations and hands-on experiences.
- 11:15-1:00: Trunk continued.
- 1:00-2:00pm: Lunch
- 2:00-3:30pm: "Psoas work"...does it have a place? Lower trunk demonstrations and hands-on experiences.
- 3:45-5:30pm: Reworking our professional self-view. Can we be a partner, not the expert? Lumbopelvic region. Strolling through posture, the psoas, pelvic torsion, and more.

### Day Three

- 9:00-10:00am: The Mysteries: reconciling the evidence with the experience. Talking about those mysteries.
- 10:00-1:00: Hips and pelvis, demonstrations and hands-on experiences.
- 1:00-2:00pm: Lunch
- 2:00-5:30pm: Lower extremities demonstrations and hands-on experiences. Why are unproven assessments still helpful?

### Day Four

- 9:00-11:00am: The shoulder region, demonstrations and hands-on experiences.

- 11:00-1:00: The upper extremities, demonstrations and hands-on experiences.
- 1:00-2:00pm: Lunch
- 2:00-5:30pm: Mopping up and moving forward.
  - Hands and feet.
  - Spontaneous movement; voodoo or explainable?
  - Do branded modalities have a place?
  - Next directions.

Course content may vary, in terms of timing and inclusion, based upon class flow.

### **Instructor Biographies**

Jason Erickson, BCTMB, CPT is a former chronic pain patient who helps people with pain as a massage therapist and personal trainer. As an educator, Jason emphasizes the practical applications of pain science. He is an internationally recognized CE provider and can be found at HealthArtes.com or reached at [JasonEseminars@gmail.com](mailto:JasonEseminars@gmail.com).

Walt Fritz, PT is an educator with a background in myofascial release who has evolved that narrative into more scientifically plausible narratives. He teaches seminars across the globe to Mts, SLP, and PTs through his Foundations in Manual Therapy Seminars. Walt has a physical therapy practice in Rochester, NY and can be reached at [www.WaltFritz.com](http://www.WaltFritz.com) or [wfritzpt@gmail.com](mailto:wfritzpt@gmail.com).