

Mary Free Bed
Rehabilitation Hospital



Myofascial Release and Other Manual Techniques in Dysphagia Management

Saturday, March 14 and Sunday, March 15

LOCATION

Mary Free Bed
Professional Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

INTENDED AUDIENCE

SLP, OT/OTA, PT/PTA

PREREQUISITE

Course registrants must successfully complete the four-hour online Anatomy of Swallowing course prior to attending the live Myofascial Release course so it is fresh in your mind. The online Anatomy of Swallowing course will be added to your cart at no additional charge when registering for the live Myofascial Release course.

AOTA Classification Codes

Domain of OT: Client Factors

OT Process: Intervention

COURSE DESCRIPTION

This interactive two-day workshop for rehabilitation teams will address evaluation and current treatment techniques appropriate for soft tissue and joint limitations that contribute to an abnormal swallow. The lecture reviews muscular and fascial anatomy tying kinesiology into a discussion that relates specific soft tissue mobilization techniques appropriate to improving all stages of the swallow; oropharyngeal, hypopharyngeal and pharyngoesophageal. A thorough discussion will relate the impact of scar tissue formation and immobility on mechanical and neurological aspects of the functional swallow. Interpretation of common pathology and symptomatology on both bedside exam and MBS review are introduced.

Additional course objectives include postural impairment, functional anatomy and biomechanics of the temporomandibular joint with an informative and focused laboratory component providing OTs, PTs and SLPs with basic practical skills in palpation, seating and positioning and soft tissue assessment and mobilization as it pertains to dysphagia in clinical practice.

The majority of this course will be in functional, hands-on application with frequent case study discussion to identify impairments and exemplify the use of manual therapy through myofascial release techniques. The emphasis of this practical seminar is placed on the relationship of soft tissue and joint articulations whereby applying theory to practical intervention with manual therapy adds a whole new dimension to patient care.

Pediatric Therapists: This course presents the anatomy and kinesiology of a normal adult swallow and labs to evaluate and treat dysfunction. The pediatric swallow is, as you know, different than the adult and this class is taught with the adult in mind. However, many pediatric therapists have taken the course and used the techniques with children.

COURSE OBJECTIVES

Upon successful completion of this course, participants will be able to:

- Review the anatomy and physiology pertaining to myofascia specific to deglutition and discuss the kinesiology of a successful swallow
- Explain abnormal pathophysiology and myofascial restrictions as they relate to dysphagia; radiation fibrosis, surgical scarring, tracheostomy, etc.
- Describe consequences of muscular and soft tissue dysfunction and their effects on swallowing; spasticity, imbalance, etc.
- Discuss the indications, precautions and contraindications for myofascial mobilization in the context of dysphagia
- Identify postural dysfunction and complications as they relate to dysphagia
- Demonstrate evaluation and basic mobilization skills and modifications for intra- and extra-oral soft tissue, hyolaryngeal motion and postural dysfunction
- Identify and relate the significance of myofascial pain in trigger points to deglutition and apply specific manual techniques in approach to treatment
- Describe basic structure and dysfunction in the temporomandibular joint with specific application to trismus and mastication
- Identify a proper treatment approach utilizing manual techniques through multiple case study based on the significant findings in evaluation
- Discuss appropriate documentation and reimbursement issues

COURSE INSTRUCTOR

John Kelly, M.P.T.

A graduate of the University of St. Augustine's graduate Physical Therapy Program, John has over 17 years of experience with acute inpatient and hospital-based outpatient rehabilitation. He's currently an outpatient clinical director for Siskin Rehabilitation Hospital in Chattanooga, Tennessee. John continues to balance full-time patient care with administrative responsibilities. John is NDT certified and an experienced manual orthopedic therapist working toward his clinical doctorate and manual therapy certification. John is a certified VitalStim® Instructor and has taught orthopaedic and electrotherapy courses across the country. John is an accomplished clinical instructor and consistently is recognized for his exceptional patient rapport and strong evaluations from course participants.



COURSE SCHEDULE

Saturday, March 14

7:30-8 a.m.	Registration (snack/refreshments provided)
8-8:15 a.m.	Introductions and program overview
8:15-10 a.m.	Anatomy refresher and kinesiology of deglutition
10-10:30 a.m.	Review normal and abnormal swallow, dysphagia problem set
10:30-10:45 a.m.	Morning break
10:45-11 a.m.	Laboratory: Palpation and myofascial assessment
11 a.m.-Noon	Normal and abnormal physiology of the myofascial system, dysphagia focus
Noon-1 p.m.	Lunch (on your own)
1-3 p.m.	Laboratory: Myofascial assessment and techniques of the anterior neck and oral cavity
3-3:15 p.m.	Afternoon break
3:15-3:30 p.m.	Special topics: Salivation and lymphatics
3:30-4 p.m.	Laboratory: Enhancing salivation
4-4:30 p.m.	Case study; incorporating manual therapy into dysphagia treatment; Questions and closing comments

Sunday, March 15

7:30-8 a.m.	Registration (snack/refreshments provided)
8-9 a.m.	Postural dysfunction and its influence on swallowing with MBS review
9-9:15 a.m.	Laboratory: Palpation posterior cervical, thoracic and shoulder girdle
9:15-9:30 a.m.	Anatomy and biomechanics of the TMJ and cervical spine
9:30-10 a.m.	Laboratory: Gentle mobilization of the TMJ, dysphagia focus
10-10:15 a.m.	Morning break
10:15 a.m.-Noon	Laboratory: Myofascial assessment and techniques for seated positioning
Noon-1 p.m.	Lunch (on your own)
1-1:30 p.m.	Muscular trigger points and myofascial pain syndrome, dysphagia focus
1:30-2 p.m.	Laboratory: Myofascial assessment and trigger point release
2-2:15 p.m.	Case study; incorporating manual therapy into dysphagia treatment
2:15-2:30 p.m.	Topics in documentation, successful goal setting and reimbursement: Questions and closing comments
2:30 p.m.	Evaluation

CONTINUING EDUCATION CREDITS

Contact hours pre-approved for:

- 12.0 hours (1.2 CEUs)
- CIAO is an ASHA Approved Provider #AAWA (SLPs) Bubble sheet required
- This course is offered for 1.2 ASHA CEUs (Intermediate level, Professional area)
- CIAO is an AOTA Approved Provider #4119 (OT/COTAs)
- This course meets PDU requirements for NBCOT (15 PDUs - Clinical Lab Assessment)
- CIAO is an Illinois Approved Provider for PT/PTA Continuing Education
- CIAO is recognized as an Approved Provider for PT/PTAs by the NYSE Dept State Board for PT
- This activity is provided by the TBPTE Accredited Prov. #2202009#TX
- This activity meets the continuing competence requirements for PT/PTA license renewal in TX
- 14.4 Hrs. PT/PTAs in NY
- 12.0 Hrs PT/PTAs in IL, CA(CERS#19-30514-1), LA, MD, MS, NJ (1804-03), TX (12CCUs)
- 12.0 Hrs OT/OTAs in FL (CE Broker #20-475620)

Contact hours applied for:

- PT/PTAs in OH, TN

Course meets requirements for:

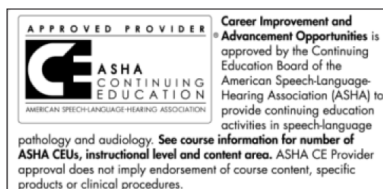
- SLP/SLPAs (covered through ASHA)
- PT/PTAs in AK, AL, AZ, CO, CT, DC, DE, GA, HI, ID, IA, KS, KY, ME, MO, MA, MI, MO, MT, NE, NC, NH, ND, OR, PA, RI, SC, SD, UT, VT, VA, WA, WI, WY
- OT/COTAs (covered through AOTA and/or NBCOT)
- Call CIAO 888.909.CIAO (2426) if you have questions about CE Approval
- Participants who successfully complete this course will receive CEU Certificate at the end of the course.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



CIAO is recognized on the NBCOT Provider Registry (meets PDU requirements for NBCOT)



This course is offered for 1.2 ASHA CEUs (Intermediate level, Professional area)



CIAO Automatically reports to CE Broker for Florida Occupational and Physical Therapists and Assistants. Florida SLPs can either use the ASHA CE Participant Form (Bubble Sheet) or self-submit through CE Broker.

CANCELLATION POLICY

Participant Cancellation:

15 days or more before course date - Full refund minus \$25 admin fee
14 days or less before the course date - 50% Refund

Participant Change:

14 days or less before the course date - \$50 change fee

CIAO Cancellation

A full refund will be given if CIAO cancels the seminar for any reason. CIAO reserves the right to cancel a conference in the event of an unforeseen circumstance or if the minimum acceptable registration is not attained.

AIRFARE CANCELLATIONS/REFUND: In the event of a cancellation, CIAO is obligated to refund the registration fee only. However, should any course be cancelled, CIAO will reimburse the airline change fee up to \$100 only (with documentation) for registrants only. CIAO recommends participants not book a flight more than three weeks before a course date. CIAO recommends participants consider travel insurance.

HOTEL CANCELLATIONS/REFUND: CIAO Seminars will assist in getting a full refund for hotel reservations for those who book as part of the CIAO room block. CIAO strongly recommends participants not reserve rooms through any third party entities since we have no control over their refund/cancellation policies. If a participant books a room outside of the CIAO room block and a course is cancelled, CIAO will not be able to assist in refund or provide a refund.

Refunds will not be provided to those who do not cancel or for those who begin a course but do not complete it.

Registered participants that do not show, do not cancel and have not paid will be required to pay the total course fee before registering for any other CIAO event.

Mary Free Bed will not be responsible for the refund of registration fees, travel or hotel expenses.

REGISTRATION INFORMATION

Individual Early Registration	\$360
Group 2-4 Early Registration	\$340
Group 5 or more Early Registration	\$320
Students (must show current ID)	\$250
Refresher (NO CEUs)	\$85

Register online at <https://www.ciaoseminars.com/home/courses/?eventID=15450&oid=320&evd=1&ctid=2>

For Questions:

CIAO Seminars
77 Bay Bridge Drive
Gulf Breeze, FL 32561
Office: 850.916.8886
Fax: 850.916.8885
Toll free: 888.909.CIAO (2426)

Dress Code:

Business casual. The conference room temperature can fluctuate; it is recommended you bring a sweater or jacket.

AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand Rapids area, including but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503
616.774.2000
0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Place NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW, Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed