

## Course Description, Format, Methods of Instruction, and Marketing

The Foundations in Manual Therapy Seminar introduces a simple to comprehend means of engaging your patient's pain/dysfunction in a manner presented from the broader applications of physical and behavioral science. This seminar will provide the learner with access to an approach that can be broadly applied across the manual therapies and exercise and stretching-based interventions. It introduces the learner to a patient-centered evaluation and treatment model and relies heavily on principles of shared decision-making (SDM). While this model contrasts sharply with the more common manual therapy model of promoting clinician expertise and training as a primary predictor of success, SDM is becoming the norm in most healthcare fields. While the work is presented from a dry, static type of manual therapy perspective, often represented as an MFR-style of engagement, time will be spent exploring its uses in other modality styles. Using a neurological-based intervention model, with vigorous nods to behavioral aspects of pain and movement dysfunction and rehabilitation, the clinician will work to form a therapeutic alliance with their patient. This partnership is key to introducing lasting changes in pain, movement dysfunction, and loss of range of motion. This 2-day seminar will sample the body from head to toe, with more general engagements that teach the patient-centered approach that can be universally applied. Also included will be area/symptom-specific techniques that Walt has used with success for decades.

The Foundations Approach is less about learning techniques but more about learning a deeper model of understanding pain, therapeutic interaction and ways we can utilize that alliance to introduce change. Older and other existing models of care will be discussed and compared with this newer model, but the clinician need not feel that they must abandon their current work to benefit from this seminar.

Foundations in Manual Therapy is designed for both beginner and advanced therapists. Massage therapists, occupational therapists, physical therapists, athletic trainers, and speech-language pathologists will find value in this seminar. Those who have taken other manual therapy (and myofascial release) seminars will find fresh a fresh approach to evaluation and treatment. Advance your practice and your mind with plausible, enjoyable learning experiences.

This class is taught in a combination format of lecture, demonstration, and lab practice, with an assurance of completion of objectives/learning through one-on-one interaction and observation, both of the spoken/written content and the hands-on sequences. Walt Fritz personally teaches all of the lectures, demonstrations, and lab portions of the class. If a class exceeds 14 participants, there will be an experienced lab assistant(s) to ensure adequate supervision.

This class is marketed/advertised via the website, [www.WaltFritz.com](http://www.WaltFritz.com), as well as on Facebook, LinkedIn, and Twitter. There are no mailings done.

The Foundations in Manual Therapy Seminar is 16.5 contact hours/2.0-days, requires no prerequisites, and is approved by NCBTMB for 20 CE Hours. Approval for PT's, PTA's, OTR's, and COTA's varies on a state-by-state basis. Please inquire for specific approval for these and other professions, as many will have been previously approved.

### Pricing:

\$450 if registered 2 months prior to the class date

\$500 if registered up to 3 weeks prior to the class date

\$550 if registered within the final 3 weeks

**Group Discounts: 10% off each registration if 2-3 register at same time, 15% off of each registration if 4 or more register at the same time.**

Prerequisites: None

## Foundations in Manual Therapy Seminar References

Given Walt Fritz's progression through the various fields of manual therapy, there are historical nods to myofascial release and other styles of interaction throughout the seminar and in these references. The references listed below form much of the underlying narrative used in this seminar.

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- Anjum, R. L. (2020, December 10). The CauseHealth Series: Chapter 1 - Why is Philosophy Relevant for Clinical Practice? *Words Matter Podcast*. (O. Thomson, Interviewer)
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- Anjum, R. L., & Fritz, W. (2020, November 30). Complexity; Simplified (<https://waltfritzseminars.com/2021/01/19/complexity-simplified/>). *VocalHealth*. (S. King, Interviewer)
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- Bialosky, J. E. (2018). Unraveling the Mechanisms of Manual Therapy: Modeling an Approach. *The Journal of orthopaedic and sports physical therapy*, 48(1), 8-18.
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- Kendall, P. C. (2018, Dec 12). Implementing evidence-based treatment protocols: Flexibility within fidelity. *Clin Psychol (New York)*.
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- Thomson, O. (2020-2021). *The CauseHealth Series*. Retrieved from The Words Matter Podcast: <https://www.wordsmatter-education.com/blog?tag=the+cause+health+series>
- Tomlinson, C. A. (2015). Manual Therapy and Exercise to Improve Outcomes in Patients With Muscle Tension Dysphonia: A Case Series. *Physical Therapy*, 95(1), 117-128.
- Tousignant-Laflamme, C. S. (2017, July). Does shared decision making results in better health related outcomes for individuals with painful musculoskeletal disorders? A systematic review. *J Man Manip Ther.*, 25(3), 144-150.

# Timed Agenda

## Foundations in Manual Therapy Seminar

### 16.5 Contact Hours (NCBTMB)

#### Day One

8:30-9:00am	Registration
9:00-11:00am	Introduction and scientific underpinnings of manual therapy
11:00-11:45am	Break
11:45-12:45	Evaluation demonstration and lab
12:45-1:45pm	Lunch
1:00-3:00pm	Head and neck region
3:00-3:15pm	Break
3:15-6:30pm	Thorax, shoulder and arm region
End Day One	

#### Day Two

9:00-11:00am	Thorax, lumbar and pelvic region
11:00-11:15am	Break
11:00-12:30	Hip and upper leg region
12:30-1:30pm	Lunch
1:30-3:30pm	Lower leg and foot region
3:30-3:45pm	Break
3:45-6:30	Practical applications

End Day Two Total contact hours =16.5 (NCBTMB)

Please note: Timing and content order may vary, depending on the class flow.

## Foundations in Manual Therapy Seminar

### Seminar Learning Objectives

#### *Learning Outcome*

After completing this seminar, the learner will show the ability to understand and use manual therapy treatment to remediate pain and movement dysfunction conditions from a patient-centered perspective.

#### *Learning Objectives*

After successful completion of this workshop, the learner will:

1. Explain the history of various manual therapies.
2. Understand the strengths and limitations of the many traditional tissue-based and pathology-based explanatory models.
3. Understand and explain various neurocentric explanations of manual therapy.
4. Understand and explain how palpatory pareidolia may cloud our belief in tissue-specific and pathology-specific effects.
5. Appreciate the value of applying a filter of critical thinking to current and future practice.
6. Understand and name a few of the absolute and relative contraindications for manual therapy, including the treatment of scar tissue.
7. Understand the strengths and limitations of a postural/biomechanical evaluation and treatment-based approach.
8. Understand and apply an effective method of patient-centered evaluation.
9. Understand and explain why deep pressures are not necessarily more effective than lighter forces and apply them to the practice of manual therapy.
10. Appreciate the potential influence of the autonomic nervous system and apply this to treatment.
11. Describe and demonstrate the various treatment options in a manual therapy session, including cross-handed, single-handed, compression, gathering/lifting, and traction, as well as a range of other intervention styles.
12. Discuss options for and apply effective treatment to remediate pain, movement disorders, and potential autonomic dysfunction in the head and neck regions.
13. Discuss options for and apply effective treatment in the thoracic, shoulder, and arm regions.
14. Discuss options for and apply effective treatment in the lumbar and pelvic regions.
15. Discuss options for and apply effective treatment in the lower leg regions.
16. Be able to critically assess, respect, and self-reflect on the concepts of professional boundaries and scope of practice limitations in the manual therapy treatment setting.

# WALT FRITZ, PT

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Foundations in Manual Therapy Seminars  
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## Education

<b>BS</b>	University at Buffalo <b>Physical Therapy</b> (NYS License # 008719, expires 11/22)	1985
<b>BA</b>	University at Buffalo <b>Community Mental Health</b>	1984

Walt Fritz, PT, has been a physical therapist since 1985 and has integrated manual therapy into that model ever since 1992. He trained with many traditional tissue-based instructors, including myofascial release and craniosacral therapy, but became dissatisfied with the narratives used to describe the work and effects. Walt began to move into a more biologically plausible explanation, one steeped in current standards of shared patient-clinician decision-making. While continuing to use a hands-on approach that visibly resembles earlier models of manual therapy, including myofascial release and craniosacral therapy, he has neutralized the implied tissue-specific messages by now referring to the work he uses and teaches as "manual therapy." Building on concepts firmly grounded in the biopsychosocial model and the possibly undervalued third leg of the evidence-based practice model (patient preferences and values), his model of intervention and professional education stresses a patient-led experience. He believes that manual therapy need not be a passive modality that fosters patient dependency but a subset of therapeutic intervention that reduces fear of movement and encourages self-efficacy, one well-grounded in evidence-based practice.

Walt teaches his Foundations in Manual Therapy Seminars internationally to speech-language pathologists, physical therapists, massage therapists, and other health professionals.  
He sees patients at his physical therapy practice in Upstate New York, USA.

## Magazine and Trade Publications

1. **"Finding my voice: A patient-centered perspective."** Published in *Massage & Fitness Magazine*, Summer 2019 (Vol. 18)
2. **"Myofascial release/massage with the vocal athlete."** Published in *Massage New Zealand Magazine*, Issue 1, 2019.
3. **"Deconstruction of beliefs: A first-person account."** Published in the Fall 2018 edition of the *Massage New Zealand magazine*.
4. **"The Vocal Athlete."** published in the April 2019 edition of the *Massage New Zealand magazine*.
5. **"Myofascial release in the speech-language pathologist patient population."** self-published on the website/blog, [www.WaltFritz.com](http://www.WaltFritz.com).
6. **"Rabbit holes: Recognizing the rabbit holes of bias,"** published in the Spring 2018 magazine, *Canadian RMT Magazine*. <http://tinyurl.com/y7ogm7xn>
7. **"Swallow Your Pride" Podcast: Featuring Walt Fritz, PT.**  
<http://tinyurl.com/ycl79nrw><https://www.mobiledysphagiadiagnostics.com/swallow-your-pride-episode-22/>
8. Many more podcasts at [www.WaltFritz.com](http://www.WaltFritz.com).
9. **"Using a Model of Myofascial Release with Spasmodic and Muscle Tension Dysphonia,"** published in the newsletter of the *National Spasmodic Dysphonia Association*.  
<http://tinyurl.com/y9qlxvzu>
10. **"Fitting myofascial release into an evidence-based culture,"** *Multibriefs*:  
<http://tinyurl.com/ycjqv3jh>
11. **"Say Nothing"** Fall 2016 edition of *Massage & Fitness magazine*.
12. **"Let Your Stories Mature and Grow."** Spring 2016 edition of *Massage & Fitness magazine*.
13. **"Borborygmus."** *Terra Rosa e-magazine*. No 12 (June 2013).

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14. -"Pelvic Organ Prolapse." Terra Rosa e-magazine, No. 10 (June 2012).
15. -"Hip Flexor & Quadriceps-Myofascial Stretching." Terra Rosa e-magazine, No. 6, (Dec. 2010).
16. -"Under your skin: a deep-tissue form of bodywork, myofascial release digs down to provide pain relief that lasts," by Marissa Lowenstein. Article in Natural Health magazine highlighting myofascial release from Walt Fritz's approach. September 2006.

### Presentations

#### **Walt Fritz, PT**

- "Myofascial Release/Manual Therapy for Voice Disorders: A Patient-Directed Model." A workshop presented at the 2019 Voice Foundations Symposium.
- "Body Awareness and Voice: An Introduction to Myofascial Release for Vocal Dysfunction." A workshop presented at the 2017 Voice Foundations Symposium.
- Keynote address: "Research and Science Can Change Your Approach to Assessment and Treatment and Assist your Evolution as a Health Care Professional," presented at the Registered Massage Therapists' Association of British Columbia's Manual Therapy Conference, April 2016.
- "Focus on Myofascial Release for Head and Neck Disorders for Speech Pathologists: Voice, Speech, and Swallowing." Presented at the 18<sup>th</sup> Annual Head and Neck Conference: Focus on Rehabilitation at the Greater Baltimore Medical Center. Lecture and hands-on presentations. Oct. 2015
- "Myofascial Release: The Neck and Lower Back." Presented to the Natural Health Practitioners of Canada, Sept. 2015.

### Continuing Educations Presentations

#### **Foundations in Manual Therapy: Voice and Swallowing Disorders (Formerly Foundations in Myofascial Release Seminar for Neck, Voice, and Swallowing Disorders)**

- Presented from 2013 to the present in the USA, Australia, Canada, the UK, Hong Kong, New Zealand, and Taiwan.

#### **Foundations in Manual Therapy Seminars (Formerly Foundations in Myofascial Release Seminars)**

- Presented from 2006 to the present in the USA, Australia, Canada, Jamaica, Qatar, and the United Kingdom.

### Professional Experience

**Owner/Primary Lecturer** – Foundations in Manual Therapy, 2006-present. (Formerly Foundations in Myofascial Release Seminars)

**Owner/Physical Therapist** – Pain Relief Center, Lima, NY (2003-present)

### Professional Affiliations

Member: Pan American Voice Association (PAVA)

Member: Voice Foundations (VF)

### References

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WALT FRITZ, PT  
**FOUNDATIONS**  
IN MANUAL THERAPY

Foundations in Manual Therapy Seminar  
SAMPLE: DATE, 2021

Your feedback is welcome and helpful. Please use the following ratings:  
5 = excellent, 4 = very good, 3 = good, 2 = fair, 1 = poor

What is your overall rating of this seminar? \_\_\_\_\_

What is your rating of the following aspects of this seminar?

- a. Instructor's knowledge of the subject matter: \_\_\_\_\_
- b. Instructor's demonstrations: \_\_\_\_\_
- c. Usefulness of the study guide: \_\_\_\_\_
- d. Extent the seminar met your expectations: \_\_\_\_\_
- e. Knowledge and helpfulness of assistant: \_\_\_\_\_

What were the strengths of this seminar?

What were the limitations or weaknesses of this seminar?

Do you have any additional comments or suggestions?

Where did you hear about this seminar?

To what extent did the program meet the stated objectives?

Was evidence provided to substantiate the material presented?

If the course included a lab component: Was lab assistance/supervision adequate?