

References for the talk, “Seeing the Forest for the trees: Putting fascia in perspective when treating the whole person.”

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laryngeal position correction  
input to the brain for top-down changes  
expectations  
postural change  
muscle tension reduction  
facilitation of inhibited muscle  
Interoceptive awareness  
trigger point reduction  
Ruffini receptor engagement  
increased strength  
muscle stretch  
contextual factors  
analgesic effects of touch  
fascial release  
breathing correction  
skin stretch/cutaneous nerve glides  
peripheral nerve glide

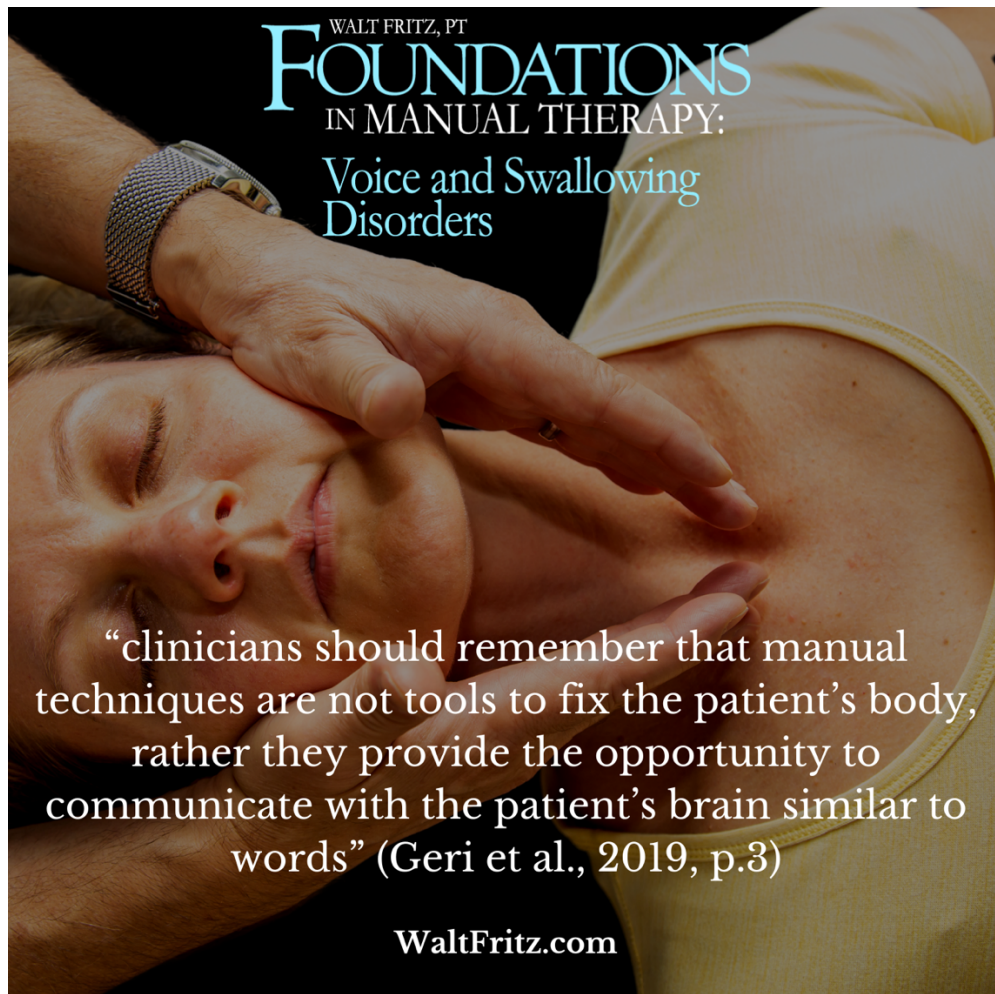
**What creates change?**  
WALT FRITZ, PT  
**FOUNDATIONS**  
IN MANUAL THERAPY:  
Voice and Swallowing  
Disorders

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“clinicians should remember that manual techniques are not tools to fix the patient’s body, rather they provide the opportunity to communicate with the patient’s brain similar to words” (Geri et al., 2019, p.3)

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