SUBJECT OUTLINE

Subject Name:

Myofascial Release

Subject Code:

MSTR211

SECTION 1 – GENERAL INFORMATION

Award/s:		**Total Course Credit Points:**	**Level:**	
	Bachelor of Health Science (Naturopathy)	128	Elective	3rd Year
	Bachelor of Health Science (Myotherapy)	96	Core	2nd Year
Duration:	1 Semester			
Subject is:	Core or Elective as noted	**Subject Credit Points:**	2	

Student Workload:

No. timetabled hours per week: 3	**No. personal study hours per week: 2**	**Total hours per week: 5**

Delivery Mode*:

☐ **On campus** ☐ **Online / Digital** ☒ **Blended** ☐ **Intensive**

Weekly Session^ Format/s - 1 session per week:

☒ On campus practicals:	☐ 1 hour	☒ 2 hours	2 hour practical session per week
☒ Livestream lectures:	☒ 1 hour	☐ 3 hours	1 hour lecture per week

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Note: As they are aware, international students on a Student Visa (500) must attend livestream classes on their local campus, using the Virtual Classrooms provided.

Study Pattern: ☒ Full Time ☒ Part Time

Pre-requisites: SOCQ121

Co-requisites: MSTA121

Special Resource Requirements:

Endeavour College approved attire

Two bath sheet sized towels (Clinic towels must not be used)

Myofascial release balm and associated safety data sheet

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject is designed to introduce students to myofascial release techniques for assessing and treating a wide range of soft tissue dysfunctions. Students will develop knowledge of fascial anatomy, the location of fascial lines and contractures through understanding theoretical concepts and hands on participation in practical techniques. Students will also develop the language associated with this discipline and they will expand on their skills when applying various myofascial techniques to different regions of the human body.

Learning Outcomes

1. Compare and contrast common postural types including fascial anatomy dysfunction.
2. Classify elements of current evidence relating to myofascial theory and fascial anatomy.
3. Differentiate between postural dysfunctions, abnormalities, signs and symptoms of fascial contractures.
4. Demonstrate fascial stretching techniques through applying myofascial release techniques.
5. Assess dysfunction through the palpation of myofascial lines of tension.
6. Apply myofascial release techniques based on assessment findings.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 1-13	Pass/Fail
Myofascial Lab Workbook (600 words)	1-4	1-6	Week 7	30%
Article Matrix (1000 words)	2	1-8	Week 9	30%
Final Practical Exam (30 minutes)	1, 3-6	1-13	Practical Examination Period	40%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

Prescribed Readings:

1. Chaitow, L. (2013). *Muscle energy techniques* (4th ed.). Churchill Livingstone; Elsevier. [ebook available]
2. Earls, J., & Myers, T. (2017). *Fascial release for structural balance* (Rev. ed.). Lotus Publishing. [ebook available]

Recommended Readings:

1. Myers, T. W. (2014). *Anatomy trains: Myofascial meridians for manual and movement therapists* (3rd ed.). Churchill Livingstone; Elsevier. [ebook available]

2. Stanborough, M. (2004). *Direct release myofascial technique: An illustrated guide for practitioners*. Churchill Livingstone; Elsevier. [ebook available]

Subject Content

Week	Lectures	Practicals
1.	**Introduction to myofascial release** • Fascial anatomy • Biomechanics of fascia • Human tensegrity	• Palpation of fascial layers
2.	**Introduction to anatomy trains concept** • Fascial lines • Fascial anatomy of the feet **Introduction to fascial cupping technique**	• Palpation of fascial lines according to the anatomy trains concept • Direct myofascial release of the feet • Fascial cupping for posterior crural fascia
3.	**Introduction to proprioceptive neuromuscular facilitation and muscle energy techniques** • Treatment of the fascia of the leg • Fascial anatomy of the leg	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the leg
4.	**Treatment of the fascia of the thigh** • Fascial anatomy of the thigh	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the knee and thigh
5.	**Introduction to Lab Workbook** • Quantifying methods for measuring change to fascial tissue • Fascial anatomy of the posterior chain	**Data collection for Lab Workbook:** • Baseline assessment of the posterior chain • Treatment of the posterior chain • Follow up assessment of the posterior chain
6.	**Treatment of the fascia of the hip and pelvis** • Fascial anatomy of the hip and pelvis	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the hip and pelvic region
7.	**Introduction to Article Matrix** • Revision of hip and pelvis fascial anatomy	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the hip and pelvic region
	NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)	

	Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8 **Semester 2** – The non-teaching week falls between Weeks 7 and 8	
8.	**Treatment of abdominal and thoracic fascia** • Fascial anatomy of the abdomen and thorax • Breathing restrictions	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the abdomen and anterior thorax
9.	**Treatment of the spinal fascia** • Fascial anatomy and mechanics of spinal fascia • Abnormal spinal posture	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the spine
10.	**Treatment of the cervical spine** • Fascial anatomy of the cervical spine	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the periscapular soft tissues and cervical spine
11.	**Treatment of the shoulder girdle** • Fascial anatomy of the shoulder girdle • Arm lines according to anatomy trains concept	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the shoulder
12.	**Treatment of the arm and forearm fascia** • Fascial anatomy of the arm, forearm and hand	**Techniques taught:** • Direct myofascial release, fascial cupping, muscle energy techniques and proprioceptive neuromuscular facilitation for the arm and forearm
13.	• Revision of all techniques	• Revision of all techniques **Mock exam**
14.	**Non-Teaching Week/Practical Examination Week 1** Note that make-up classes may be scheduled in this week	
15.	**Non-Teaching Week/Practical Examination Week 2** Note that make-up classes may be scheduled in this week	
16.	**Final Examination Week 1** There is no final written exam for this subject.	
17.	**Final Examination Week 2** There is no final written exam for this subject.	