



Course Handbook

Professional Certificate in Myofascial Release

www.corebodytherapy.com.au

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Welcome

Congratulations on your choice to undertake the Professional Certificate in Myofascial Release with Core Body Therapy.

This Handbook provides information on the Course Outline and all Core Body Therapys policies and procedures along with general information to assist you in your studies.

About Us

Core Body Therapy was developed by Chris O'Brien in 2003 and continues to deliver high quality courses in Myofascial Release to hundreds of practitioners including massage therapists, physiotherapists, pilates instructors, personal trainers, exercise physiologists and speech pathologists.

Chris O'Brien DRM,Dip Nut,CPT,RSCT has been in private practice since 1998 and holds Diplomas in Craniosacral Therapy, Nutrition and Remedial Massage; Certificates in Myofascial Release and Personal Training. He has undertaken extensive training in Craniosacral Therapy with Upledger Institute (USA). Chris has taught in Sydney Natural Therapy Colleges for over 15 years, developing courses for the Australasian College of Natural Therapies.

Chris' comprehensive training in Myofascial Release, Trigger Point Therapy, Craniosacral Therapy and Deep Tissue massage coupled with his knowledge of Nutrition and Fitness give him the leading edge and is considered an expert in this field.

Our Education Philosophy

Core Body Therapy endeavours to teach a solid foundation in musculoskeletal and myofascial anatomy with a hands-on approach to learning through ample practical time to complete the cognitive and kinaesthetic approach. Core Body Therapy fosters an environment of curiosity and exploration to ensure active engagement by all participants

The focus of this course is to offer high quality training that will not only improve clinical results but also deliver a profound understanding of the musculoskeletal and myofascial system and the development of the therapist's tactile skills to the highest level.

Endorsements & CPE

This course has been developed by Core Body Therapy and is endorsed by the following associations:

IICT - The International Institute for Complimentary Therapists. Core Body Therapy is a Platinum Training Provider with IICT. Once you have graduated with your Professional Certificate in Myofascial Release from Core Body Therapy, you are eligible to join IICT and receive professional membership and insurance. All Core Body Therapy students receive 50% discount on their first year of membership.

Australian Traditional Medicine Society - Endorsed Education Activity for CPE for individual modules & electives completed.

Australian Natural Therapists Association Endorsed Education Activity for CPE for individual modules & electives completed.

Massage & Myotherapy Australia Endorsed Education Activity for CPE for individual modules & electives completed.

Massage Association of Australia Endorsed Education Activity for CPE for individual modules & electives completed.

Pilates Alliance Australasia Endorsed Education Activity for PDP for individual modules & electives completed.

The Professional Certificate in Myofascial Release is not a nationally recognised training and assessment, and does not lead to the issuance of AQF certification documentation.

Contacting Us

Should you have queries regarding any aspect of the Course or Assessment contents, please contact Chris O'Brien to discuss.

Email | admin@corebodytherapy.com.au

Mobile | 0405 386256

Feel free to contact us with any query you may have regarding your learning experience.

Course Venues

Core Body Therapy holds courses at various locations in Queensland, Victoria and New South Wales. Students will be advised on the venue of each course they are attending upon registration.

Course Overview

Core Body Therapys Professional Certificate of Myofascial Release is a complete system of bodywork not offered at any other institution, it is the culmination of 17 years of teaching and practising Myofascial Release and is the most comprehensive Myofascial Release training in Australia. This qualification will give you hands on skills to become a first class Myofascial Release Therapist.

This course teaches the treatment and assessment of:

- Forward head posture
- Complex hip and pelvic issues
- Headaches and the temporomandibular joint.
- Lower and upper limbs
- Complex neck, head and shoulder issues
- The thoracic spine and rib cage.
- Lumbar spine and sacroiliac joint

We will explore:

- The wholistic nature of Myofascial Release
- The mind/body continuum
- The innate intelligence of the human body and it's capacity to heal and self correct.
- The fascinating phenomenon of fascial unwinding as a means to heal the body/mind.
- How to read the body for more effective treatment strategies and treatment outcomes.
- Personality types and posture

Course Units

The Professional Certificate in Myofascial Release requires the completion of the following courses:

Module 1 – Core Myofascial Release

Module 2 – Applied Myofascial Release

Module 3 – TMJ, Neck & Pelvis

Module 4 – Advanced Myofascial Release

Module 5 – Cranium, Headaches & Advanced TMJ

Elective 1 – Myofascial Release of the Lower Limbs

Elective 2 – Advanced Pelvis

Module/Elective Prerequisites

Module 1 & 2 – can be completed in any order*

Module 3 – prerequisite Module 1 OR Module 2

Module 4 – Prerequisite Module 2 OR Module 3

Module 5 - Prerequisite Module 3 OR Module 4

Adv Pelvis – Nil

MFR Lower Limbs – Nil

* If you do not hold qualifications in a manual therapy, Module 1 will be the prerequisite for Module 2.

Course Equipment Required

Please bring the following to each course Module & Elective:

- Massage table (if available - please advise)
- 2 x towels
- 1 x pillow
- Notepad and Pen
- Wear loose comfortable clothing and bring along suitable clothing for postural assessments (eg. Bike shorts or bathers)

Mode of Delivery - Face to face

Student Contact Hours - 142 hours

Attendance Requirements

It is a requirement to be present for the entire duration of each Module & Elective.

If you are unable to attend for a period of the individual course please contact us as early as possible prior course commencement.

Course times vary in each location.

Assessment Requirements

Each module has a written assessment and a practical assessment upon completion.

Student to complete twelve (12) case studies with a minimum of three treatments per case study displaying competency in a minimum of thirty six (36) Myofascial Release treatments.

Course Outline

Module 1 – Core Myofascial Release

Student Contact - 16 hours

Topics Covered

- Theory of Myofascial Release
- Contraindications to Myofascial Release
- Myofascial anatomy
- Signs and symptoms of forward head posture
- Treatment protocol for treating forward head posture
- Postural assessment
- Introduction to myofascial release technique
- Application of myofascial release to the diaphragm, pectorals, trapezius, rectus abdominus, S.C.M, scalenes and suboccipitals
- Anatomy& palpation of the short-contracted muscles indicated in forward head posture.
- Understanding and treating lower crossed syndrome with myofascial release techniques.
- Signs and symptoms of lower crossed syndrome
- Application of myofascial release technique to the iliopsoas, quadratus lumborum, erector spinae, piriformis, gluteus medius and latissimus dorsi
- Treatment protocol for treating lower crossed syndrome.

Learning Outcomes

On completion of this module the student will be able to:

- Discuss the theory of myofascial release
- Discuss the contraindications to applying myofascial release
- Demonstrate and apply knowledge of myofascial anatomy
- Understand the causes, signs and symptoms of forward head posture
- Perform a treatment protocol to correct forward head posture using myofascial release.
- Demonstrate the application of myofascial release to trapezius, sub-occipitals, pectoralis major, scalenes, S.C.M, rectus abdominus and the diaphragm.
- Perform a postural assessment to determine forward head posture and lower crossed syndrome.

- Discuss the signs and symptoms of lower crossed syndrome. (anterior pelvic tilt and lumbar hyper-lordosis)
- Demonstrate the application of myofascial release to quadratus lumborum, psoas major, erector spinae, gluteus medius and latissimus dorsi.
- Perform a treatment protocol to correct lower crossed syndrome.

Module 2 – Applied Myofascial Release

Student Contact - 24 hours

Topics Covered

- Anatomy of the body's deep fascial core
- Function of the body's deep fascial core
- Clinical indications for treating the body's deep fascial core
- Anatomy of the ankle and hip joints
- Anatomy and application of myofascial release technique for the- gastrocnemius, adductors, iliopsoas, respiratory diaphragm, medial pterygoid muscles.
- Anatomy of the sacroiliac joint
- Clinical indications for treating the of sacroiliac joint.
- Assessment and correction of the sacroiliac joint
- anatomy and application of myofascial release technique for the deep lateral rotators, multifidi, erector spinae
- assessment and anatomy of the shoulder joint
- the significance of the first rib in neck and shoulder pain.
- Correction of an elevated first rib.
- Myofascial release technique for the levator scapulae, pectoralis minor, subscapularis, biceps brachii, wrist flexors and extensors.

Learning Outcomes

On completion of this module the student will be able to:

- Describe the anatomy and function of the body's deep fascial core.
- Discuss clinical indications for treating the body's deep fascial core.
- Describe the anatomy of the ankle, sacroiliac, glenohumeral and hip joint.
- Assess and correct the sacroiliac joint.

- Demonstrate the application of myofascial release to the gastrocnemius, adductors, iliopsoas, diaphragm and medial pterygoids.
- Demonstrate myofascial release to the erector spinae, deep lateral rotators and multifidi.
- Demonstrate assessment and correction of an elevated first rib.
- Demonstrate myofascial release of the levator scapulae, pectoralis major, pectoralis minor, subscapularis, biceps brachii, wrist flexors and wrist extensors.

Module 3 – TMJ, Neck & Pelvis

Student Contact - 24 hours

Topics Covered

- Anatomy of the Dural membrane system
- Clinical significance of Dural tube dysfunction.
- Anatomy of the pelvic floor musculature
- Indirect myofascial techniques to release tension within the pelvic floor.
- Transverse fascial planes
- Dural tube protocol
- Anatomy of the temporomandibular joint and cervical spine.
- Signs, symptoms and assessment of the temporomandibular joint.
- Causes of temporomandibular joint dysfunction.
- Anatomy and application of myofascial release technique to the infrahyoids, suprahyoids, longus Colli, longus Capitus, multifidi, temporalis, masseter, medial and lateral pterygoids.
- Temporomandibular joint protocol
- hyper- lordosis and flat cervical spines.

Learning Outcomes

On completion of this module the student will be able to:

- Discuss the anatomy of the Dural tube and the clinical significance of Dural tube dysfunction.
- Discuss the anatomy of the muscles of the pelvic floor.
- Perform indirect myofascial release to release tension in the pelvic floor.
- Demonstrate knowledge and perform myofascial release to the transverse planes.
- Perform a treatment protocol using myofascial release to balance the Dural tube.

- Demonstrate knowledge of the temporomandibular joint and cervical spine.
- Discuss the causes, signs and symptoms of temporomandibular joint dysfunction.
- Assess the temporomandibular joint.
- Demonstrate knowledge of the anatomy of the infrahyoids, suprahyoids, longus colli, longus Capitus, multifidi, masseter, temporalis, lateral and medial pterygoids.
- Perform a treatment protocol to treat the temporomandibular joint and cervical spine.
- Apply myofascial release to the infrahyoids, suprahyoids, longus colli, longus capitus, multifidi, masseter, temporalis, medial and lateral pterygoids.
- Discuss hyper lordosis and flat cervical spines.

Module 4 – Advanced Myofascial Release

Student Contact - 24 hours

Topics Covered

- A myofascial release approach to the thoracic spine and rib cage.
- Treatment strategies for improving function within the rib cage and thoracic spine.
- Anatomy and treatment of the thoracic spine, rib cage, respiratory diaphragm, pelvic floor, rectus abdominus and pectoralis major.
- Treatment protocol for the rib cage and sternum using direct and indirect myofascial release.
- Assessment and correction of individual ribs.
- The theory and art of fascial unwinding
- Principles of fascial unwinding
- Inertial fulcrums.
- Application of fascial unwinding protocols
- The art of trusting the organic intelligence of the body/mind.

Learning Outcomes

On completion of this module the student will be able to:

- Demonstrate knowledge of the anatomy of the thoracic spine, rib articulations, rib cage, sternum, respiratory diaphragm, pelvic floor, rectus abdominus and pectoralis major.
- Apply treatment strategies and protocol for improving the function of the rib cage and thoracic spine using myofascial release.

- Assess and correct individual ribs using myofascial release.
- Discuss the theory and art of fascial unwinding.
- Discuss the principles of myofascial unwinding.
- Apply fascial unwinding protocols.

Module 5 – Cranium, Headaches and Advanced TMJ Protocol.

Student Contact - 30 hours

Topics Covered

- Anatomy of the major bones of the cranium
- the cerebrospinal fluid and the cranial wave.
- the Dural membrane system
- a myofascial release approach to the cranium
- releasing compression at the lumbo/sacral junction and atlanteo/occipital joints
- signs, symptoms, causes and treatment strategies for treating headaches.
- Anatomy of the jugular foramen, jugular vein and artery and vagus nerve.
- Treatment protocol for headaches.
- Advanced TMJ protocol
- Understanding complex TMJ issues.
- The most important muscles, joints and bones to balance when treating the Temporomandibular joint
- The effects of bruxism on the structures of the mandible, face and cranium
- Application of myofascial techniques for the masseter, infrahyoids, suprahyoids, maxillae, lateral pterygoids, sub-occipitals and temporalis.

Learning Outcomes

On completion of this module the student will be able to:

- Demonstrate knowledge of the anatomy of the cranium, the Dural membrane system, jugular foreman, jugular artery, jugular vein, vagus nerve, temporomandibular joint and the atlas/axis joint.
- Apply myofascial and cranial techniques to the fascia of the cranium, frontalis, occipitalis, sphenobasilar joint and occiput.
- Discuss the different types of headaches

- Demonstrate knowledge of the signs, symptoms and causes of headaches.
- Apply treatment protocols for headaches and the temporomandibular joint.
- Show understanding of complex TMJ issues
- Discuss the most important muscles, joints and bones to balance when treating the temporomandibular joint.
- Apply myofascial release to the infrahyoids, suprahyoids, maxillae, lateral pterygoids, sub-occipitals, mandible and temporalis.

Elective 1 - Myofascial Release of the Lower Limbs

Student Contact - 16 hours

Topics Covered

- Anatomy of the hip, ankle and knee joints
- Anatomy of the peroneals, gastrocnemius, soleus, tibialis posterior, tibialis anterior, iliotibial band, quadriceps, hamstrings and gluteus medius.
- Treatment protocols for addressing flat feet and anterior knee pain
- Assessment of flat feet and anterior knee pain
- Signs and symptoms of flat feet and anterior knee pain.
- Myofascial release of the ankle joint, peroneals, gastrocnemius, soleus, tibialis anterior, iliotibial band, quadriceps and hamstrings.
- Exercises to strengthen the tibialis posterior, vastus medialis and gluteus medius.

Learning Outcomes

On completion of this module the student will be able to:

- Demonstrate knowledge of the anatomy of the hip, ankle and knee joints.
- Demonstrate anatomical knowledge of peroneals, gastrocnemius, tibialis posterior, tibialis anterior, iliotibial band, quadriceps, gluteus medius and hamstrings.
- Apply treatment protocols for anterior knee pain and flat feet.
- Discuss signs and symptoms of flat feet and anterior knee pain.
- Perform myofascial release of the ankle joint, peroneals, gastrocnemius, soleus, tibialis anterior, iliotibial band, quadriceps and hamstrings.
- Demonstrate exercises to strengthen tibialis posterior, gluteus medius and vastus medialis.

Elective 2 - Advanced Pelvis

Student Contact - 8 hours

Topics Covered

- Different pelvic types including a lateral pelvic tilt, pelvic torsion and rotated pelvis
- Anatomy of the pelvis, hip joint, deep lateral rotators, psoas major, iliacus, pectineus, hamstrings and rectus femoris.
- Assessment of the pelvis.
- Treatment protocols
- Application of myofascial release to the deep lateral rotators, psoas major, iliacus, pectineus, hamstrings and rectus femoris.

Learning Outcomes

On completion of this module the student will be able to:

- Discuss different pelvic types including a lateral pelvic tilt, pelvic torsion and a rotated pelvis.
- Demonstrate anatomical knowledge of the pelvic girdle, hip joint, deep lateral rotators, psoas, iliacus, pectineus, hamstrings and rectus femoris.
- Assess the pelvis
- Demonstrate understanding of how to correct the different pelvic types based upon treatment protocols discussed and assessed in class.
- Apply myofascial release to the deep lateral rotators, psoas major, iliacus, pectineus, hamstrings and rectus femoris

Policies and Procedures

Enrolment Procedure & Payment

Core Body Therapy course enrolment can be completed by way of the below options:

Option 1 - Online Professional Certificate Enrolment

- Register online through the Core Body Therapy website www.corebodytherapy.com.au
- To enroll in the Professional Certificate in Myofascial Release please download and complete the Professional Certificate Registration Form and return by email to admin@corebodytherapy.com.au.
- Enrolment in the Professional Certificate in Myofascial Release has the option of an upfront discounted payment or deposit payment of \$700 to hold your place. If choosing the deposit option, you will be placed on a Payment Plan (see page 15 for details)
- Online Enrolment allows for payment through Eway secure payment system using your credit card.
- If you would like to enrol online and pay by bank transfer follow the below steps:
 - i. When viewing required course Click "Add to Cart"
 - ii. Proceed to Checkout and complete personal details and Click "Place Order"
 - iii. Once at the payment Screen do not proceed any further, close the screen down.
 - iv. At this point Core Body Therapy will have received your enrolment and will contact you via email with bank details for a EFT payment.
- Once payment is made you will receive a confirmation email from with all course details and a tax invoice. Please allow a minimum of 2 business days for this to occur.

Note: Your place will be held for 5 business days only unless your deposit has been paid.

For cancellations or course transfer policies please see the Core Body Therapy Booking Cancellation Policy.

Professional Certificate in Myofascial Release Payment Options:

1. Upfront payment for a 10% discount on the full fee:

- \$700 deposit payable for registration – this secures your place in each individual course.
- Any future fee increases will not apply.
- Balance will be due 14 days prior to the commencement of your first course.

2. Payment Plan:

- \$700 deposit payable for registration – this secures your place in each individual course.
- Any future fee increases will not apply.
- 50% of the balance payment for each module is due in 2 instalments – 28 days and 14 days prior to the commencement of each individual course. These payments will be automatically processed to your credit card used for your initial deposit on the due dates. Please ensure funds are available. A dishonour fee of \$25 will apply for any dishonoured transactions.

You will be sent a schedule of all payment dates upon registration. Each scheduled payment will be deducted from your chosen credit card on each due date.

Assessment Procedure

Theoretical & Practical Assessments

All students will need to pass theoretical and practical assessments at the end of each Module and Elective to be deemed competent. *Students will be given 3 weeks to complete the theoretical assessment component.*

All students are to attend the assessments when scheduled and meet the assessment requirements for a result to be recorded.

If you have queries regarding assessment, please speak with Chris O'Brien who will be happy to assist.

Case Study Assessment

All students will need to competently complete 12 case studies prior to receiving certification. Students may commence their case studies once they have been deemed competent in Module 1 OR Module 2. At this point you will be provided with the Case Study Criteria and Logbook. *Case Studies are to be submitted within 3 months after the completion of your final Module or Elective.*

Resubmissions

If you fail an assessment, you will be given one opportunity to re-do some or the entirety of your assessment.

Upgrading Certification

If applying for recognition of learning already held with Core Body Therapy theoretical assessments must be undertaken for those Modules or Electives already completed. Each Module or Elective being upgraded will attract a \$50 fee. Case Studies can commence once the student has been deemed competent in either Module 1, Module 2 or Myofascial Release of the Lower Limbs. At this point you will be provided with the Case Study Criteria and logbook.

Professional Certificate in Myofascial Release Booking/Cancellation Policy

1. If you have secured your place with a deposit and are on an interest free payment plan, 50% of the balance payment for each module or elective is due in 2 instalments - 28 days and 14 days prior to commencement of course.
2. Cancellation of the Professional Certificate in Myofascial Release course in its entirety more than 28 days prior to the commencement of the your first Module or Elective will incur an \$250 Cancellation Fee with the balance being refunded. Cancellations within 28 days of commencement of your first Module or Elective or at any time after the commencement of your First Module or Elective will result in full payment being forfeited. Alternatively, your fee may be rolled over to the following year to commence study.
3. If you are unable to attend a Module or Elective and have secured a place in the Professional Certificate course on a discounted fee, you are able to transfer to the next available Module or Elective however the discounted fee does not apply. The rest of the fee will be payable in full 28 days prior to the commencement of the Module or Elective you are transferring to.
4. If you are unable to attend a Module or Elective for any reason you may transfer your payment to the next applicable Module or Elective commencing within 12 months. Each student is able to transfer their cancelled course once only. If the student can not attend the transferred Module or Elective, the full fee for that course is forfeited. Once the fee has been forfeited, full fees will be payable to attend the next available Module or Elective.
All transfers incur an \$80 transfer fee.
5. Core Body Therapy cannot be held responsible for any reason you may cancel a course booking or cannot attend a course.
6. Core Body Therapy cannot be held responsible for travel/flight issues, business conflicts, personal issues etc and exceptions are not able to be made under any circumstance.
7. Core Body Therapy reserves the right to cancel or postpone any training in which case all monies will be refunded or transferred to a future course.
8. COVID Related Cancellations: In the case where courses are cancelled or attendance is not possible due to COVID related reasons, such as border restrictions or COVID symptoms, the option for a full refund will be given. Alternatively you may transfer to a future course with no transfer fee payable. Relevant documentation will need to be submitted to receive a refund.

9. By securing a place in the Professional Certificate of Myofascial Release course you have agreed to the above booking/cancellation policy terms and conditions.

Maintenance of Transcripts Policy

The integrity of academic transcripts is fundamental to the validity of coursework certified by Core Body Therapy.

1. All student transcript entries are finalised when the relevant Certificate is officially documented in the students academic record.
2. Subsequent revision and alteration of any transcript entry, after the relevant Certificate is awarded, is permitted only for the correction of a proven error as certified by Core Body Therapy.
3. In the case that a Certificate has been lost or destroyed, students may request a replacement copy by emailing info@corebodytherapy.com.au. The replacement fee for Certificates is \$20. The replacement Certificate will be sent by post within 14 days of receipt of payment.
4. All students personal information is stored electronically and will be dealt with in accordance with the Core Body Therapy Privacy Policy

Complaints Policy

Core Body Therapy is committed to providing a confidential, effective and efficient complaints handling process for students.

Core Body Therapy aims to resolve problems and grievances promptly and as close to the source as possible with graduated steps for further discussions and resolution at higher levels of authority as necessary.

Statement of General Principles

- Complaints must be fully described by the person with the grievance
- The person(s) should be given the full details of the allegation(s) against them
- The person(s) against whom the grievance/complaint is made should have the opportunity and be given a reasonable time to put their side of the story before resolution is attempted
- A Complainant has the right to appeal a decision.
- The Complainant and any Respondent is not discriminated against or victimized

- Proceedings should be conducted honestly, fairly and without bias
- Proceedings should not be unduly delayed.
- Records of all complaints are kept for a period of five years. These records are kept strictly confidential.

Procedure

It is recommended that Complainants should try to resolve a complaint informally, as close to the source as possible. This level is quite informal and verbal.

This first level process is particularly encouraged where the grievance is in relation to training or assessment. In most cases when brought to the course Trainer the matter can be resolved informally.

Where the Complainant is not satisfied with the results of this informal approach and wishes to take the matter further, the complaint must be made in writing and emailed to info@corebodytherapy.com.au

Please ensure all details are included with supporting documentation provided if applicable.

Core Body Therapy will acknowledge the complaint in writing within 3 business days and there will be ongoing correspondence updating the Complainant on the progress of the claim.

Where the complainant is not satisfied with the results of the written complaint process or their Appeal the complainant has the right to pursue the matter with external authorities, such as your Professional Association.

Privacy Policy

Core Body Therapy is committed to protecting the privacy of your information and will ensure the practices, procedures and systems in relation to the collection and use of personal information is done so in accordance with the Privacy Act 1988.

Collection of Information

When booking a course or making an enquiry through the Core Body Therapy site it is necessary to collect personal information in order to contact you with detail of your course or respond to your enquiry. The information we collect is your name, address, email address and phone number. This information will not be used for any third party.

Any credit card information collected for manual payment is not kept on file by Core Body Therapy and is destroyed immediately after the authorised payment is processed.

Use of Information

Your personal information will not be used for any other purpose other than for the services of Core Body Therapy. This includes placing your email address on our mailing list to keep you up to date with services or related information that may be of interest to you. You can opt out of the mailing list at any time.

If you have any further queries in regard to this Privacy Policy, please contact us.