

# PROFESSIONAL DEVELOPMENT COURSE

## OT, COTA, SLP, PT, PTA

Big Stone Therapies, Inc. & CIAO Seminars presents:

### *“Myofascial Release and Other Manual Techniques in Dysphagia Management”*

## September 28 & 29, 2019

**Baxter—Outpatient Clinic**

Day 1: Registration: 7:30 AM ♦ Course: 8:00 AM to 4:30 PM

**Course Description:** This interactive two-day workshop for rehabilitation teams will address evaluation and current treatment techniques appropriate for soft tissue and joint restrictions that contribute to an abnormal swallow.

**Note:** Registration for this course includes the pre-requisite online course "Anatomy of Swallowing" (you will receive an additional 4 hours for completion of this online course)

**Course Objectives:** After participating in the course, you 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

Register at CIAO Website:

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

**REGISTRATION DEADLINE: August 28, 2019**

#### Day 1:

7:30-8:00 Sign in/Breakfast

8:00 - 8:15 Introductions and program overview

8:15 - 10:00 Anatomy refresher and kinesiology of deglutition

10:00 - 10:30 Review normal and abnormal swallow, dysphagia problem set

10:30 - 10:45 Morning Break

10:45 - 11:00 Laboratory: palpation and myofascial assessment

11:00 - 12:00 Normal and abnormal physiology of the myofascial system, dysphagia focus

12:00 - 1:00 LUNCH

1:00 - 3:00 Laboratory: myofascial assessment and techniques of the anterior neck and oral cavity

3:00 - 3:15 Afternoon Break

3:15 - 3:30 Special topics: Salivation and lymphatics

3:30 - 4:00 Laboratory: enhancing salivation

4:00 - 4:30 Case study; incorporating manual therapy into dysphagia treatment; Questions and closing comments

#### Day 2:

7:30 - 8:00 Sign in/Breakfast

8:00 - 9:00 Postural dysfunction and its influence on swallowing with MBS review

9:00 - 9:15 Laboratory: palpation posterior cervical, thoracic and shoulder girdle

9:15 - 9:30 Anatomy and biomechanics of the TMJ and cervical spine

9:30 - 10:00 Laboratory: gentle mobilization of the TMJ, dysphagia focus

10:00 - 10:15 Morning Break

10:15 - 12:00 Laboratory: myofascial assessment and techniques for seated positioning

12:00 - 1:00 Lunch

1:00 - 1:30 Muscular trigger points and myofascial pain syndrome, dysphagia focus

1:30 - 2:00 Laboratory: myofascial assessment and trigger point release

2:00 - 2:15 Case study; incorporating manual therapy into dysphagia treatment

2:15 - 2:30 Topics in documentation, successful goal setting and reimbursement: Questions and closing comments

