

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 3 rd Year
Bachelor of Health Science (Myotherapy)	96	Core 2 nd Year
Duration: 1 Semester		
Subject Coordinator: Paul McCann (Adelaide campus)		
Subject is: Core or Elective as noted	Subject Credit Points: 2	

Student Workload:

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

Delivery Mode:

Face to face	1 hour lecture	2 hour practical
Full Time		
Part Time		

Pre-requisites: Nil

Co-requisites: MSTA121

Special resource requirements: Details: Endeavour College approved attire
Two bath sheet sized towels (Clinic towels must not be used)
Myofascial release balm

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. Demonstrate an understanding of current evidence based 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	Week Due	Weighting
Attendance (80% required)	N/A	N/A	1-13	Pass/Fail
Mid-semester Practical Exam (1 hour)	1-4	1-6	7	25%
Written assignment (1000 words)	1,2	1-8	Sunday following Week 9	25%
Final Practical Exam (1 hour)	1-6	1-13	Practical exam period	50%

Prescribed readings:

- Earls, J., & Myers, T. (2010). *Fascial release for structural balance*. Chichester, Scotland: Lotus Publishing.

Recommended readings:

- Chaitow, L. (2013). *Muscle energy techniques* (4th ed.). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]
- Myers, T. W. (2014). *Anatomy trains: Myofascial meridians for manual and movement therapists* (3rd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
- Stanborough, M. (2004). *Direct release myofascial technique*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]

Subject Content		
Week	Lecture	Practical
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.	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 pelvis

		region.
6.	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.
7.	Mid-semester Practical Exam	
	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 break 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 Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16-17.	Final Exam Weeks 1 & 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	