

Outline

The Fascial System

Anatomical network of connective tissue
 Properties of fascia: viscosity, elasticity, plasticity, remodeling
 Difference between fascia and myofascia?
 Causes of myofascial pain
 One giant sensory organ?
 Differential diagnosis of myofascial pain

Clinical Applications: The Myofascial Chains

Superficial frontal line
 Deep frontal line
 Deep back arm line
 Superficial front arm line

Contribution of Myofascial Pain Syndrome

Oncologic diseases
 Osteoarthritis
 Neurological diseases
 Inflammatory diseases

Evidence-Based Diagnosis

Chronic non-specific neck pain
 Chronic tension type headache
 Cervicobrachial pain and more...

Strategies for the Most Common MSK Conditions You Treat

Tennis elbow
 Rotator cuff syndrome
 Scapulohumeral dysfunction
 Upper extremity synergies
 Headache
 TMJ pain

Treatment Techniques That Get Results Fast

Myofascial release
 Global stretches
 Varied manual therapies
 Yoga poses
 Addressing forward head posture
 Customizable sample exercises and techniques

Objectives

1. Perform skilled evaluation of upper extremity dysfunctions and use the knowledge of myofascial chain for differential diagnoses.
2. Apply the knowledge of myofascial chain to treat patients successfully in a time sensitive manner instead of chasing the symptoms.
3. Determine the right treatment strategy for the presenting diagnosis based on skilled evaluation of myofascial chain and the related dysfunctions.

Live Webinar Schedule (Times listed in Central)

2:00 Program begins

4:00 Program ends

A more detailed schedule is available upon request.



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Upper Extremity Myofascial Chains

Don't Chase the Symptoms, Find the Cause

- Out-of-the box approaches to quickly diagnose and treat UE dysfunction
- Expand your clinical horizons to strategies that incorporate myofascial chains
- Effective techniques that incorporate myofascial release



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Upper Extremity Myofascial Chains

Don't Chase the Symptoms, Find the Cause

2-Hour Live Interactive Webinar

Monday, May 3, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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Upper Extremity Myofascial Chains: Don't Chase the Symptoms, Find the Cause

Roaming symptoms. Vague pains. No particular diagnosis to attribute to it. New complaints every few sessions. We've all been there.

These patients can often leave you feeling frustrated and defeated.

Learning more about myofascial chains revolutionized the way I treat these patients. I'm now able to quickly identify the root cause of dysfunction and alleviate symptoms sooner, often in just a few sessions!

Join me, Dr. Rina Pandya, as we walk through the time-tested techniques that I've developed across my 20+ year career in outpatient therapy. We'll begin with an in-depth tour of the fascial anatomy and how utilizing those links can help you to provide rapid improvement in movement, stability, strength and functional gains. Discover how you can:

- Pinpoint commonly missed diagnoses related to myofascial restrictions
- Save time and resources for you and your patient with these streamlined techniques
- Eliminate pain while simultaneously improving biomechanics of the UE

This concise course that will leave you feeling confident in your ability to solve those "mystery" diagnoses the very next day in clinic – resolving the issues that have nagged at these patients for weeks, months or even years!

Target Audience:

Physical Therapists • Physical Therapy Assistants • Occupational Therapists
Occupational Therapy Assistants • COTA • Athletic Trainers • Chiropractors • Massage Therapists



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Meet Your Speaker

Dr. Rina Pandya, PT, DPT, has an extensive physical therapy career that spans over 20 years, through the UK, the USA and the Middle East. She has worked in NHS (National Health Service), American health care providing PT services in acute care, in-patient rehab, skilled nursing facilities, home healthcare and outpatient clinics. She has developed specialty programs based on evidence-based practice in her role as a project manager. She has also managed a physical therapy department as department head in premier private hospital in Oman. Rina is a member of the APTA, HCPC-UK and OAP-Oman.

Speaker Disclosure:

Financial: Rina Pandya is employed at the DENSO Family Health Center. She receives a speaking honorarium from PESI, Inc.

Non-financial: Rina Pandya is a member of the American Physical Therapy Association, Indian Association of Physiotherapists, Academy of Orthopedic Physical Therapy, and Omani Association of Physiotherapists.

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