

WALT FRITZ, PT
FOUNDATIONS
IN MANUAL THERAPY:

Voice and Swallowing
Disorders

Insider's Newsletter



WaltFritz.com

How to Incorporate Manual Therapy? New Free Instructional Video Series

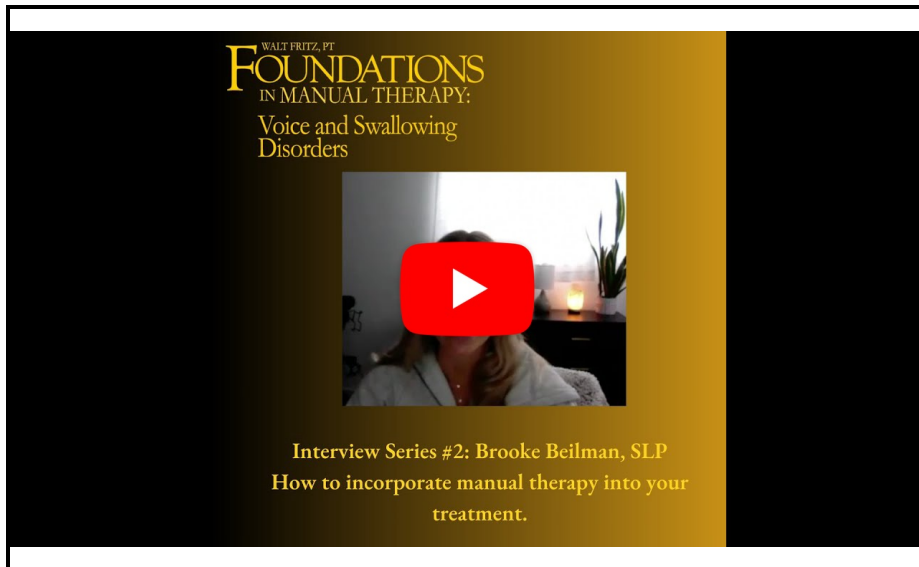
Since the first presentation of the earliest version of the Foundations in Manual Therapy: Voice and Swallowing Disorders class in 2013, thousands of speech-language pathologists, voice professionals, orofacial myofunctional clinicians, MTs, PTs, OTs, and many other professions from around the world have learned the work. To some, incorporating this shared decision-making model of manual therapy has been easy and they began slipping it in on day one back in their clinic. Others have more difficulty. Some difficulties may stem from views of our professional niche, and those who were not taught touch-based interventions may feel ill-at-ease in beginning to use it. After hearing these concerns, I've begun a new video series to help the new learner (or those interested in adding it to their toolbox). Hearing from your peers may make this transition simpler and more concrete.

The second video in this series is from Brooke Beilman, SLP, who has taken the Introductory class a few times and has acted as a teaching assistant with me.

Have you taken the class and might be interested in sharing your story and experiences? I'm offering a few options, including self-

recorded videos, such as the one shown here, or more formal one-on-one interviews with me via Zoom. It will go a long way to advancing your professional knowledge base to share your experiences. You can view the [interview outline at this link](#), or [send me an email](#).

You can watch the short video directly from the video shown below, or go to [YouTube](#).



The "Art" of Palpation and How We Know What We Know. The Epistemology of Touch-Based Work



The art of palpation is a sellable concept. We need to know what we are palpating when performing any sort of manual therapy, myofascial release, massage, or other touch-based evaluation. And we certainly need to master palpation to effectively provide treatment. Correct? But is our

palpation selective enough to be able to accurately label the problem?

This short video looks at issues surrounding palpation, hoping to call into question our beliefs.

Upcoming In-Person Classes

All upcoming 2023-2024 in-person classes may be found at [the website](#). Watch for January, 2025 classes in Taiwan and Shanghai, China!

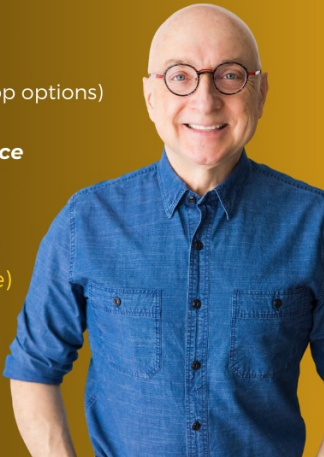
Voice and Swallowing Disorders

Las Vegas, NV: Feb 17-18, 2024
Norfolk, VA: Feb 24-25, 2024
Miami, FL: Mar 16-17, 2024
Milford, MA: Apr 6-7, 2024
Cleveland, OH: Apr 20-21, 2024
Port Jefferson, NY: May 2-3, 2024
Fremont, CA: May 18-19, 2024
Philadelphia, PA: **Voice Foundations Symposium**
Workshop on May 31, 2024
Special European Zoom Class: Jun 14, 2024
Winston-Salem, NC: Jul 11-12, 2024
Little Rock, AR: Jul 27-28, 2024
Bismark, ND: Aug 10-11, 2024
Anchorage, AK: Aug 25-26, 2024
York, PA: Sept 13-14, 2024
Arlington, VA: Oct 19-20, 2024
Hong Kong: Oct 30-31, Nov 2-3, and 4-5, 2024 (3 workshop options)
Nagoya, Japan: Nov 9-10, 2024
Newcastle, England: **2024 Newcastle Voice Conference**
Keynote address and mini-workshops, Dec. 3-4, 2024
Edinburgh, Scotland: Dec 5-6, 2024

Advanced Voice and Swallowing Disorders
(Prerequisite: Introductory class, in-person or online)
Norfolk, VA: Sept 28-29, 2024
Attn. PTs, OTs, and MTs
Special Two-Day Whole Body Class
Anchorage, AK: Aug 23-24, 2024

WALT FRITZ, PT
FOUNDATIONS
IN MANUAL THERAPY:
Voice and Swallowing
Disorders

WaltFritz.com
Online classes also available





GETTING TO YES. USING NEGOTIATION IN THE THERAPEUTIC PROCESS

WALT FRITZ, PT
ARTICLE AT WWW.WALTFRITZ.COM

I've made some significant updates to an earlier article, one discussing how the therapeutic process can work. Most manual therapy interactions are clinician-driven. I think we can do better. [You can read the article here.](#)

Free sample chapter from the book *"Manual therapy in voice and swallowing: A person- centered approach"*

Writing Manual therapy in voice and swallowing: A person-centered approach has marked a high point in my career. It resulted from decades of experience in the manual therapy trenches, including some difficult life lessons. Documenting many of the underlying problems with typical manual therapy narratives, ones that often go unchallenged, it builds from a wider range of explanatory narratives to craft an approach that depends more on the individual patient's life experiences rather than the clinician's often biased views. In reality, it is a blend of the two, but an approach that attempts to never let one stomp on the other. The book is both theoretical and practical, hopefully meeting the needs of many audiences.

[You can access the free chapter here.](#)

Feedback from purchasers of the new book *"Manual therapy in voice and swallowing: A person-centered approach"* have been great. To give people a better idea of the content and flow of the book, we will be uploading excerpts of the book to the website shortly. If not, please send me an email. If you've purchased the book through Amazon, I'd be appreciative if you left a review there.

The book is readily available through a variety of Amazon locations throughout the world, including:

US: [Amazon.com](https://www.amazon.com)

UK: [Amazon.co.uk](https://www.amazon.co.uk)

Spain: [Amazon.es](https://www.amazon.es)

France: [Amazon.fr](https://www.amazon.fr)

Germany: [Amazon.de](https://www.amazon.de)

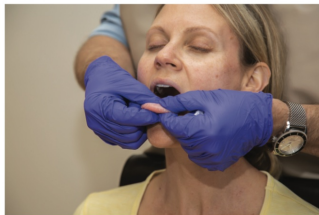
Italy: [Amazon.it](https://www.amazon.it)

The Netherlands: [Amazon.nl](https://www.amazon.nl)

Australia: [The Terra Rosa website](https://www.theterrarosa.com)

A sample chapter from *"Manual therapy in voice and swallowing: A person-centered approach"*

5



Building a model

Having devoted so much time questioning what is taught and practiced, it is time to put forward that model. However, instead of a single narrow model, a range of views is presented, as there is not one broadly accepted view on how MT facilitates change. Uncertainties, such as having more than one possible explanation, are uncomfortable feelings for many, but I have grown to view them as a sign of acceptance of reality. Like many, the more I have learned, the less I am sure. Decades ago, I spoke with certainty about how and why problems and pain occur, although, in hindsight, my explanations were relatively narrow and essentially wrong. Today, I strive to be less wrong, as no one can be entirely right about this. A wide range

of plausible concepts relates to touch and interactional effects to why our MT interventions are helpful.

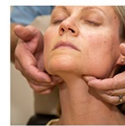
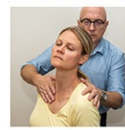
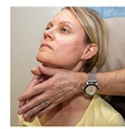
Uncertainty need not mean we do not have strong preferences for specific ideas, but allowing for uncertainty allows space for the multiplicity of seemingly overlapping and distinct narratives. Uncertainty requires an allowance for conflicting views. Rigidly ascribing to only one view lessens the chance for growth. My dogmatic adherence to earlier explanations stunted my early growth in the manual therapy field. I now allow the fascia to have a place, but its place is one of balance, equitably embedded in the vastness of the human condition. Given the current understanding of the role of patient preferences and



Manual Therapy for Voice and Swallowing

A Person-Centered Approach

Walt Fritz



compton
PUBLISHING

Free seats for the “seat filler” and CF/SLP Grad students

Each introductory class I hold I offer two free seats. One seat is for a clinician who wishes to attend at no charge with the understanding that they may not be a full participant in every hands-on lab sequence. I offer another free seat to one Clinical Fellow (CF) or SLP Graduate student. [Email me](#) for details. Class dates are [at the website](#).

Free “seat filler” seats are available at:

Arlington, VA
Fremont, CA

Free CF/SLP Grad Student seats are available at:

Las Vegas, NV
York, PA
Arlington, VA
Cleveland, OH
Little Rock, AR
Miami, FL
Port Jefferson, NY
Fremont, CA



Seminars for SLPs/Voice Professionals, MTs, PTs, and OTs.
Manual therapy from an evidence and science-informed perspective.

Walt Fritz, PT: A content expert in the manual therapy field.
Personally teaches all Foundations Seminars
Moving manual therapy into plausible and accepted scientific
narratives

Foundations in Manual Therapy Seminars

PO Box 548, 14485, Lima, NY 14485
585-244-6180

You've received it because you've subscribed to our newsletter.

[Unsubscribe](#)



[**www.WaltFritz.com**](http://www.WaltFritz.com)