

# MFTCseminars

a division Soft Tissue & Myofascial Treatment Inc.

*Continuing Education with Style!*

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**Mission Statement:** Our mission at MFTCseminars is to provide quality continuing education at a fair and reasonable price. We strive to present the material in a friendly, knowledgeable, and instructive manner that uplifts and edifies the participant to a new and greater level of understanding. Our goal is for you to take what you learn and put it to use in your practice the very next day.

## **About the Instructor:**



Richard Hoff has been teaching a variety of courses over the past 28 years from nutrition to CPR to Myofascial Release. He's been actively teaching Myofascial Release for the past 17 years. He's received recognition on an international level as he was sought after by Korea University in Seoul (Physical Therapy School). Employed as the CEO/Director of the Myofascial Treatment Center of Modesto he's been in private practice for the past 18 years. He and his wife have been married for 35 years and have three children. Richard enjoys competing in triathlons, scuba diving, kayaking, and hiking. Richard brings his love of life and his abounding energy into each and every seminar he teaches.

# Seminars:

## Myofascial Release Therapy I:



In this 7 CE hour course you'll be introduced to the Myofascial Release modality. Discover how fascia has been a topic of the medical community for centuries. We'll discuss the origins of the fascia or what we sometimes refer to as connective tissue. Learn what makes up fascia from its ground substance to the water component. The lecture is an important aspect of this seminar however, the bulk of this seminar is hands on to give you a chance to apply what you learn and immediately integrate it into your practice.

### Workshop Component:

- Standing Evaluation
- Feel the Fascia through Traction
- Shoulder/Cervical Spine Release
- Serratus Anterior – Cross Hand Release
- External Oblique's – Mobilization and Release
- Anterior Chest/hip release
- Psoas – Direct and indirect
- Lumbar/Sacral Compression and Decompression
- TFL Release with IT Mobilization and Sweep
- Gastrocnemius Mobilization and Release

### Seminar Hours:

Registration and Check-in	8:15-8:30
Lecture	8:30-10:00
Workshop	10:15-5:00

We schedule an hour and a half for lunch  
You are responsible for your own lunch

**Do you have questions? Please call us at (209) 522-6210**

## **Myofascial Release Therapy II – *the 3 Dimensional Web*** (no prerequisite required)



In this 2 day 12.5 CE seminar we'll discuss Myofascial Release as a treatment modality and the respective goals of treatment. We'll define fascia, connective tissue, and scar tissue. As we explore the function of the Myofascial system and its origins in the body we'll discuss what conditions can be treated with Myofascial Release and its functional capacity as well as the chronic pain cycle and its impact on the body. You'll discover the 4 major components of the fascial tissue and how they integrate throughout the body and much more.

The workshop is the biggest part of this seminar. Lecture is approximately 1 ½ hours and then we move into the hands on portion of the seminar. We want you to use your hands and apply these techniques immediately into your practice.

### Workshop Component:

- Standing Evaluation
- 4 part shoulder C—spine treatment progression
- 4 part anterior chest mobilization and release
- 5 part abdominal mobilization and release workshop
- Lumbosacral Decompression Demonstration
- 3 Part Pelvic Floor Balancing
- Posterior Mobilization workshop
- 4 part lumbar/sacral progression
- TMJ Workshop

### Seminars Hours:

#### Day 1

Registration and Check-in	8:15-8:30
Lecture	8:30-10:00
Workshop	10:15-5:00

We schedule an hour and a half for lunch  
You are responsible for your own lunch

#### Day 2

Registration and Check-in	8:15-8:30
Workshop	8:30-3:30

We schedule an hour for lunch  
You are responsible for your own lunch

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## **Myofascial Release Therapy-the *TMJ Connection*** (no prerequisite required)



In this 7 CE hour course you'll learn the fascial tissue concept as it relates to temporomandibular joint disorder, pelvic floor pain, dysfunction, and migraine. We'll define TMJ/TMD and discuss its signs and symptoms as well as, the anatomy of the temporomandibular joint and its various movements also, otalgia, tinnitus, and atypical facial pain. We'll answer your questions on how the teeth can contribute to TMJ as well as impaired tooth mobility and its impact on the TMJ, what external factors may also contribute to TMJ, and how does stress factor into temporomandibular dysfunction.

We will discuss issues such as:

- Cervical Pain
- Migraine
- Myofascial Pain
- Fibromyalgia

You'll learn about the dural tube and its function in the cranial/sacral system, the cranial/sacral pulse and how to “feel it”, assess the temporomandibular joint through evaluation, and creating a viable treatment plan for your patient/client.

Workshop Component:

- Standing Evaluation
- 3 part pelvic floor balancing
- 4 part migraine treatment progression
- Cranial/sacral pulse
- Tinnitus – Unwinding the ears
- TMJ Mobilization
- 4 part inter – oral release progression

Seminar Hours:	Registration and Check-in	8:15-8:30
	Lecture	8:30-10:00
	Workshop	10:15-5:00

We schedule an hour and a half for lunch  
You are responsible for your own lunch

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## **Myofascial Release Therapy** – *Selfcare, how to care for yourself and your patients*



How often have you had a patient/client say to you “Wow I feel GREAT! Who treats you? Where do you go for treatment?” Well, in this 7 CE hour seminar we’re going to teach you how to do Myofascial Release on yourself. Selfcare is a big part of a therapist’s life. The tools that we will teach you not only apply to you but, can applied to your patients/clients so they can continue the Myofascial Release process at home. We’ll discuss how much sleep you need and what your best sleep is. Stress and its impact on our lives will be a big part of this seminar. We’ll give you the tools to recognize, minimize, and cope make sure stress doesn’t rule your life. Included in the cost of the seminars are a number of therapy balls. In the workshop component of the seminar we will instruct you on the balls as well as various other techniques to improve your fascial stability to get you out of pain and create good fascial function. The final component is a segment on nutrition and anti-inflammatory foods. Over 60% of Americans deal with some form of chronic pain and over 68% are overweight. We will discuss inflammation, how to fight it, and weight loss strategies that will leave you feeling full. We even include some anti-inflammatory recipes to incorporate into your diet.

### Workshop component:

- 4 part self – release of the psoas with 5 cm ball and with 65 cm ball and without ball
- 4 part lumbar extension of the 65 cm ball, lumbar releases on the table and floor
- Thoracic extension on the bump ball and 65 cm ball
- Lateral elongation on the bump ball and 65 cm ball
- Home exercises on the floor on the wall

Seminar Hours:	Registration and Check-in	8:15-8:30
	Lecture	8:30-9:30
	Workshop	9:45-3:45
	Anti – Inflammatory Foods	3:45-5:00

We schedule an hour and 15 minutes for lunch  
You are responsible for your own lunch

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## **Seminar Pricing and Dates and Locations:**

### **Seminar Pricing:**

Myofascial Release Therapy 1           7CE's

Myofascial Release Therapy – the TMJ Connection 7CE's

Myofascial Release Therapy – Selfcare       7CE's

**These seminars are taught in a package of 2 generally over a weekend.**

**Package price when registered 30 days prior to seminar date: \$399**

**Package price when registered with less than 30 days prior to seminar date: \$450**

**CE's earned over 2 days with both seminars 14**

Myofascial Release Therapy II – the 3 Dimensional Web   12 CE's

**Seminar price when registered 30 day prior to seminar date:   \$399**

**Seminar price when registered with less than 30 days prior to the seminar date:       \$450**



### **Locations and Dates and Seminars:**

**September 26<sup>th</sup> and 27<sup>th</sup>**

**Denver, Colorado – Double Tree by Hilton**

3203 Quebec Street, Denver, Colorado, 80216 (303)-321-3333

Myofascial Release Therapy II – *the 3 Dimensional Web* 12 CE's

[Click here to register](#)

**October 24<sup>th</sup> and 25<sup>th</sup>**

Boston, Massachusetts

Myofascial Release Therapy 1 and Myofascial Release Therapy – *Selfcare* 14 CE's

[Click here to register](#)

**November 14<sup>th</sup> and 15<sup>th</sup>**

Florida

Myofascial Release Therapy II – *the 3 Dimensional Web* 12 CE's

[Click here to register](#)

**December 5<sup>th</sup> and 6<sup>th</sup>**

North Carolina

Myofascial Release Therapy 1 and Myofascial Release Therapy – the TMJ

Connection 14CE's

[Click here to register](#)

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